RAM fitness

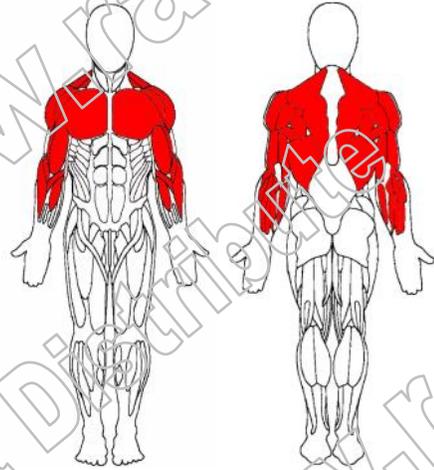# ROUTINE # 116: Upper Body / Beginner

EXERCISES

01 DB Chest Press

02 DB Shoulder Press

03 DB Bent Over Rows

04 DB Front Raises

05 DB Lateral Raises

06 DB Triceps Kickbacks

07 DB Regular Curls

TARGET MUSCLES

DETAILS

Goal Muscular Endurance

Level Beginner

Sets 3-4

Reps 15-25+

Rest 30-45 seconds

Load 50-70% 1RM / 4-7 RPE

Freq 2-3X Week

Prog WP+10%

Dur 4-8 weeks

Equip DB: Dumbbells

NOTES

- Modify any exercise based on your ability

ROUTINE # 116: Upper Body / Beginner

RAM fitness

DB Chest Press

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DB Triceps Kickbacks

DB Regular Curls

RAM fitness
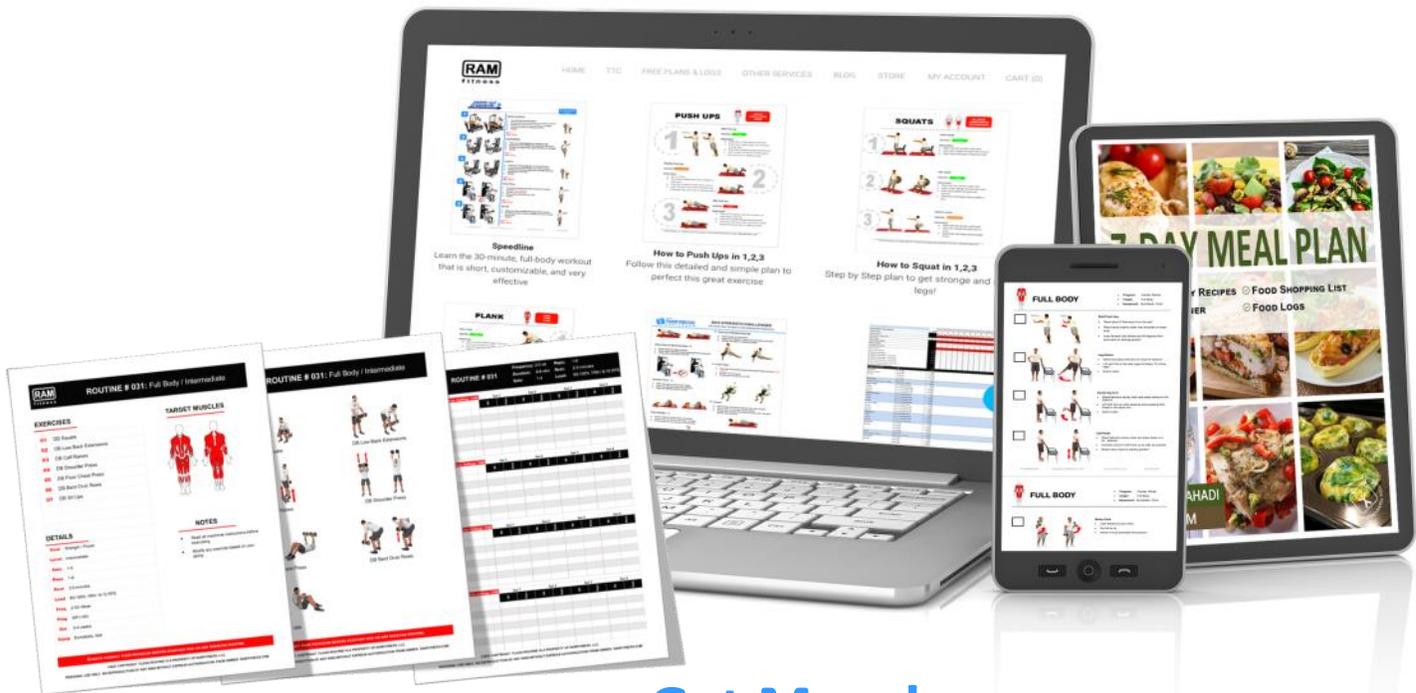
ROUTINE # 116

Frequency: 2-3 wk **Reps:** 15-25+
Duration: 4-8 wks **Rest:** 30-45 seconds
Sets: 3-4 **Load:** 50-70% 1RM / 4-7 RPE

Week#: Day: Date:	Machine Settings	1RM	Set 1 Wt	Reps	Set 2 Wt	Reps	Set 3 Wt	Reps	Set 4 Wt	Reps
DB Chest Press										
DB Shoulder Press										
DB Bent Over Rows										
DB Front Raises										
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