

Beginner Upper Body Home Work

Exercise	Sets	Reps/Time
1. Regular push ups (Chest)		50
2. Pike push ups (Shoulders)		50
3. Decline push ups (feet up on chair or bed) (Chest + Shoulders)		50
4. Diamond push ups (Triceps)		50
5. 250 sit ups or crunches		
Repeat 1-4 for 3 sets		

1. Modified push ups. Instead of performing the exercise with your legs straight, bend your knees and cross your ankles behind you.
2. Assume a pushup position on the floor. Your arms should be straight and your hands should be shoulder-width apart. Now lift up your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible, pause, and then push yourself back up until your arms are straight.
3. Place your feet on a box or bench as you perform a push ups. This increases the amount of your body weight you have to lift.
4. Place your hands close enough together to make a triangle with your thumbs and forefingers. Perform a push up.

