

FIT CHICKS®

"Upper Body Supersets"

WORKOUT

**A superset is 2 exercises back to back with no rest.
Complete 3 sets of each of the 3 supersets for a upper
body push-pull workout!**

Superset #1: 15 Chest press + 15 Bent over row

Superset #2: 15 Arnold Press + 15 Lat pull down

Superset #3: 15 Tricep kickbacks + 15 Bicep curls

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Choose your intensity!

Level 1 -5+ lbs

Level 2 - 10+ lbs

Level 3 -15+ lbs

