

UPPER BODY

AT HOME

STRONGER UPPER BODY. STRONGER YOU.

Build strength, tone your arms, shoulders, chest, and back with these no-equipment moves you can do anywhere.



**NO GYM.
NO EXCUSES.
JUST YOU.**



NO EQUIPMENT
Just your body and commitment.



20-30 MINUTES
Perfect for any schedule.



CONSISTENCY
Small efforts. Big results.

1 PUSH-UPS



Hands slightly wider than shoulders. Lower your chest, then push back up.

2 PIKE PUSH-UPS



Hips high, head between arms. Lower your head, then press up.

3 TRICEP DIPS



Hands on a sturdy surface. Lower your body, then press back up.

4 PLANK SHOULDER TAPS



From plank position, tap one shoulder at a time. Keep your core tight.

5 SUPERMAN



Lift your arms, chest, and legs off the ground. Squeeze your back.

6 WIDE ARM PUSH-UPS



Hands wider than shoulders. Lower and push up with control.

REPEAT 3-4 ROUNDS

Rest 30-60 seconds between exercises.



PRO TIP

Focus on slow, controlled movements for maximum results.

Phelicia Gomez

PERSONAL TRAINER
FITNESS NUTRITION SPECIALIST

YOU DON'T NEED EQUIPMENT.
YOU JUST NEED DETERMINATION.

YOU GOT THIS. ♥