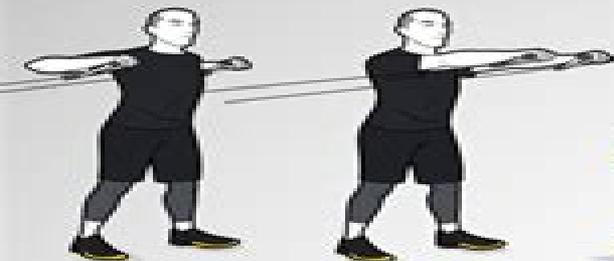


# UPPER BODY WORKOUT FOR BEGINNERS

001



**Cable Chest Press**

15 reps • 3 sets • rest 45 secs



**Push Ups**

10 reps • 3 sets • rest 45 secs



**Single Arm Rows**

12 reps/side • 3 sets • rest 45 secs



**Lat Pulldown**

15 reps • 3 sets • rest 45 secs



**One Arm Low Pulley Cable Rows**

12 reps/side • 3 sets • rest 30 secs

## Workout Instructions:

Complete the required sets of each exercise before you move on to the next one.

# Upper Body

**RS Peters**



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## **Table of Contents Upper Body**

1. Understanding the eBook Upper Body
  - The Rise of Digital Reading Upper Body
  - Advantages of eBooks Over Traditional Books
2. Identifying Upper Body
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Upper Body
  - User-Friendly Interface
4. Exploring eBook Recommendations from Upper Body
  - Personalized Recommendations
  - Upper Body User Reviews and Ratings
  - Upper Body and Bestseller Lists
5. Accessing Upper Body Free and Paid eBooks
  - Upper Body Public Domain eBooks
  - Upper Body eBook Subscription Services
  - Upper Body Budget-Friendly Options

6. Navigating Upper Body eBook Formats
  - ePub, PDF, MOBI, and More
  - Upper Body Compatibility with Devices
  - Upper Body Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Upper Body
  - Highlighting and Note-Taking Upper Body
  - Interactive Elements Upper Body
8. Staying Engaged with Upper Body
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Upper Body
9. Balancing eBooks and Physical Books Upper Body
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Upper Body
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Upper Body
  - Setting Reading Goals Upper Body
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Upper Body
  - Fact-Checking eBook Content of Upper Body
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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