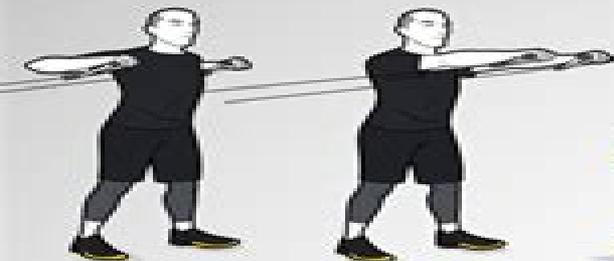


# UPPER BODY WORKOUT FOR BEGINNERS

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

**SA Dillow**



## Upper Body:

Brute Force Beginner's Strength System (HC) Ken Gack 'the Ripper' ,2020-11-16 Brute Force Beginner s Strength System HC By Ken Gack the Ripper Often new strength trainees don t know where to begin After years of directing future gym rats to existing training templates Ken Gack imparts his thirty years of experience to develop something better The Russians developed the periodization approach to strength training over five decades ago It has been a staple to strength training programs since that time With the explosion in popularity of powerlifting over the last decade more advanced approaches have begun to edge out periodized based approaches in popularity and performance One of the advantages of periodized approaches is the structure they bring to strength training This is particularly valuable for newer lifters This structure however can become so rigid that it dampens potential strength gains The power of contemporary strength programming is that it provides flexibility to maximize a person s strengths and strengthen their weaknesses The newer methodologies this book focuses on have taken more lifters to world powerlifting championships than any other approach This book seeks to use a basic periodized foundation and incorporate newer methodologies to give it flexibility that enhances its strength training effect

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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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