

## Upper Body Sculpt #7

<b>Set 1: Perform 1-4 times with no break</b>	<b>Reps</b>
Lying Chest Press	8-15 total
Ball Pikes w/ Press-up	8-15 total
Front Raise w/ Alt Reverse Lunge	8-16 total
Cardio Interval: 1 minute Bear Crawls	
<b>Set 2: Perform 1-4 times with no break</b>	<b>Reps</b>
Ball Push-ups	8-15 total
Narrow-Wide Dumbbell Push-ups	8-15 total
Hammer Curls w/ Curtsy Squat	8-16 total
Cardio Interval: 1 minute Bear Crawls	
<b>Set 3: Perform 1-4 times with no break</b>	<b>Reps</b>
Rear Delt Fly	8-15 total
Pull-ups	8-15 total
Ball Switch Push-ups	8-15 total
Cardio Interval: 1 minute Bear Crawls	
<b>Bonus Giant Set</b>	<b>Reps</b>
Repeat from the top and perform all 9 exercises once (omit cardio)	15 reps of each