

ZONE 3 *Plate Loaded*

Expected workout time: 30–35 minutes

WARM-UP

- Be sure to properly warm up your muscles before starting.

MAIN SET (rest between exercises)

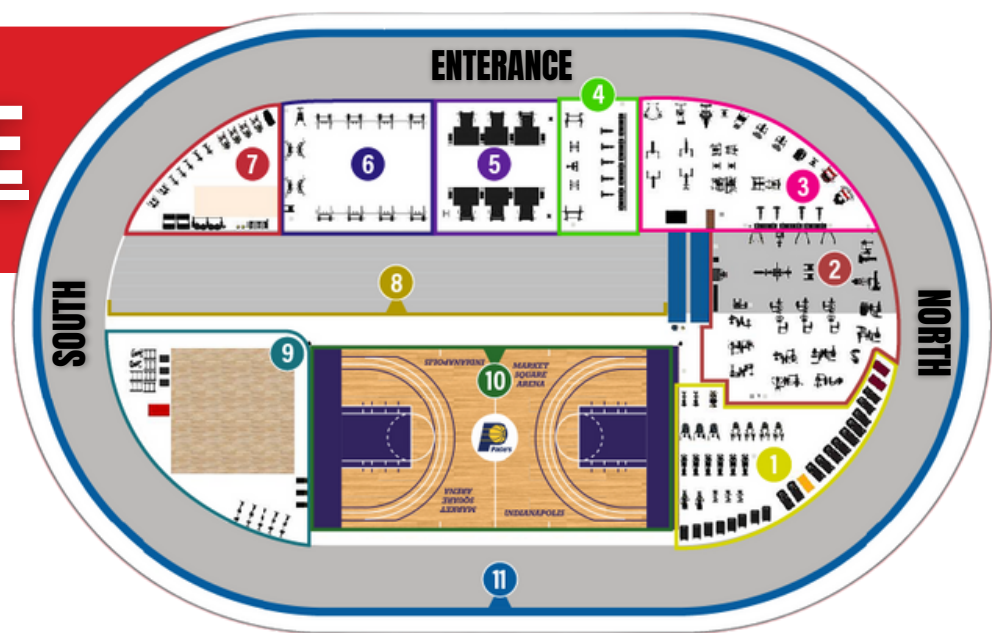
- Chest Press - 4x8-10 (Technogym Chest Press Machine)
- Lat Pulldown - 4x8-10 (Technogym Lat Pulldown Machine)
- Dumbbell Biceps Curl - 3x15
- Dumbbell Overhead Shoulder Press (Standing) - 3x15

FINISHER

- Triceps Dips (Bench) - to failure

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  **DEKA** competition entry!