



 Barb's Fit For Life®

## 20 Minute Upper Body Workout #11 (w/dumbbells)

**CIRCUIT:** Perform as many rounds as possible in 20 minutes, resting as needed. Then cool down.

Exercise	Reps	Notes
1) Bent Over Row with Palms Facing In (Alternate-Arm)	12x	
2) Standing Shoulder Press (2-Arm)	12x	
3) Bent Over Triceps Extensions (2-Arm)	12x	
4) Chest Press on Floor (2-Arm)	12x	
5) Plank with Shoulder Taps	12x	You have the option to do this on knees or substitute regular plank.