

Exercises

You Can Perform

On A

Weight Bench



Regular and hammer curls to target biceps



Seated shoulder press to work on upper body strength

Decline pushups to build upper chest muscles



Straight-arm pullovers to work on the chest muscles

Reverse fly to target the back muscles



Chest-supported dumbbell rows to tone the upper back

Dumbbell step-ups to train the lower body



Split squats to work on leg strength