



**Week 4 TNT - Jan. 31 - Feb. 6**

## **Upper Body Workout**

Maximum 80 points.

Why Upper Body Strength Is Important

Upper body strength is important to have because the upper body controls your ability to perform everyday activities such as reaching, pulling, pushing and lifting. Having a strong upper body improves your flexibility, mobility and range of motion. If your upper body strength deteriorates as you age, you are more prone to injuries, disease and a diminished quality of life.

Read this article: [Dos and Don'ts of a Successful Fitness Plan](#) 5 points for reading.

Give yourself 30 points for completing the exercises listed.

[Bicep Curls](#) - 2 sets of 15

[Dumbbell Rows](#) - 2 sets of 15

[Tricep Extensions](#) - 2 sets of 15

[Boxer](#) - 2 sets of 15

[Push Ups](#) - 2 sets of 15

[Lateral Raises](#) - 2 sets of 15

[Dumbbell Shrugs](#) - 2 sets of 15

**OR** - Give yourself 10 points for completing this video.

[Denise Austin: Upper Body Strength Workout- Level 1](#)

**OR** - Give yourself 5 points for completing this video.

[Total Body Sculpting - Dumbbells](#)

**OR** - Give yourself 30 points for completing this video.

[Lift Like You Mean It](#)

