



Outside Pump-Up Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Dumbbell press	1:00	4	15		Use the same weight for both exercises
superset					
Flat dumbbell fly					
Incline dumbbell press	1:00	3	12		
One-arm over the head dumbbell extension	1:00	3	15		
Dumbbell kickback	1:00	3	15		
Seated dumbbell press	1:00	3	8		
drop set			10		
			12		
Side dumbbell raise	1:00	3	10		
drop set			12		
			15		