

6 WEEKS - 6 KILOS UPPER BODY SLIM-TRIM PROGRAMME

Combat the fat of back, shoulders, arms & abs

The upper body can be an area of frustration for some people. Whether you want to get rid of your flabby arms in time for a special event or decrease the fat on your back, slimming down the upper body can be a frustrating experience if you go about it in the wrong way.

Obtaining a slimmer upper body can be as simple as adjusting your lifestyle by keeping your diet free of fatty foods. This is because the upper arms carry extra fatty tissue that gives the arms that wiggly, jiggly appearance, and so, the less fat in your diet, the better.

THE ROUTINE

This upper body workout focuses on both strength and endurance for the chest, back, shoulders and arms. Doing supersets, alternating two different exercises for the same muscle group with no rest in between, etc make for a challenging and intense workout. This workout can be completed in about 60 minutes and will give you the following benefits:

- Toned Chest
- Defined Upper And Lower Back, Shoulders, Triceps
- Streamlined Mid-Back and Biceps