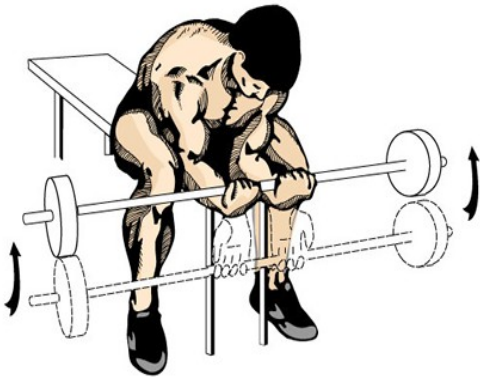


# Top 10 Most Effective Upper Body Exercises For Women

[www.theundergroundbootcamp.com](http://www.theundergroundbootcamp.com)

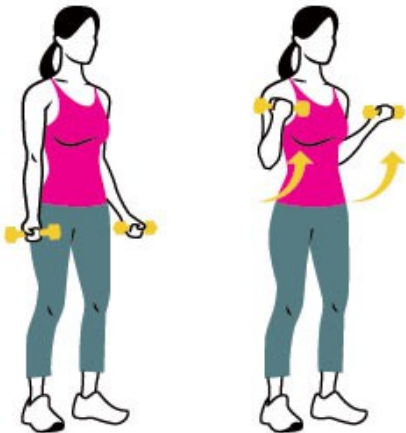
[@TheLadyTrainer](https://www.instagram.com/TheLadyTrainer)

## Wrist Curls



Sets: 3  
Reps: 15 in each set  
Rest In Between Sets: 10 seconds

## Biceps Curl



Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds

## Pushups (Advanced, Beginner, Knee-Free)

When doing pushups, if you are a beginner, try to do as many regular pushups as you can. When you can do no more, switch positions and do the pushups for beginners. If you can't stay on your knees, see wall pushups illustrated below.

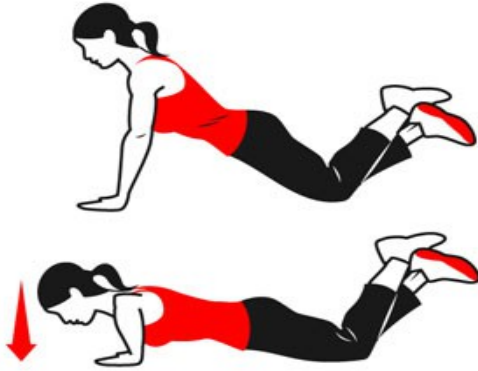
## Pushups (Advanced)



Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds

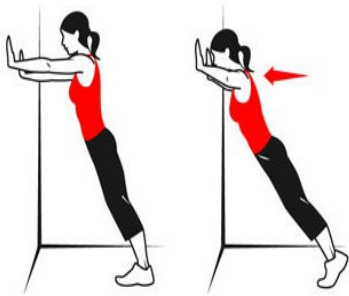


## Pushups (Beginner)



Sets: 3  
Reps: 15 in each set  
Rest In Between Sets: 10 seconds

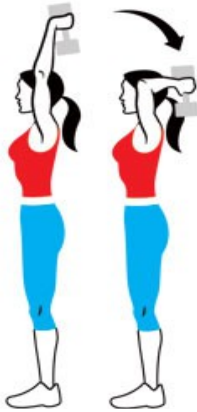
## Pushups (Knee Free)



Sets: 3  
Reps: 20 in each set  
Rest In Between Sets: 10 seconds

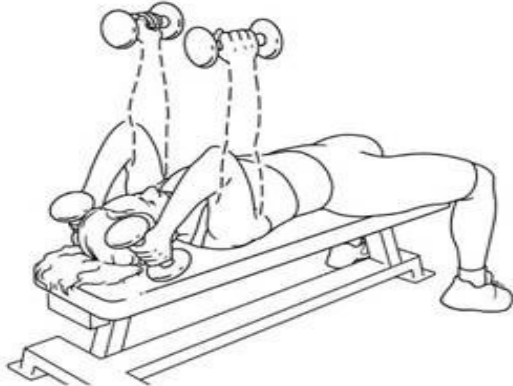
Wall Push Up

## Overhead Triceps Extensions



Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds

## Lying Overhead Triceps Extensions



Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds

Step 1



## Triceps (Diamond) Pushups

Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds

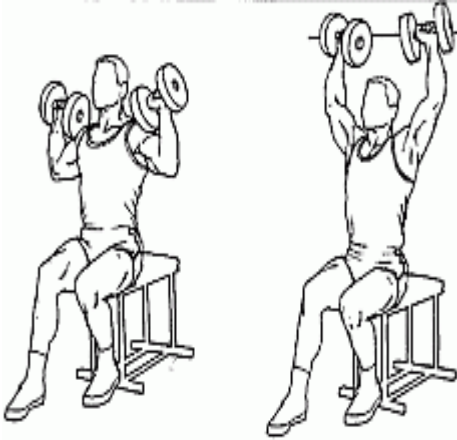
Step 2



Close-Grip Diamond Push-up

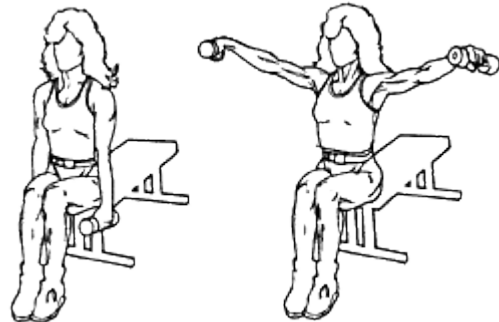
## Dumbbell Shoulder Press

Sets: 3  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds



## Front & Side Lateral Raises

Sets: 3 (each arm & each movement for a total of 12 sets)  
Reps: 10 in each set  
Rest In Between Sets: 10 seconds



## Back Extensions

This lower back exercise can be performed on a stability ball or on a back extension bench. This extension exercise can be performed several times a day to help ease lower back tension.

Sets: 3

Reps: 15 in each set with a 3 second hold in the up position

Rest In Between Sets: 10 seconds



## Superman

This extension exercise can also be performed several times a day to help ease your lower back tension.



Sets: 3

Reps: 15 in each set with a 3 second hold in the up position

Rest In Between Sets: 10 seconds