



Seated Upper Body Circuit For Sport Level 1

1. Dumbbell Bench Press

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

2. Seated Dumbbell Shoulder Shrug

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

3. Seated Dumbbell Bent Over Row

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

4. Seated Oscillatory Shoulder Press

18 Reps

Tempo 0:0:0:0

Rest 5 Seconds

5. Seated Dumbbell Curl And Press

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

6. Seated Dumbbell Rear Delt

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

7. Seated Dumbbell Zottman Curls

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

8. Supinate Pronate Tricep Extension

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

9. Dumbbell Bench Press Oscillatory

18 Reps

Tempo 0:0:0:0

Rest 5 Seconds

10. Seated Dumbbell Shoulder Shrug

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

11. Seated Dumbbell Bent Over Row

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

12. Seated Dumbbell Shoulder Press

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

13. Seated Dumbbell Rear Delt

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

14. Seated Dumbbell Lateral Raise

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

15. Seated Dumbbell Hammer Curl

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

16. Supinate Pronate Tricep Extension

6 Reps

Tempo 2:0:2:0

Rest 5 Seconds

XLathlete.com

Seated Upper Body Circuit For Sport Level 1

For information regarding the use of tempos in training, please refer to the following article:

[Using Tempos In Training](#)

