



Seated Upper Body Circuit For Sport Level 3

1. Dumbbell Bench Press

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

2. Seated Dumbbell Shoulder Shrug

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

3. Seated Dumbbell Bent Over Row

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

4. Seated Oscillatory Shoulder Press

30 Reps

Tempo 0:0:0:0

Rest 10 Seconds

5. Seated Dumbbell Curl And Press

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

6. Seated Dumbbell Rear Delt

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

7. Seated Dumbbell Zottman Curls

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

8. Supinate Pronate Tricep Extension

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

9. Dumbbell Bench Press Oscillatory

30 Reps

Tempo 0:0:0:0

Rest 10 Seconds

10. Seated Dumbbell Shoulder Shrug

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

11. Seated Dumbbell Bent Over Row

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

12. Seated Dumbbell Shoulder Press

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

13. Seated Dumbbell Rear Delt

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

14. Seated Dumbbell Lateral Raise

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

15. Seated Dumbbell Hammer Curl

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

16. Supinate Pronate Tricep Extension

10 Reps

Tempo 2:0:2:0

Rest 10 Seconds

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

[Using Tempos In Training](#)

