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Seated Upper Body Circuit For Sport Level 4

1. Dumbbell Bench Press
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

2. Seated Dumbbell Shoulder Shrug
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

3. Seated Dumbbell Bent Over Row
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

4. Seated Oscillatory Shoulder Press
32 Reps
Tempo 0:0:0:0

Rest 10 Seconds

5. Seated Dumbbell Curl And Press
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

6. Seated Dumbbell Rear Delt
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

7. Seated Dumbbell Zottman Curls
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

8. Supinate Pronate Tricep Extension
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

9. Dumbbell Bench Press Oscillatory
32 Reps
Tempo 0:0:0:0

Rest 10 Seconds

10. Seated Dumbbell Shoulder Shrug
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

11. Seated Dumbbell Bent Over Row
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

12. Seated Dumbbell Shoulder Press
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

13. Seated Dumbbell Rear Delt
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

14. Seated Dumbbell Lateral Raise
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

15. Seated Dumbbell Hammer Curl
12 Reps
Tempo 2:0:2:0

Rest 10 Seconds

16. Supinate Pronate Tricep Extension
12 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