

TRX + Dumbbells

Upper Body

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|--|--|-------------|
| <i>Click Date to Open Video</i> Rest | Total Upper <small>Day 1</small> | Total Upper <small>Day 2</small> | Total Upper <small>Day 3</small> | Total Upper <small>Day 4</small> | Total Upper <small>Day 5</small> | Rest |
| Rest | Back <small>Day 6</small> | Shoulders <small>Day 7</small> | Chest <small>Day 8</small> | Total Upper +Abs/ Core <small>Day 9</small> | Arms <small>Day 10</small> | |
| Rest | Chest Shoulders <small>Day 11</small> | Back/ Biceps <small>Day 12</small> | Chest/ Triceps <small>Day 13</small> | Shoulders/ Back <small>Day 14</small> | Total Upper <small>Day 15</small> | |



To change the music for each workout go to the description of that video and click the link of the version you would like to open. Music Versions do not include the closing talks with Coach Sim