

Working on your upper body isn't just good for getting rid of underarm flab. Strengthening your neck, chest, and shoulders can improve your posture, especially if you sit at a desk all day and suffer from neck pain caused by forward-head posture Upper body workouts can also improve muscles needed to complete basic functions throughout the day like picking up a child, carrying a bag of groceries, or pushing objects like a vacuum or snow shovel. With these three easy exercises that can be done at the gym or at home, you can increase upper body strength, decrease neck pain, and say goodbye to flabby arms.



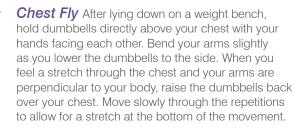
Complete all three exercises in one workout consisting of three sets each. Rest 30–60 seconds between sets. For best toning results, do a 45-minute cardio workout 4–5 times a week to burn fat.

Flat Bench Press Start by lying down on a weight bench, keeping your lower back close to the pad to avoid a large arch between your back and the bench. Hold your barbell above you, slightly wider than shoulder width apart and slowly move the bar toward your chest until your arms form a 90-degree angle. Push the bar upward until fully extended.

// Repeat 10-14 times

Incline Chest Press Using an inclined weight bench, lie back and hold the dumbbells above your chest with your arms fully extended. Focus on keeping your shoulder blades together as you lower the dumbells toward your chest until your arms reach a 90-degree angle. Finish by pushing the dumbells upward until your arms are fully extended.

// Repeat 10-14 times



// Repeat 10-14 times



