



3 EXERCISES TO SCULPT YOUR UPPER BODY

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.

Tip: If you don't have a bench and barbell, you can get the same results at home using dumbbells and an exercise ball.



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 dumbbells toward your chest until your arms reach a 90-degree angle. Finish by pushing the dumbbells upward until your arms are fully extended.

// Repeat 10–14 times



Chest Fly After lying down on a weight bench, hold dumbbells directly above your chest with your hands facing each other. Bend your arms slightly as you lower the dumbbells to the side. When you feel a stretch through the chest and your arms are perpendicular to your body, raise the dumbbells back over your chest. Move slowly through the repetitions to allow for a stretch at the bottom of the movement.

// Repeat 10–14 times

