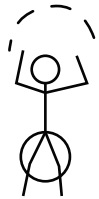
Tina McDermott
DISCOVER WHOLE BODY FREEDOM

FTF SIGNATURE WORKOUT UPPER BODY

Pyramid Pushups (Begin belly on ball, 15 pushups, squeeze legs and glutes, move out to knees 10 pushups, move out 5 pushups then reverse) Alternatively place hands on a countertop or sturdy elevated surface and pushup.

Shoulders Overhead Press (sit on ball, arms at 90 degree angle shoulder height, inhale and and the exhale lift arms overhead and lower to shoulder height.)



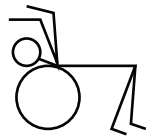
Shoulder Side Raises (sit on ball, arms by your sides, lift arms to shoulder height laterally and lower.)

Shoulder Front Raise (stand in split stance, one leg in front of other, raise arms in front of you shoulder height and lower)

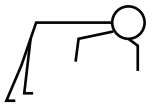
Chest Press (Bridge position on ball, arms at 90 degrees over chest, inhale and on the exhale lift arms over chest and lower with an inhale)

Chest Fly (Bridge on Ball, open arms to side & squeeze together over chest)

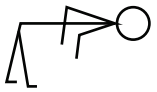
Tricep Skull Crusher (bridge on ball, arms straight up, palms face each other, lower hands to temples and back up)



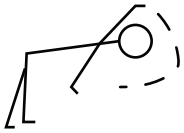
Lat Pull High Row (lean forward with a flat back, hand arms down, palms face your body, lift elbows straight up squeezing shoulder blades together)



Lat Pull Low Row (lean forward with a flat back, hang arms down, palms up, elbows near ribs, squeeze elbows up behind back)



Reverse Fly (Rear delts) (lean forward with a flat back, straight arms parallel to shoulders, lift arms up and squeeze shoulder blades together)



Bicep Curl (sit on ball, lean back, elbows by ribs, curl and extend)