

FitPeak Upper-Body Muscle-Building Workout Plan

Goal: Build strength, tone muscles, and define your upper body.

Workout Structure

- **Frequency:** 3–4 days per week (e.g., Monday, Wednesday, Friday)
 - **Sets & Reps:** 3–4 sets of 8–12 reps per exercise
 - **Rest:** 60–90 seconds between sets
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Exercises & Focus Areas

- **Bench Press** – Strengthen chest and triceps
 - **Dumbbell Rows** – Build back and biceps
 - **Shoulder Press** – Sculpt shoulders and upper traps
 - **Lateral Raises** – Increase shoulder width and definition
 - **Bicep Curls** – Define and tone arms
 - **Tricep Dips** – Target triceps and chest
 - **Pull-Ups / Assisted Pull-Ups** – Strengthen back, biceps, and grip
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Tips for Maximum Results

- Focus on **controlled movements** and proper form
 - Gradually **increase weights** for progressive overload
 - Pair workouts with **protein-rich meals** for muscle recovery and growth
 - **Track progress** weekly to measure strength gains and improvements
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Call to Action: Transform your upper body today! Visit fitpeak.online or contact us at hello@fitpeak.online for personalized programs.