Chest and Back is designed to develop stronger muscles, from a simple yet rigorous push-up and back strength routine. Try to do at least 8-10 reps of each exercise.

All pull-ups can be adapted by using the resistance bands. You may be able to check them out at your residence hall’s front desk.

EQUIPMENT
- Water
- Push-up Bars (Optional)
- Mat
- Resistance Bands

1. Standard Push-Ups
2. Wide Front Pull-Ups
3. Military Push-Ups
4. Reverse Grip Chin-Ups
5. Wide Fly Push-Ups
6. Closed Grip Overhand Pull-Ups
7. Decline Push-Ups
8. Diamond Push-Ups
9. Alternating Pull-Up/Chin-Up
10. Dive Bomb Push-Ups
11. Repeat Routine*

*As a Bonus Round

Go to www.life.arizona.edu/get-movin to see video tutorials