

# EXERCISE PROGRAMS



**Upper Body**



## Upper Body

### Introduction

This exercise routine is created for men and women with the goals of strengthening the upper body. The benefits that will result from this program include a better posture, form and stability. This will help performance in sports like rugby, tennis, and rowing.

*Exercise intensity – moderate to high.*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Advise your client that a banana about 30-60 minutes is the best thing to eat before a strength training routine.
- ▶ To promote muscle growth for your client, rest between sets should be about 30 seconds long.
- ▶ Inform the client that a rest day between strength training is advised. Once they improve and adapt to the program they can have consecutive strength training days. Three strength training days in a row is not recommended unless separate muscle groups are programmed.
- ▶ Focus on your client's technique and posture throughout the routine to get the most benefits from the workout.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

### Rowing Machine

- Select a rowing machine
- Set timer
- Row as far as possible during designated effort period
- Rest completely during rest period
- Monitor heart rate if possible



Complete 1 sets of 5minutes repetitions. Rest 60s between sets.

### Triceps Extension - Lying - Barbell

- Lie face up on a bench, barbell held with narrow grip
- Elbows slightly flexed
- Barbell above shoulders
- Fix upper arms in position
- Lower barbell toward forehead
- Press upward to extend arms



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

### Bicep Curl - Preacher

- Stand, arm supported on incline or preacher bench
- Palm facing upward
- Curl dumbbell toward shoulder
- Maintain posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Decline Bench Press - Barbell

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- Grip wider than shoulder width, bar directly above chest
- Shoulder blades retracted
- Upper back slightly arched
- Lower barbell to chest
- Press bar directly toward the roof



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Incline Bench Press - Barbell

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- Grip wider than shoulder width, bar directly above shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Lower bar to upper chest
- Press bar directly toward the roof

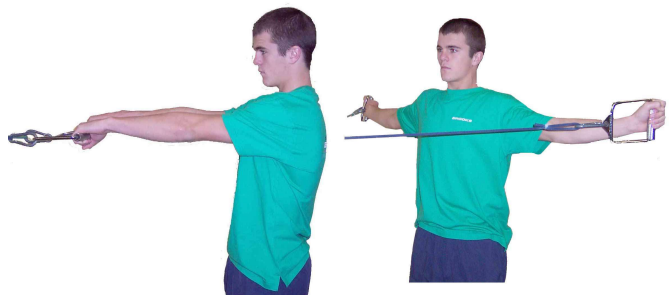


Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Reverse Fly - Standing - Elastic Cord

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- Stand face shoulder height wall mounted elastic cords
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- Hold elastic cord in each hand
- Elbows slightly flexed, arms out front
- Hands at shoulder height
- Horizontally extend the shoulders
- Pause and squeeze shoulder blades at full extension



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Incline Bench Press - Alternate Arm - Dumbbell

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- Dumbbells positioned adjacent to shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Push dumbbells in an alternating fashion toward the roof



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Bicep Curl - In 7s

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- Stand barbell or dumbbells on thighs
- Palms facing forward
- Curl up to half way, and go back to neutral. Do this seven times
- Start fully flexed, and go down to half way, then back up again. Do this seven times.
- Complete a full curl seven times.
- Repeat all three stations 2-3 times.
- Maintain stable posture

Complete 2-3 sets of 7/7/7 repetitions. Rest 30s between sets.



## Triceps Stretch - Hand On Elbow

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- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down



Hold for 20-40 seconds. Repeat 1-3 times.

## Latissimus Dorsi Stretch - Kneeling - Single Arm

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- Kneel
- Reach hands forward & over to one side
- Lower chest toward floor
- Sit back toward heels



Hold for 20-40 seconds. Repeat 1-3 times.

## Pectoral Stretch - Hands Behind Back

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- Stand, clasp hands behind back, interlace fingers
- Maintain an upright posture, chest out
- Roll shoulders back
- Lift arms upwards



Hold for 20-40 seconds. Repeat 1-3 times.