

EXERCISE PROGRAMS



Upper Body and Cardio



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Introduction

This exercise routine is created for men and women with the goal of increasing their cardio-respiratory endurance while focusing on their upper body muscles. This is a great routine to improve performance in sports like basketball, baseball and gymnastics.

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

- ▶ Make sure the client's body is warm before engaging in activity. This can include dynamic stretching and/or light cardio.
- ▶ If the impact of a weight-bearing cardio workout is too painful, have your client try swimming or the cross trainer.
- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ A fast-digesting carb-filled snack is a good pre-workout food to have about 30 minutes prior, i.e. a sports drink or energy bar.
- ▶ Rest between sets should start at about 45 seconds and can get down to 30 seconds as the client progresses.

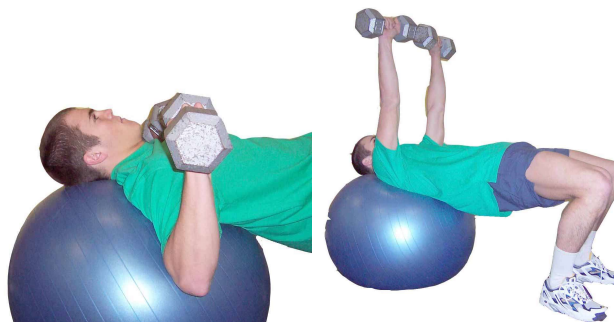
Cool Down

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

Circuit: to be repeated 3 times

Chest Press - Exercise Ball

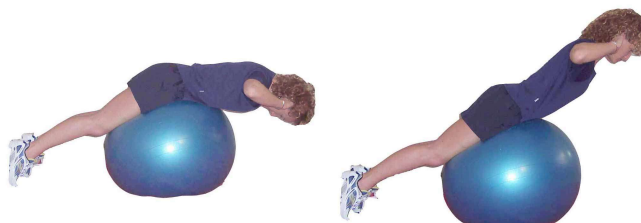
- Exercise ball supports shoulders
- Feet shoulder width apart, hips extended
- Dumbbell in each hand
- Press dumbbells upward from shoulder
- Maintain stability on the ball



Complete 1 sets of 15 repetitions. Rest 0 between sets.

Back Extension - Exercise Ball

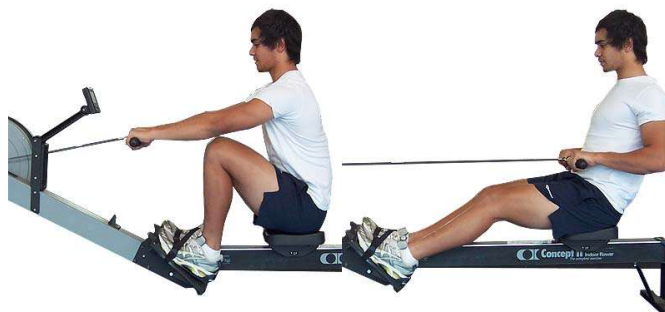
- Lie face down, hips on crest of exercise ball
- Feet secured on floor
- Body relaxed over the ball
- Hands on ears, slow extend torso
- Ankles, hips & shoulders to align



Complete 1 sets of 15 repetitions. Rest 0 between sets.

Rowing - 250m Effort

- Select a rowing machine
- Row distance as quickly as possible
- Monitor heart rate if possible



Repeat 1 times. Rest 60s between repetitions.

Bicep Curl - in 7s

- 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
 - Maintain posture throughout
- Complete 1 sets of 7/7/7 repetitions. Rest 0 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 1 sets of 12 repetitions. Rest 0 between sets.

Bent Over Row

- Grip barbell wider than shoulder width
- Stand with knees slightly flexed, bend forward from the hips
- Barbell rests on thighs just above the knees
- Pull bar along thighs to abdomen
- Barbell remains above feet
- Shoulders forward of barbell



Complete 1 sets of 12 repetitions. Rest 0 between sets.

Burpees

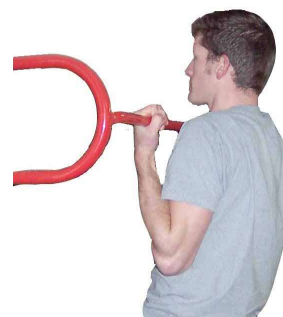
- Sequence of movements
- Stand, feet hip width apart
- Squat down, place hands either side of feet
- With hands on floor, jump feet back into push up position
- Jump feet back toward hands
- Jump for maximum height
- Repeat sequence



Complete 1 sets of 15 repetitions. Rest 90s between sets.

Chin Up - Reverse Grip

- Grip high bar about shoulder width
- Palms face backward
- From full hang, pull chin over bar



Complete 1 sets of 12 repetitions. Rest 0 between sets.

Dips - Parallel Bars

- Body weight supported on arms
- Elbows extended
- Maintain vertical torso position
- Lower body until upper arm is parallel to floor
- Extend elbows, return to start position



Complete 1 sets of 12 repetitions. Rest 30s between sets.

Lat Pulldown

- Sit upright, look forward
- Wider than shoulder width grip
- Palms facing forward
- Pull bar to chin
- Return bar to start position



Complete 1 sets of 12 repetitions. Rest 0 between sets.

Pulldown - Straight Arm

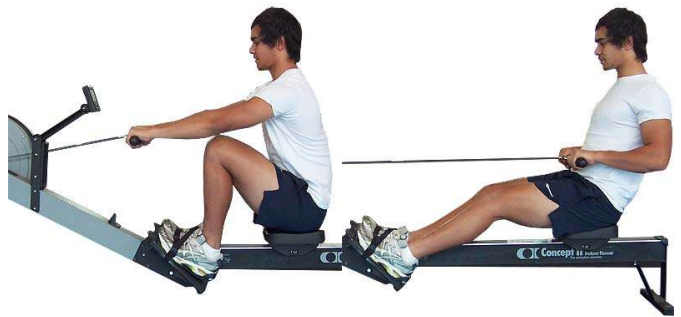
- Split stance, arms extended to high cable
- Shoulder width grip, arms straight
- Palms facing downward
- Pull bar to hips - return bar to start position
- Maintain posture



Complete 1 sets of 12 repetitions. Rest 0 between sets.

Rowing - 300m Efforts

- Select a rowing machine
- Set timer
- Row distance as quickly as possible
- Rest completely during rest period
- Monitor heart rate if possible



Repeat 1 times. Rest 90s between repetitions.