

## EXERCISE PROGRAM

<b>Name:</b> Upper Body Program	<b>Instructor:</b> Crank
<b>Program Aims:</b> Upper Body Strength and Muscle Endurance	<b>Heart Rate Zone:</b> Work it out
<b>Restrains / Injuries:</b> Shoulder joint, wrist joint, neck pain	
<b>Warm Up / Stretches:</b> 5-10 minutes: Walking, light jog, step ups, skipping, boxing, aerobicing	

Upper Body Exercises	Equipment / Muscle group	Reps / Time
<ul style="list-style-type: none"> <li>• Push ups Toes (advanced), knees (intermediate), on a high ledge or off a wall (beginner)</li> <li>• Chest press</li> <li>• Renegade push ups</li> <li>• Chest fly's</li> </ul>	<p style="text-align: center;">Body weight - Chest</p> <p style="text-align: center;">Dumbbell - Chest Dumbbell - Chest Dumbbell - Chest</p>	<p>10-20 reps x 3 to 4 sets</p>
<ul style="list-style-type: none"> <li>• Shoulder press</li> <li>• Front raises</li> <li>• Lateral raises</li> <li>• Upright row</li> </ul>	<p style="text-align: center;">Dumbbell - Shoulder Dumbbell - Front shoulder Dumbbell - Outer shoulder Dumbbell - Trapezius</p>	<p>10-20 reps x 3 to 4 sets</p>
<ul style="list-style-type: none"> <li>• Pull ups</li> <li>• Bent rows</li> <li>• Seated reverse fly's</li> <li>• Standing row's</li> </ul>	<p style="text-align: center;">Body weight - Back Dumbbell - Back Dumbbell - Back/Rear Deltoid Tubing band - Back</p>	<p>10-20 reps x 3 to 4 sets</p>
<ul style="list-style-type: none"> <li>• Tricep dips</li> <li>• Tricep overhead extension</li> <li>• Skull crush</li> <li>• Tricep Push ups</li> </ul>	<p style="text-align: center;">Chair/bench - Tricep Dumbbell - Triceps Dumbbell - Tricep Body Weight - Tricep</p>	<p>10-20 reps x 3 to 4 sets</p>
<ul style="list-style-type: none"> <li>• Bicep curls</li> <li>• Hammer curls</li> <li>• Preacher curls</li> <li>• Hammer curl pumps</li> </ul>	<p style="text-align: center;">Dumbbell - Biceps Dumbbell - Biceps Dumbbell - Biceps Dumbbell - Biceps</p>	<p>10-20 reps x 3 to 4 sets</p>

### **Cool down / Stretches, 5-10 min**

Cool down - Arm rotations, shadow boxing, slow step ups or light jog (emphasise arm movements)  
Stretches - Chest, shoulders, triceps, upper back.

#### **Other**

- \*Beginner: Pick one exercise in each muscle group and complete 10 reps x 3 sets.
- \*Intermediate: Pick 2 exercises in each muscle group and complete 15 reps x 4 sets.
- \*Advanced: Pick 3/4 exercises in each muscle group and complete 20 reps x 4 sets (or increase your weight).
- \*Dumbbell weight can be between 3kg-6kg per dumbbell depending on your strength.
- \*Keep shoulders down and back for upper body exercises (don't crunch up shoulders).
- \*Remember to breath out on the muscle contraction phase, breath in on relax phase.
- \*If you are not sure of how to complete an exercise, go to <http://www.bodybuilding.com/exercises/> or look it up on YouTube.
- \*If you have any questions about the program, email [mel@crankhf.com.au](mailto:mel@crankhf.com.au)