



UPPERBODY

Chest, Shoulders, Back, Arms

Equipment: Resistance Bands, Dumbbells

Time: 1set: 16 min, 2sets: 32 min, 3sets: 48 min

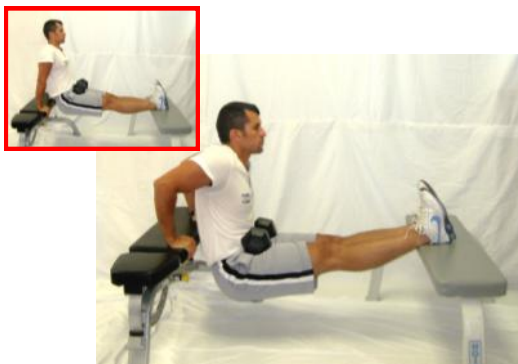
ADVANCED



Deep Push Up

- Place hands on dumbbell (or a sturdy object) at chest level. Place feet on bench
- Keep body straight. Carefully lower body until face is 3 inches from floor
- Stretch

Sets: 1-3 Rep: 10-15

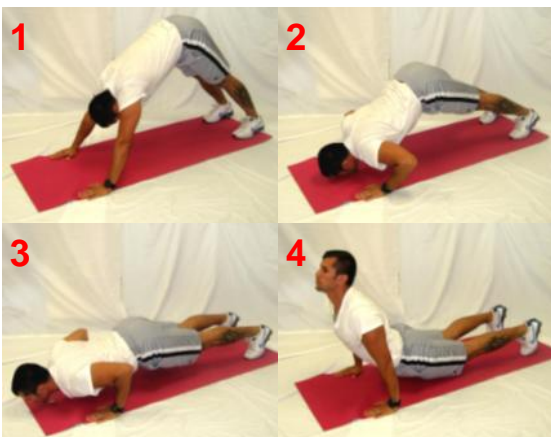


Double Bench Dips w/ Weights

* May require assistance

- Place hands and feet at edge of two parallel benches
- Place weight on thighs*
- Keep body close to the bench throughout the exercise
- Lower body until elbows are 90°. Stretch

Sets: 1-3 Rep: 10-15



Dive Push Up

- (1) Start with body in an upside down V shape
- (2) Bend elbows and lower body forward
- (3) Straighten body until parallel to floor
- (4) Swing up and extend arms fully
- Go back to starting position by reversing the above steps

Sets: 1-3 Rep: 10-15

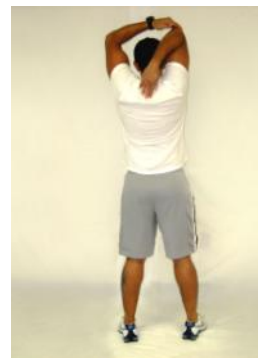


One-Arm Dumbbell Rows

- Take one step forward and slightly bend knees
- Keep back straight. Hold the weight and let arm hang straight down
- Exhale and pull weight up while keeping elbow close to your body
- Stretch

Sets: 1-3 Rep: 10-15

STRETCH





STRETCH



Pullover on Ball

* May require assistance

- Place weight in hands*
- Lay back and rest ball behind shoulders and head
- Extend arms straight in front of chest
- While keeping arms straight, bring weight back until slightly past head
- Exhale and pullover to starting position
- Stretch

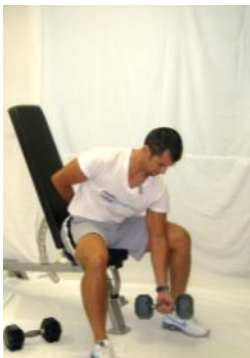
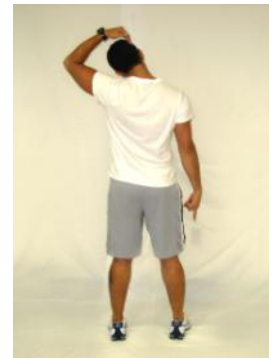
Sets: 1-3 Rep: 10-15



Standing Overhead Press

- Start with weight at head level (elbows about 90°)
- Keep back straight throughout the exercise
- Press up until arms are fully extended
- Stretch

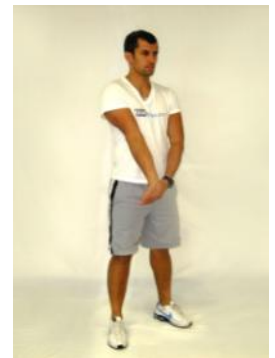
Sets: 1-3 Rep: 10-15



Bicep Concentration Curls

- Lean forward and anchor elbow to the side of thigh
- Hold weight and fully extend arm down
- Exhale and curl arm up
- Stretch

Sets: 1-3 Rep: 10-15



Standing Overhead Extension

- Keep your back straight throughout the exercise
- Carefully extend arms up while holding weight
- Carefully lower weight while keeping elbows by your head
- Stretch

Sets: 1-3 Rep: 10-15

