

At Home Upper Body Workout

By Sarah Seifert, CPT

1. Shoulder Presses (Pair Med - Heavy) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8



Tips:

- * Stand with your feet hip-distance apart and pick up the weights
- * Lift up your weights until they are at your shoulders, palms facing forward, with elbows bent at a 90-degree angle.
- * Raise your arms until elbows are extended, moving weights until they almost touch above your head.
- * Slowly return back to starting position
- * Remember to breathe and keep your spine neutral and core engaged while you perform this exercise.
- * Also, don't hunch your shoulders while you raise and lower your weights.

2. Bicep Curls (Pair Heavy) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Stand with your feet hip-distance apart and pick up the weights
- * Arms extended, slightly in front of you and shoulder width apart, palms facing forward.
- * Curl the weights up towards your shoulders by hinging at your elbow.
- * Slowly return back to full starting position.
- * Remember to breathe and keep your spine neutral and core engaged while you perform this exercise.
- * Also, don't hunch your shoulders while you raise and lower your weights.

3. Dumbbell Pull Over (One Med - Heavy)

Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Lie on your back with your feet flat and knees bent.
- * Hold a weight in both hands over your chest with your arms straight up.
- * Lower the weights straight back behind your head until your arms are parallel to the floor.
- * Bring your arms to starting position over your chest while still keeping them straight. Engage your core as you return to the start position.

4. Over Head Triceps Extension (One Med - Heavy)

Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Stand with your feet hip distance apart.
- * Hold one dumbbell (go for your heavier weight) with both hands, bending the elbows behind your head.
- * Straighten your arms to lift the dumbbell into the air, then slowly bend the arms to lower. This counts as one rep.
- * Remember to breathe and keep your spine neutral and core engaged while you perform this exercise.
- * Also, don't hunch your shoulders while you raise and lower your weights.

*** STOP—Repeat exercises 1 - 4 Again, this time perform 10 Reps, then repeat exercises 1 - 4 for 8 Reps, then move on.**

**** Try to increase your weight as you lessen the reps. ****

5. Chest Press (Pair Heavy) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps

FitGIF Friday

FLOOR CHEST PRESS FEET ELEVATED

A

Lie face up with hips and knees bent 90 degrees. Hold a pair of dumbbells above your chest, arms straight, palms facing feet.

B

Lower the dumbbells until your upper arms touch the floor. That's one rep.



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6. Chest Fly (Pair Light - Med) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Lie on the floor with two dumbbells above your shoulders, (arms 15-degrees shy of full extension)
- * With palms facing, lower the weights in an arching motion.
- * When your elbows hit the floor, they should be even with your chest; pause briefly for a half second

7. Push Ups (Reg or Modified) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps

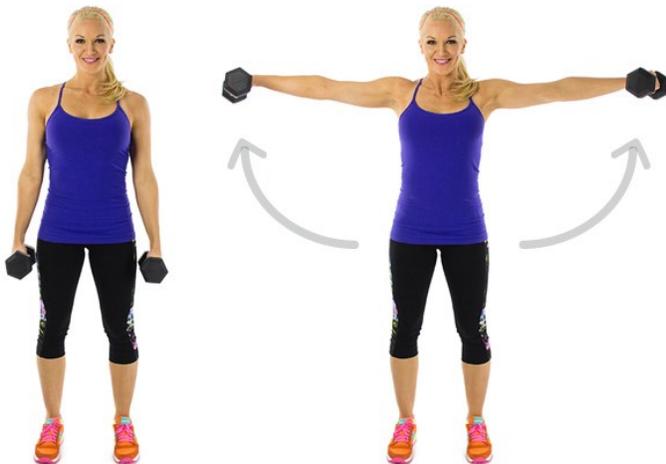


Tips:

- * Tighten abdominals, and bend elbows to lower chest toward the floor. Keep your gaze in front of your fingertips so neck stays long.
- * As you lower yourself, tuck your elbows, pulling them close to your body so that your upper arms form a 45-degree angle when your torso is in the bottom position of the move.
- * Pause, then **push** back to the starting position as quickly as possible.

****** Do NOT allow your hips to sag. If they begin to sag, go into a modified pushup or stop with your reps ******

8. Lateral Raises (Pair Light - Med) Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8



Tips:

- * Grab a pair of dumbbells and stand tall with your feet shoulder width apart palms facing in.
- * Keeping your elbows straight, raise your arms up so that they are level with your shoulders. Your palms should now face the ground.
- * Slowly lower the dumbbells down to the side of your thighs, palms still facing inward. Repeat for allocated amount of reps.
- * Remember to breathe and keep your spine neutral and core engaged while you perform this exercise.
- * Also, don't hunch your shoulders while you raise and lower your weights.

***** If you have to swing your body to raise the dumbbells, then decrease the weight. *****

*** STOP—Repeat exercises 4 - 8 Again, this time perform 10 Reps, then repeat again for 8 Reps. Try to increase your weight as you lessen the reps.**