

Upper body workout

Ready to build strength? We'll guide you through a series of easy-to-follow workouts to help you get the most out of your time on the gym floor. You've got this.



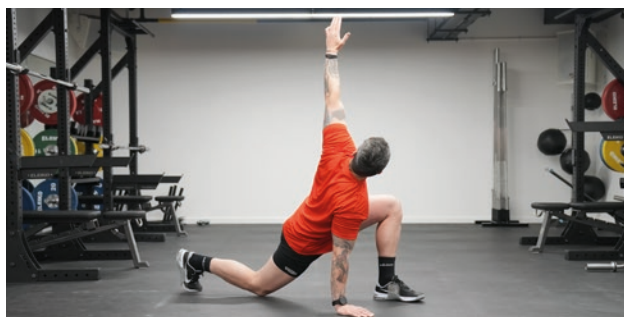
the warm up

Don't forget to warm up before you start!

1. CV assault bike
x 5 minutes steady pace



2. World's greatest stretch
x 5 (each side)



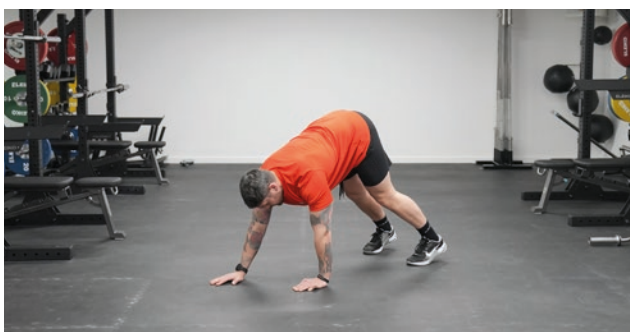
3. Shoulder mobility
x 5



4. Banded pull apart
x 10



5. Walkouts
x 5



You've got this.

the workout

Duration: 45 mins | **Level:** Intermediate - Advanced

Equipment: Barbell/Dumbbell/Bench/Weight plate

The goal of this workout is to train the whole body for a balanced routine. You should be able to perform a high number of reps with good technique, so choose lighter weights.

Before you start your working sets, perform at least 3 warm up sets while you work up to the weight you want to use on the first set.

Exercise 1 - Strict press – 10 reps x 3 sets

Rest for 1-2 min in-between sets



Exercise 2 & 3 - Superset (one straight into the next, no rest)

Repeat for x 3 sets, rest for 1-2 min in-between sets

Exercise 2 - Barbell bench press x 10 reps



Exercise 3 - Bent over rear delt x 12 reps



Exercise 4 & 5 - Superset (one straight into the next, no rest)

Repeat for x 3 sets, rest for 1-2 min in-between sets

Exercise 4 - Barbell bent over row x 10 reps



Exercise 5 - Dumbbell skull crusher x 12 reps



Exercise 5 & 6 - Superset (one straight into the next, no rest)

Repeat for x 3 sets, rest for 1 min in-between sets

Exercise 5 - Dumbbell biceps curls x 12 reps



Exercise 6 - Dumbbell lateral raises x 12 reps



Exercise 7 - Conditioning finisher (dumbbell situp)

Work for 45 seconds, rest for 15 seconds, repeat for x 2 sets



the cool down

Cooling down is just as important as the warm up. It can help to prevent injuries and regulate blood flow. Follow these simple moves to end on a high:

Exercise 1 - Child's pose



Exercise 2 - Thread the needle



Exercise 3 - Leg crossover



Exercise 4 - Triceps stretch



Exercise 5 - Shoulder stretch



If you need a hand with these exercises, please ask one of the team who will be happy to help.