

FAMILYSPICE.COM UPPER BODY WORKOUT

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EQUIPMENT NEEDED: Chair, towel, water, small hand weights (beginner 1-2 lbs, intermediate 3-8 lbs, advanced 5-10 lbs)

WARM-UP: 5 mins. (walk around the house, go up & down the stairs, run in place, jump rope)

REMEMBER: MAINTAIN FORM! During your workout, make sure you maintain proper form: Hips tucked in, abs tight, shoulders back and down, chin up, eyes looking ahead, knees soft. Keep your wrists, straight, do not bend them and keep a comfortable grip on the weights, never tight. Breathe out on exertion and breathe in when you release.

UPPER BODY WORKOUT:

1. Bicep Curl: BEGINNER:

Sit down with your back against the chair and your arms at your side. With your palms up, bring your hands up for two counts, then straighten and release for two counts. Do 15 reps.



1. Bicep Curl: INTERMEDIATE:

Same as beginners, but standing up: Feet shoulder-width apart, with entire foot on the floor. Do 20 reps.

1. Bicep Curl: ADVANCED:

Stand next to a chair, squat down, sit, do a bicep curl, release and stand up. Do 25 reps.



2. Tricep Extensions:

BEGINNER: Sit down and lean over with your elbows up and behind you, and your weights against your hip. Using your elbows as hinges, push your elbows together and straighten your arms back. Return to start. Do 15 reps.



2. French Press:

INTERMEDIATE: Sit down with your back against the chair. Extend both arms over your head. Slowly bend and lower your arms until elbows are level. Return to start. Do 15 reps.



2. French Press:

ADVANCED: Do the same extensions as in intermediate level, except stand up, with feet shoulder-width apart. Do 20 reps.

3. Shoulder Raises: BEGINNER:

Sit down with your back against the chair and your arms at your side. With your palms down, raise your arms in front of you until shoulder high and bring them down slowly. Do 15 reps.



INTERMEDIATE: Do your raises, standing up for 15 reps. **ADVANCED:** Do your raises, with a squat for 15 reps.

4. Lateral Raises: BEGINNER:

Sit down with your back against the chair and your arms bent in a 90° angle with your body. Raise your arms to the side until they are parallel with the floor. Release. Do 15 reps. **INTERMEDIATE:** Do your raises with your arms extending straight out for 15 reps. **ADVANCED:** Do your raises, with a squat for 15 reps.



5. Military Press: BEGINNER:

Sit down with your back against the chair and your arms up and bent at a 90° angle. Straighten your arms above your head and then release. Do 15 reps. **INTERMEDIATE:** Do your raises, standing up for 15 reps.



ADVANCED: Do your raises, with a squat for 15 reps.

6. Rear Deltoid: BEGINNER:

Sit down, but lean forward 30° with a straight back. Start with straight arms in front of you, then bend at the elbow and pull your arms back, until your elbows line up with your shoulders. Release. Do 15 reps. **INTERMEDIATE:** Do your raises standing up, but with one leg in front of the other for 15 reps. **ADVANCED:** Do your raises, both legs shoulder-width apart for 20 reps.



7. Reverse Fly: BEGINNER:

Sit down, but lean forward 30° with a straight back. With straight arms in front of you pull them back, until your arms line up with your shoulders. Release. Do 15 reps.



INTERMEDIATE: Do your raises standing up, but with one leg in front of the other for 15 reps. **ADVANCED:** Do your raises, both legs shoulder-width apart for 20 reps.

8. Seated Row: BEGINNER:

Same position as in reverse fly. Bend at the elbow & pull back, keeping your hands at waist level and stopping at the hip. Release. Do 15 reps. **INTERMEDIATE:** Do your raises standing up, but with one leg in front of the other for 15 reps. **ADVANCED:** Do your raises, both legs shoulder-width apart for 20 reps.



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REMEMBER: MAINTAIN FORM! During your workout, make sure you maintain proper form: Hips tucked in, abs tight, shoulders back and down, chin up, eyes looking ahead, knees soft. Keep your wrists, straight, do not bend them and keep a comfortable grip on the weights, never tight. Breathe out on exertion and breathe in when you release.



9. Chest: BEGINNER:

Lay down with your feet up on a chair, your knees bent and your arms up. Lower your slightly bent arms down for 3 counts and then return to start. Don't let your hands touch the floor. Do 15 reps.



9. Chest: INTERMEDIATE:

Lay down with your feet on the ground, knees bent and arms up. Do 15 reps.



9. Chest: ADVANCED:

Lay down with your legs in the chair position and your arms up. Do 15 reps.

Remember, the slower the movement, the harder the muscles work and the less likelihood of injury.

10. Lat Pullover: BEGINNER:

Lay down with your feet up on a chair, your knees bent and your arms up above your chest. Lower your slightly bent arms over your head for 3 counts and then return to start. Don't let your hands touch the floor. Do 15 reps.

INTERMEDIATE: Lay down with your feet on the ground, knees bent and arms up (see picture). Do 15 reps. **ADVANCED:** Lay down with your legs in the chair position and your arms up. Do 15 reps. Again, the slower the movement, the harder the muscles work and the less likelihood of injury.



It is important to loosen and warm up your muscles with gentle stretches before and after exercising. When your muscles are warmed up after exercising, perform the same stretch routine more aggressively. This will prevent injury and help flexibility.

UPPER BODY STRETCHES:



1. Mermaid: Sit with legs crossed and back straight. With one arm up, gently lean to the opposite side for 5 counts. Repeat for the other side.



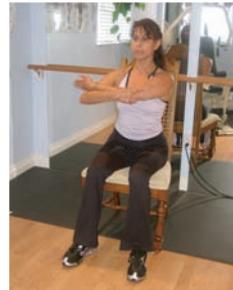
2. Twist: Sit with legs crossed and back straight. Place one hand on the opposite knee and gently twist to the opposite side for 5 counts. Repeat for the other side.



3. Bicep Stretch: Sit in a chair with arms extended to the side. Make a fist and stick thumbs up in the air. Twist your arm and push your thumbs down for 5 counts.



4. Tricep Stretch: Sit in a chair and bend one arm behind your head, pulling gently with the other arm for 5 counts. Repeat for the other side.



5. Shoulder Stretch: Sit in a chair and bend one arm across your chest, pulling gently with the other arm for 5 counts. Repeat for the other side.



6. Chest Stretch: Stand up with feet shoulder-width apart and clasp your hands behind your back (or grip a towel for beginners). Stick chest out and hold the stretch for 5 counts.



7. Chest: Stand up with fingers behind your ears and elbows back. Stick your chest out and hold for 5 counts.



8. Mid-Lower Back: Stand up with fingers behind your ears and elbows pushed in. Gently pull head to your chest for 5 counts.



9. Upper Back: Stand up with fingers together and push arms away, with palms out and shoulders curved in for 5 counts.



9. Grip Stretch: Extend one arm with palms up and gently pull fingers down with other hand for 5 counts. Rotate arm and pull with palms down. Stretch the other hand.



10. Leg Stretch: If you followed the advanced workout, you will need to stretch your legs after doing all those lunges. Follow the stretches found under the leg workout..