

# FIND YOUR STRONG

## Upper Body Bias Training Program

### WARM UP

EXERCISE	SETS	REPS	REST	NOTES
Foam roll upper back and lats. 3 rounds, 15 Broomstick Pass Throughs, 5 Slow Push Ups. 10/10 Single Arm Dumbbell Rows, 10/10 Single Arm Shoulder Press.	-	-	-	Complete this warm up series before each workout. Take your time and focus on moving with control. Aim to feel the workout muscles to 'prime' them for your workout.

### MONDAY

#### Anterior

EXERCISE	SETS	REPS	REST	NOTES
Bench Press	4	5	-	Control bar to bottom of sternum. Slight pause at bottom. Shoulders away from ears. Squeeze elbows together.
Band Pull Apart	4	10	90 sec	Pull the band apart with shoulder blades, keep arms straight and chest high. Don't shrug.
Seated Dumbbell Shoulder Press	3	8	90 sec	Ensure elbows drop below shoulder level, full lock out overhead.
Dip	3	6	90 sec	Super slow, pause for 3 seconds at the bottom then extend to straight arms.
Leg Press	4	8	90 sec	Use a weight that makes the last 2 reps very challenging, but not impossible. Full range of motion.

### TUESDAY

#### Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

### WEDNESDAY

#### Posterior

EXERCISE	SETS	REPS	REST	NOTES
Single Arm Dumbbell Row	4	8/8	-	Keep hips square and still. Row DB to the bony part of your hip. Avoid twisting too much.
Band Pull Apart	4	10	60 sec	Pull band apart with shoulder blades, keep arms straight and chest high. Don't shrug.
Lat Pull Down	3	8	90 sec	Pull shoulder away from ears then pull bar to your chest. Keep your chest tall. Squeeze elbows together.
Cable Row	3	8	90 sec	Row handles to belly button, keep shoulders away from ears and chest proud.
Back Squat	4	6	90 sec	Prioritise perfect positions over load. Control hips back, push knees out and drive through heels.

### THURSDAY

#### Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

### FRIDAY

#### Whole Body

EXERCISE	SETS	REPS	REST	NOTES
Incline DB Chest Press	4	8	-	Keep your elbows closer to your ribs than your shoulders. Squeeze elbows together as your press.
TRX Row	4	10	90 sec	Keep shoulders away from ears and row to lower ribs. Move slowly and pinch shoulder blades.
EZ Bar Curl	3	8	60 sec	Keep elbows slightly in front of torso, curl to shoulders, then control very slowly to almost straight arms.
Cable Push Down	3	8	60 sec	Keep elbows slightly in front of torso, no shoulder shrug, extend to straight arms. Very slow on the way up.
Dumbbell Farmers Carry	4	30 sec	90 sec	Use a heavy weight. Hold bells away from body, don't let them wobble. Chest High, core tight.