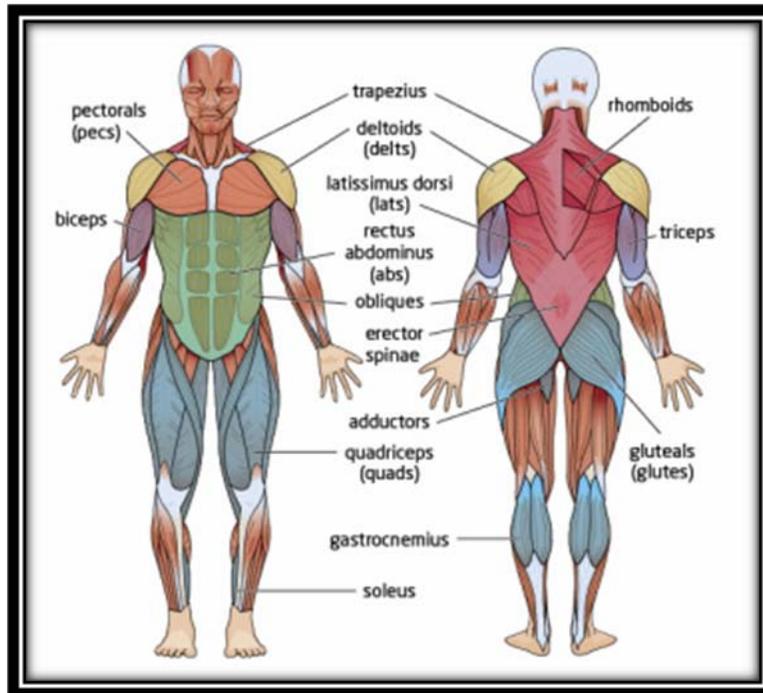


# UPPER BODY MUSCULAR ENLARGEMENT

## WORKOUT

PRESCRIPTION: 3-6 SETS X 8-12 REPETITIONS X 30-90  
SECOND REST

ESTIMATED TIME: 30 MINUTE- 1 HOUR



Picture found at: <http://www.what-is-fitness.com>

# Upper Body

**Goal:** Hypertrophy/ Muscle Definition

**Workout Load:** 3-6 sets X 8-12 repetitions X 30- 90 second rest

## Warm-up:

1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
1. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

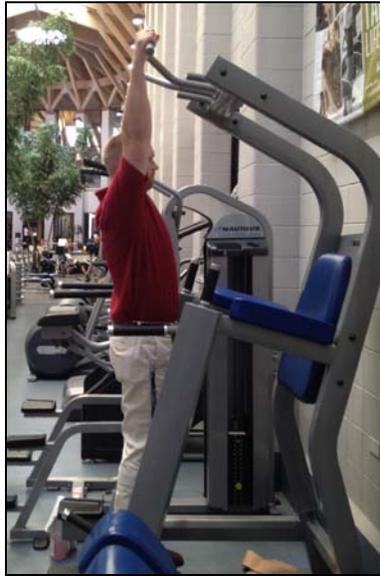
## Workout:

1. Bench Press: *3-6 sets X 8-12 repetitions X 30-90 second rest*
  - a. Choose an amount of weight for your barbell that will allow you to complete 8-12 repetitions with good form. The weight should be moderate. If you are not struggling to finish the last few repetitions, it might be too light.
  - a. Sit on the bench with on the bench if you want need more back support. You may also put your feet flat on the floor and knees bent to 90 degrees. Grab the bar about shoulder width apart or a bit wider if desired. Lift the bar off of the rack. The bar should be parallel to the bottom of your sternum. Keep your abdominals contracted throughout this exercise and do not arch your back. When ready, bend at your elbows to lower the barbell toward the bottom of your sternum. At the bottom of the movement, your arms should form a goal-post shape with your elbows out. The bar should be 2-3 inches from the sternum. Contract your pectoral muscles, extend your elbows, and push the barbell back toward the ceiling. Perform 8-12 repetitions with 30-90 second rest between sets.



2. Pull-Ups: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. If you can do a pull-up on your own then go to the bar between the cable crossover machines. If you need some assistance, there is a pull-up assistor machine on the back wall near the water fountain. If you use the machine, select how much of your body weight you think you need assistance with to perform 8-12 pull ups.
- b. With your palms facing out, grab the handles and allow yourself to hang. Then pull your shoulder blades together and pull yourself up, focus on using your upper back muscles to do most of the work. Along the way, your biceps and triceps will get involved a bit. Once your chin is to the bar or above it, lower yourself to a hanging position. Perform 8-12 repetitions with 30-90 second rest between sets.



Unassisted Pull-Up



Assisted Pull-Up

3. Mid-Rows: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Select a moderate to heavy weight. Be sure you can lift that weight for 8-12 repetitions. Adjust the seat height so that your arms have a slight downward angle to reach the grips. You can also adjust the chest pad in or out, but make sure your arms can reach the handles while sitting down.
- b. Once everything is adjusted, grab the handles and contract your shoulder blades together while pulling the grips towards your chest. Once you have pulled it all the way in, return to the beginning position in a controlled manner so that the weights do not slam down. Perform 8-12 repetitions with 30-90 second rest between sets.



4. L Raises: 3-6 sets X 8-12 total repetitions X 30-90 second rest

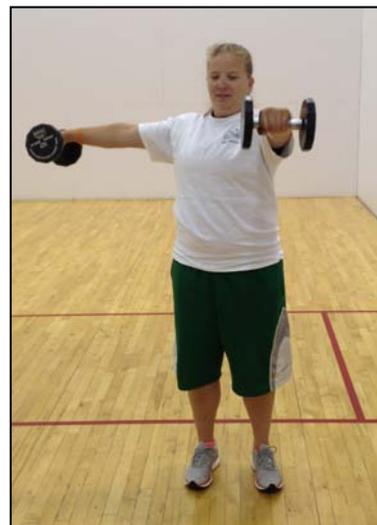
- a. Use dumbbell weights that are moderate to heavy. This exercise is targeting your shoulders so be aware of grabbing something extremely heavy. It is a hard lift. Be sure you can do 8-12 repetitions.
- b. Stand straight with the weights in your hands and your feet shoulder-width apart. Raise your right arm to your side while at the same time raising your left arm in front of you making an "L" shape with your arms. Make sure to pull with your shoulder muscles and not with your back. Be sure to keep your lower back straight and your abdominals contracted to support your spine. Lower the weights to your side and then switch; raise your left arm to the side and your right arm in front of you. Perform 4-6 repetitions with each arm with 30-90 second rest between sets.



Right L Raise



Start/ Transition Position



Left L Raise

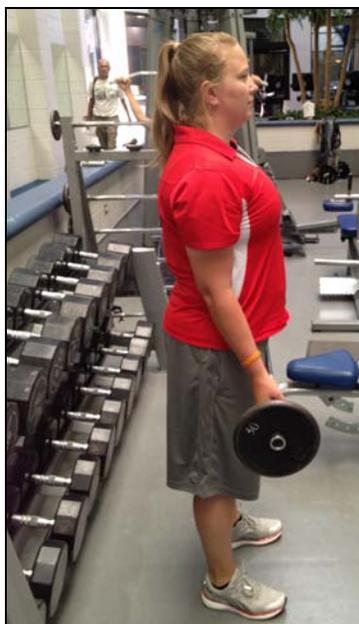
5. Lying Down Triceps Extensions: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Choose the amount of weight for your barbell that will allow you to complete 8-12 repetitions with good form.
- b. Sit on the bench with your feet flat on the floor and knees bent to 90 degrees. Grab the bar with your hands close together. Lie down on the bench with your arms fully extended above your chest. Make sure to keep your abdominals contracted throughout this exercise and do not arch your back. When you are ready, lower your hands towards your forehead. Make sure that you keep your elbows close to your body and that your shoulders stay stationary. Lower until about 1-2 inches from your forehead, and then push with you triceps back to starting position. Perform 8-12 repetitions with 30-90 second rest between sets.



6. Standing Biceps Curl: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Choose the amount of weight for your barbell that will allow you to complete 8-12 repetitions with good form.
- b. Stand with your feet flat on the floor and knees bent to 90 degrees. Rest the barbell on your quads/thighs while supporting it with an underhand grip. When ready, flex your elbows and curl the barbell up toward your deltoids/shoulders. Be sure to keep your elbows next to the sides of your body. Stop the movement 2-3 inches from your shoulders. Extend your elbows to lower the barbell back toward your thighs. Perform 8-12 repetitions with 30-90 second rest between sets.
- c. You can either use barbells or dumbbells.



**Cool Down:**

1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
1. Stretch. Focus on your shoulders, biceps, upper and lower back, and chest. Hold each stretch for 10-30 seconds.

Upper Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench Press						
Pull-ups						
Mid Rows						
L raises						
Lying Down Triceps Extension						
Biceps Curls- Sitting or Standing						

Upper Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench Press						
Pull-ups						
Mid Rows						
L raises						
Lying Down Triceps Extension						
Biceps Curls- Sitting or Standing						

Upper Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench Press						
Pull-ups						
Mid Rows						
L raises						
Lying Down Triceps Extension						
Biceps Curls- Sitting or Standing						

Upper Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench Press						
Pull-ups						
Mid Rows						
L raises						
Lying Down Triceps Extension						
Biceps Curls- Sitting or Standing						