

Workout Card - Beginner/Senior - Upper Body

#activeSault



It is important to seek advice from a medical doctor before engaging in this exercise program or any other.



Importance of a Proper Warm-Up

A light to moderate intensity warm-up is essential to any training program, and should be performed before any exercise. Light to moderate intensity can be gauged by an increase in heart rate, body temperature, and breathing, but should not restrict your ability to say a full sentence. A general warm-up consisting of cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes, and it is most effective in preparing the body for exercise when followed by a specific warm-up (i.e. shoulder rolls). A proper warm-up will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Beginner/Senior - Lower Body & Core for a complete workout.

1. Push up - Chest

Equipment: Benches/Low Parallel Bar



Start

- Adopt a plank position
- Place hands on the bars directly under the shoulders, elbows extended
- Keep legs and hips extended and in line with the torso

Action

- Ensure spine is in a straight line from head to feet while keeping the core tight
- Bend the elbows to lower chest towards bar



End

- Extend elbows and push weight through chest to return to starting position

Repeat as many times as possible, 12 repetitions max, to complete one set

2. Back Row - Back

Equipment: High Parallel Bar



Start

- Using an overhand grip, hang from straight bar suspended at an incline angle
- Arms are straightened, shoulders directly beneath bar, feet are on the ground

Action

- Pull chest towards bar, bending at the elbows

End

- Return to starting position by lowering body, extending elbows



Repeat as many times as possible, 12 repetitions max, to complete one set

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3. Triceps Bench Dips - Triceps, Shoulder

Equipment: Bench



Start

- Sitting on edge of bench with bent knees, feet flat on the ground
- Torso is upright with arms extended, wrists, elbows and shoulders are in line
- Hips are directly in front of bench

Action

- Lower body by bending the elbows to 90 degrees staying close the edge of bench
- Keep torso upright

End

- Returning to starting position

Repeat as many times as possible, 12 repetitions max, to complete one set



4. Underhand Supine Arm Curl - Biceps, Back

Equipment: High Parallel Bars



Start

- With an underhand grip, hang from bar with arms extended, suspended at chest height

Action

- Bend the elbows to pull the chest towards the bar

End

- Extend elbows to lower body returning to starting position

Repeat as many times as possible, 12 repetitions max, to complete one set



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Importance of a Proper Cool-Down

A proper cool-down is just as important to an exercise program and your safety as a proper warm-up, and should be performed at the end of every exercise session. A general cool-down, consisting of light intensity cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes directly after exercise, or until you are able to hold a conversation without interruption from heavy breathing, and it is most effective at reducing the risk of delayed onset muscle soreness (DOMS) when followed by stretching. A proper cool-down will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Beginner/Senior - Lower Body & Core for a complete workout.