

# Workout Card - Intermediate - 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 - Intermediate - Lower Body & Core for a complete workout.

## 1. Incline Push-Up - Chest, Shoulders, Triceps

Equipment: Push Up Station



### Start

- Adopt a plank position supported with the feet on the ground
- Grasp handles with overhand grip directly under the shoulders, keeping the elbows extended
- Legs and hips are extended and in line with the torso

### Action

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



### 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. Inverted Back Row - Back, Shoulders, Biceps

Equipment: Low Parallel Bars



### Start

- Using an overhand grip, hang from the Low Parallel Bar
- Arms are straightened, shoulders directly beneath bar, heels 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. Chest Dip - Triceps

Equipment: Low Parallel Bars



### Start

- Stand between Low Parallel Bars, grasp bars with palms facing body
- Suspend body in air by bending knees, feet are off the ground
- Torso is upright, arms extended, wrists and elbows are in line with shoulders

### Action

- Keep shoulders back and down and elbows against the sides of the body
- Lower the body by bending the elbows until they are in line with shoulders

### End

- Returning to starting position by extending the elbows to straighten arms

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



## 4. Pull-Up - Back, Shoulders, Biceps

Equipment: Pull Up Station/Ring Cage



### Start

- Suspend body from Pull Up Bar using a wide overhand grip

### Action

- Keep shoulders back and down while pulling the body up to the bar by bending elbows
- Legs can be fully extended or bent at the knee to keep feet off the ground

### End

- Returning to starting position by extending the elbows to straighten arms

**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 - Intermediate - Lower Body & Core for a complete workout.