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THE RIDGE Athletic Clubs

Introduction

The upper body program should be performed once per week.

Cardiovascular training should be done after weight training with the exception of the 5 minute warm up. All sets should be performed to muscle failure. Increasing the weight should be the goal. Reps labeled as max should be done a maximal amount of times.

Warm Up

Warm up should be 5 minutes before weight training.

Cardio Program

Activity	Intensity	Duration	Comments
Stepper	high	45 minutes	If you do not have access to a stepmill go for a run. Cardio training should be done after weight training.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Push Up - Rolling Ball	Exercise	3	max			high	30 seconds
Body Weight Pull Ups	Exercise	3	max			high	30 seconds
Push Up - Stability Ball / Bench	Exercise	2	max			high	30 seconds
Chest Press - DB Incline On SB	Exercise	3	12			high	30 seconds
1 Arm Snatch	Exercise	3	12			high	30 seconds
Body Weight Pull Ups	Exercise	3	max			high	30 seconds
Bicep Curl - Standing	Exercise	3	12			high	30 seconds
Hammer Curl - Kneeling on SB	Exercise	3	12			high	30 seconds
Tricep Extension - Standing	Exercise	3	12			high	30 seconds
In and Out Clap Push Up	Exercise	2	max			high	30 seconds
In and Out Clap Push Up (2 Arm Box Jump Up)	Exercise	2	12			high	30 seconds

Cool Down

Always do cardiovascular training after weight training

PUSH UP - ROLLING BALL

Reps : max **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.
- Prepare for this motion by keeping a lengthened position in the body.

Movement :

- This movement involves a push up with one hand on the med. ball followed by a rolling pass to the other hand
- Start in a push up position - hands shoulder width apart and elbows pointing out - with one hand on the med. ball (as shown)
- Perform a push up (see - 'push-up' in the exercise library for description)
- Once you return to the "up" position, roll the med. ball



- underneath the chest and continue back and forth
- TRAINERS: watch for hiking at the hip or a sway in the lumbar spine – these may be indications of fatigue



BODY WEIGHT PULL UPS

Reps : max **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Place hands on pull-up bar with palms facing forward.
- Your grip width should be at least shoulder width apart with entire body hanging straight down.

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimum spinal alignment, in a controlled manner, pull your body upward. The shoulder blades should move downward and in while the arms follow.
- Only move as far as you can control core stability and return to the start position.
- The return motion must include shoulder girdle upward rotation and elevation under CONTROL. Note: The return motion should be stopped just before the muscles relax.
- Do not allow head to "jet" forward.
- Relax arms as much as possible, placing the emphasis on back muscles.
- Do not round back!
- Common mistakes to avoid: Raising the legs to help start the pulling motion, rotating the shoulders forward, hunching up the shoulders by the ears (indicating possible weakness in lower-mid shoulder girdle musculature), arching low back and rocking body.



Notes : A modification for a pull up is to lay under a bar with your feet on the ground. Its more of an inverted push up under a bar about hip height. If you have a pull up assist machine at your gym, perform 3 sets of 12.

PUSH UP - STABILITY BALL / BENCH

Reps : max **Sets :** 2 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex
- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- This movement involves a push up with one hand on a SB and the other hand on a sturdy bench
- First, position two benches in an "L" position
- You will align yourself parallel with the bench that the hand is placed on and perpendicular to the bench that the toes are placed on (as shown)



- The other hand is placed on top of the SB
- Ensure that the body line is straight
- Perform the desired number of push ups (keeping the elbows wide as you flex them) and switch SB hands after a rest interval
- TRAINERS: watch and correct for ANY excessive lordosis during this exercise, and stop immediately if there is any pain in the motion



Notes : 1 set on each arm.
CHEST PRESS - DB INCLINE ON SB

Reps : 12 **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Grab dumbbells and sit on the ball.
- Slowly roll down the ball while comfortably placing your head and neck on the ball with both feet STRAIGHT ahead.
- Lift your hips up until they are in line with your knees and shoulders.
- Position the dumbbells perpendicular to ceiling (straight up).
- Activate the core with drawing in and pelvic floor contraction.



Movement :

- Position feet shoulder width apart.
- Slowly lower your hips down towards but not touching the ground so that your torso is at an incline, but maintain the arms in a perpendicular position to the ground.
- Squeeze glutes and SLOWLY lower the dumbbells as far as you can while maintaining optimal spinal alignment.
- Maintaining lumbo pelvic hip stability, push the dumbbells toward the ceiling.
- Maintain a level pelvis throughout the entire exercise. Do NOT let your back arch at any time during the movement.
- Maintain glute activity throughout the entire exercise. To increase glute activity, lift toes up.



1 ARM SNATCH

Reps : 12 **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex
- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- This movement involves an explosive deadlift to a upright row to a shrug
- Begin with a very light weight as technique is crucial (approx. 10% of deadlift weight)
- Grip the bar slightly wider than shoulder width (a 'hook' grip may be used) and point the elbows away from each other
- This movement involves a quick 1 arm deadlift into an overhead throw action (however you are NOT going to release



the weight)

- Begin with a very light weight as technique is crucial (approx. 10% of 1 arm deadlift weight)
- Stand with your feet slightly wider than shoulder width, toes pointed out slightly, looking toward the horizon (this ensures that the back remains flat)
- Start with the dumbbell hanging towards the ground, between the legs – at the bottom of the deadlift - as shown (for description of deadlift – see 'deadlift' in exercise library)
- Keeping the gaze towards the horizon, the intent is to drive the head straight



BODY WEIGHT PULL UPS

Reps : max **Sets :** 3 **Intensity :** high

Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Place hands on pull-up bar with palms facing forward.
- Your grip width should be at least shoulder width apart with entire body hanging straight down.

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimum spinal alignment, in a controlled manner, pull your body upward. The shoulder blades should move downward and in while the arms follow.
- Only move as far as you can control core stability and return to the start position.
- The return motion must include shoulder girdle upward rotation and elevation under CONTROL. Note: The return motion should be stopped just before the muscles relax.
- Do not allow head to "jet" forward.
- Relax arms as much as possible, placing the emphasis on back muscles.
- Do not round back!
- Common mistakes to avoid: Raising the legs to help start the pulling motion, rotating the shoulders forward, hunching up the shoulders by the ears (indicating possible weakness in lower-mid shoulder girdle musculature), arching low back and rocking body.



Notes : refer to notes on previous pull up description.

BICEP CURL - STANDING

Reps : 12 **Sets :** 3 **Intensity :** high

Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Stand on both legs with feet pointing straight ahead and knees slightly flexed.
- Maintain a drawn in position throughout the exercise.
- Hold a dumbbell in each hand with arms extended by side of body.

Movement :

- Maintaining level hips and the drawn in position, perform a bicep curl by flexing the elbow.
- Keep shoulder blades retracted throughout the exercise.



- Slowly lower the dumbbells back to the side of the body by extending the elbow.



HAMMER CURL - KNEELING ON SB

Reps : 12 **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Kneel tall on the ball, keep scapula locked together and transverse activated.
- Weights will start parallel with the body (sometimes easier to take the weights after balance position has been established on the ball).

Movement :

- Lift both weights up towards the chest making sure the elbows stay slightly behind the line of the shoulder - so we keep the biceps isolated.
- Once the weights reach approximately nipple height, return them to the starting position at the same speed they were lifted at, and repeat.
- Maintain good technique throughout, don't try to lift too heavy!
- Breathe in on the lowering & breathe out through pierced lips on the lifting.



TRICEP EXTENSION - STANDING

Reps : 12 **Sets :** 3 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Standing in proper posture, bend slightly forward at the hip (not the spine), with feet staggered for enhanced stability.
- Hands should be shoulder-width apart. Use a neutral grip or as close to neutral as possible. Maintaining spinal stability, slightly bend the knees to establish a stable stance.

Movement :

- From the start position, draw your belly button inward toward your spine. While maintaining shoulder position, extend elbows (hands moving down and out to your sides) as far as you can maintain control.
- Using the triceps in a controlled manner, flex elbows (hands moving back toward shoulders) as far as can be controlled.
- Do not move the shoulders. All motion comes from elbows.
- Range of motion is determined by the ability to maintain tension on the triceps, not by how far the weight moves.
- Maintain stability and repeat.



- Optimal postural alignment must be maintained throughout the entire movement. If your goal is triceps emphasis, maintain upper arm positioning.
- Avoid the tendency to “unwind” at the end of extension (which occurs when the shoulder internally rotates as the elbow nears full extension), by maintaining body control throughout the extension phase.
- **Progressions:** Two extremities to one (1 arm).



IN AND OUT CLAP PUSH UP

Reps : max **Sets :** 2 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Lie prone on the ground, hands are slightly wider than shoulder width and spine angles are 'neutral'.
- Activate core with a drawing in and pelvic floor contraction.

Movement :

- Perform a powerful push up with enough force to bring the hands off the ground while still maintaining body alignment.
- Land with your hands in a narrow position (approx. shoulder width) and perform close grip push up.
- Explode through the concentric phase and land in the original wider than shoulder width position.
- Alternate between the wide and narrow push ups in a plyometric manner.



IN AND OUT CLAP PUSH UP (2 ARM BOX JUMP UP)

Reps : 12 **Sets :** 2 **Intensity :** high
Tempo : **Rest :** 30 seconds **Duration :**

Preparation :

- Lie prone on the ground, hands are slightly wider than shoulder width and spine angles are 'neutral'.
- Activate core with a drawing in and pelvic floor contraction.

Movement :

- Perform a powerful push up with enough force to bring the hands off the ground while still maintaining body alignment.
- Land with your hands in a narrow position (approx. shoulder width) and perform close grip push up.
- Explode through the concentric phase and land in the original wider than shoulder width position.
- Alternate between the wide and narrow push ups in a plyometric manner.



Progression Considerations :

- Perform a powerful push up with enough force to bring the hands off the ground and onto the box while still maintaining body alignment.
- Land with your hands on the box and perform push up.
- Explode through the concentric phase and land down in the original position, absorbing the force through a thorough flexion at the elbow joint and extension at the glenohumeral (shoulder) joint.
- Alternate between the ground and box push ups in a plyometric manner.



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