

1.4 Upper Body

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Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 1h 1m

Equipment



Dumbbell

	Jog	1 set x 5 min	👉 Rest 90 sec between sets
	Dumbbell shoulder press	4 sets x 8	👉 Rest 2 min between sets
	Lat pulldown	3 sets x 10	👉 Rest 90 sec between sets
	Dumbbell Incline Bench press.	3 sets x 12	👉 Rest 90 sec between sets

Superset of 3 sets

	Dumbbell Overhead Tricep E...	10
	Dumbbell hammer curls	max
	Rest for 90 sec	

⟲ Repeat new set

Superset of 3 sets

	Dumbbell Front Raise	8
	Dumbbell lateral raises	8
	Dumbbell Rear Delt Flyes	8
	Dumbbell Standing Shoulder ...	8
	Rest for 60 sec	

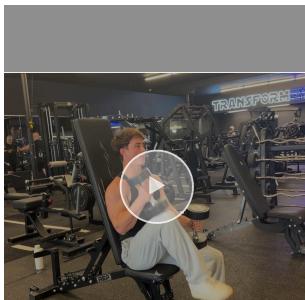
⟲ Repeat new set

	Push ups	1 set x max	👉 Rest 90 sec between sets
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Jog

-Keep it light
-Goal: Warm up muscles/break a sweat





Dumbbell shoulder press

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- Head packed/chin tucked ("double chin")
- Back and butt pressed against seat
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Full squeeze at top of the press



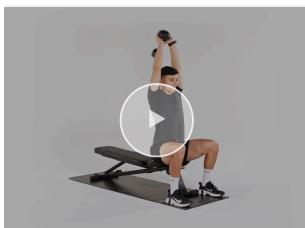
Lat pulldown

- Brace core
- Lower half of the body locked against leg pads
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar



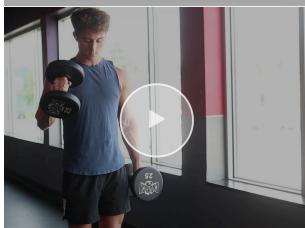
Dumbbell Incline Bench press.

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench
- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top



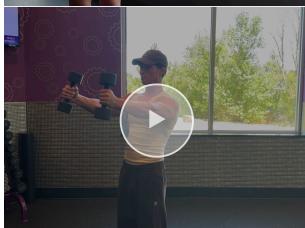
Dumbbell Overhead Tricep Extension

- 1) For this exercise, keep your elbows pointing straight up to the ceiling and in line with one another.
- 2) Arm should be parallel and in line with your ear when you extend over top of your head as well as in the downward position.



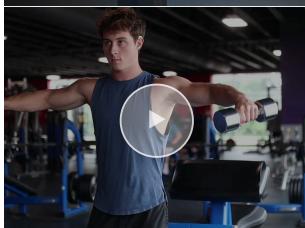
Dumbbell hammer curls

- Brace core ("preparing for a punch to the stomach")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Wrists locked and aligned with the forearms
- Lift forearms like a lever and squeeze at the top against the biceps



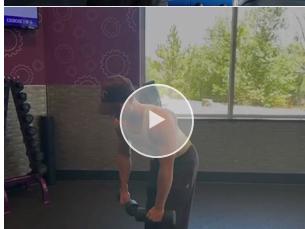
Dumbbell Front Raise

- 1) Stand with a dumbbell in each hand, with feet shoulder-width apart.
- 2) Lift the weights in front of you, with straight arms, until your forearms are parallel to the floor.
- 3) Slowly return to the start position and repeat.



Dumbbell lateral raises

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground
- Wrists and elbows locked/stabilized
- Pull the weight out to the sides (about shoulder height)



Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes



Dumbbell Standing Shoulder Press



1. Stand upright holding dumbbells at shoulder height, fists outwards.

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2. Press the dumbbells overhead, extending your arms fully. Make sure to keep your back flat and remain upright throughout.

3. Repeat.



Push ups

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Recommended: Hands shoulder width apart or slightly wider than shoulder width
- Elbows tucked slightly closer to the body
- Drive forearms straight up, pushing the inside of the elbows towards center of the chest
- Squeeze at the top "plank" position
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets) at the bottom "floating" position
- Avoid: Letting the butt sink down

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Jog	Distance miles Time m: s Speed Levels/Incline Calories burnt			
Dumbbell shoulder press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Lat pulldown	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Overhead Tricep Extension	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Front Raise	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Standing Shoulder Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Push ups	reps x lbs			

Previous Stats