

Upper Body Functional Strength Training

Workout Guide

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Upper Body Strength Workout

Welcome to your personalized upper body strength workout! This guide will take you through a series of exercises designed to improve strength, circuit training, and overall functional wellness. Each exercise is crafted to focus on different parts of the body, ensuring a comprehensive workout. Let's get started!

Warm Up

1. Cross Body Arm Swings

- **Instructions:** Stand with feet shoulder-width apart. Gently swing your arms across your body then out to the sides, alternating the top arm with each swing.
- **Repetitions:** 10 swings with each arm on top (20 swings total)

2. Forward/Backward Arm Swings

- **Instructions:** With feet shoulder-width apart, swing your arms overhead and back behind in a fluid motion. You can look up when swinging arms up for neck and upper back mobility.
- **Repetitions:** 10 swings in each direction

3. Arm Circles Forward and Backward

- **Instructions:** Extend your arms out to the sides and make small circles, gradually increasing the size. Switch to reverse direction. Keep shoulder blades squeezed if you feel shoulder pain when increasing the size of the circles.
- **Repetitions:** 10 circles in each direction

4. Standing Open Book

- **Instructions:** Stand tall with both arms out in front of you at shoulder height. Open your right arm and rotate your head and torso to the right, as if opening a book. With head, torso, and hand, rotate back to the starting position.
- **Repetitions:** 10 rotations on each side

Circuit 1 → 2 rounds

Round 1

1. Quadruped Scapular Retraction to Protraction

- **Instructions:** Begin on your hands and knees with your hands under your shoulders and knees under your hips. Keep your elbows straight and your core gently engaged. Without bending your arms, slowly draw your shoulder blades together, allowing your chest to lower slightly toward the floor. Then press the floor away, spreading your shoulder blades apart and rounding slightly through your upper back. Move slowly and with control, focusing on motion at the shoulder blades rather than the elbows.
- **Repetitions:** 10 times x 3 second holds

2. Quadruped Unilateral I's, Y's, and T's

- **Instructions:** Start in a hands-and-knees position with a neutral spine and engaged core. Keeping one arm straight, lift it in front of you overhead (I position), out at a 45-degree angle (Y position), and then directly out to the side (T position). Keep your hips level and avoid shifting your weight excessively. Lower the arm slowly and with control between each repetition.
- **Repetitions:** 10 repetitions per arm

3. Bear Plank (Quadruped Hover)

- **Instructions:** Begin on your hands and knees with your toes tucked under. Engage your core and lift your knees one to two inches off the floor while keeping your back flat and hips level. Press firmly through your hands and maintain steady breathing. Avoid rounding or sagging through your lower back.
- **Repetitions:** 30 second holds x 2

REST BREAK → 1-2 minutes. Get water if you need it!

Round 2

1. Quadruped Scapular Retraction to Protraction

- **Instructions:** Begin on your hands and knees with your hands under your shoulders and knees under your hips. Keep your elbows straight and your core gently engaged. Without bending your arms, slowly draw your shoulder blades together, allowing your chest to lower slightly toward the floor. Then press the floor away, spreading your shoulder blades apart and rounding slightly through your upper back. Move slowly and with control, focusing on motion at the shoulder blades rather than the elbows.
 - **Progression/Advancement:** Perform this in a plank position with elbows on floor.
 - **Progression/Advancement (2):** Perform this in a full plank position.
- **Repetitions:** 10 times x 3 second holds

2. Quadruped Unilateral I's, Y's, and T's

- **Instructions:** Start in a hands-and-knees position with a neutral spine and engaged core. Keeping one arm straight, lift it in front of you overhead (I position), out at a 45-degree angle (Y position), and then directly out to the side (T position). Keep your hips level and avoid shifting your weight excessively. Lower the arm slowly and with control between each repetition.
 - **Progression/Advancement:** Perform this while lying down on your stomach (prone) with forehead on a rolled up towel.
- **Repetitions:** 10 repetitions per arm

3. Bear Plank (Quadruped Hover)

- **Instructions:** Begin on your hands and knees with your toes tucked under. Engage your core and lift your knees one to two inches off the floor while keeping your back flat and hips level. Press firmly through your hands and maintain steady breathing. Avoid rounding or sagging through your lower back.
 - **Progression/Advancement:** Slowly tap one foot behind you while keeping core and hips from rotating, and bring it back to starting position. Alternate each leg.
- **Repetitions:** 30 second holds x 2

REST BREAK → 1-2 minutes. Get water if you need it!

Circuit 2 → 2 rounds

Round 1

1. Lateral Bear Walks

- **Instructions:** From a bear plank position with knees hovering slightly off the floor, step your right hand and right foot a small distance to the right, followed by your left hand and left foot. Keep your hips level and your core engaged throughout the movement. Take slow, controlled steps while maintaining a stable torso.
- **Repetitions:** 3 repetitions one direction, 3 repetitions back to start

2. Push-Ups

- **Instructions:** Begin in a high plank position with your hands under your shoulders and your body in a straight line from head to heels. Lower your chest toward the floor by bending your elbows, keeping them at roughly a 30–45 degree angle from your body. Maintain a strong core and avoid letting your hips sag. Press through your palms to return to the starting position.
- **Repetitions:** 10 repetitions

3. Plank Shoulder Taps

- **Instructions:** Start in a high plank position with your feet slightly wider than hip-width for stability. Keeping your hips as still as possible, lift one hand and gently tap the opposite shoulder. Return your hand to the floor and alternate sides. Focus on minimizing side-to-side movement through your hips.
- **Repetitions:** 10 repetitions on each side

REST BREAK → 1-2 minutes. Get water if you need it!

Round 2

1. Lateral Bear Walks

- **Instructions:** From a bear plank position with knees hovering slightly off the floor, step your right hand and right foot a small distance to the right, followed by your left hand and left foot. Keep your hips level and your core engaged throughout the movement. Take slow, controlled steps while maintaining a stable torso.
 - **Progression/Advancement:** Perform this in a high plank position.
- **Repetitions:** 3 repetitions one direction, 3 repetitions back to start

2. Push-Ups

- **Instructions:** Begin in a high plank position with your hands under your shoulders and your body in a straight line from head to heels. Lower your chest toward the floor by bending your elbows, keeping them at roughly a 30–45 degree angle from your body. Maintain a strong core and avoid letting your hips sag. Press through your palms to return to the starting position.
 - **Regression/Modification:** Begin in quadruped (hands and knees)
- **Repetitions:** 10 repetitions

3. Plank Shoulder Taps

- **Instructions:** Start in a high plank position with your feet slightly wider than hip-width for stability. Keeping your hips as still as possible, lift one hand and gently tap the opposite shoulder. Return your hand to the floor and alternate sides. Focus on minimizing side-to-side movement through your hips.
 - **Progression/Advancement:** Thread the needle in high plank
- **Repetitions:** 10 repetitions on each side

REST BREAK → 1-2 minutes. Get water if you need it!

Cool Down

1. Sidelying Open Books

- **Instructions:** Lie on your side with your hips and knees bent to 90 degrees and your arms extended straight out in front of you, palms together. Keeping your knees stacked and in contact with the floor, slowly rotate your top arm and upper body open toward the opposite side, following your hand with your eyes. Allow your chest to rotate while your hips remain stable. Pause briefly at the end of the movement, then return to the starting position with control.
- **Repetitions:** 10 repetitions on each side

2. Child's Pose (center)

- **Instructions:** Begin on your hands and knees, then gently sit your hips back toward your heels while reaching your arms forward along the floor. Allow your chest to relax toward the ground and your forehead to rest comfortably, if possible. Breathe deeply into your ribcage and lower back, allowing your body to soften into the stretch.
- **Repetitions:** 1-2 minute hold

3. Child's Pose (left)

- **Instructions:** Begin on your hands and knees, then gently sit your hips back toward your heels while reaching your arms forward along the floor. Bring your right hand over to about a 45 degree angle, and then rest your left hand on top of your right. You will feel more of a stretch on your left side.
- **Repetitions:** 1-2 minute hold

4. Child's Pose (right)

- **Instructions:** Begin on your hands and knees, then gently sit your hips back toward your heels while reaching your arms forward along the floor. Bring your left hand over to about a 45 degree

angle, and then rest your right hand on top of your right. You will feel more of a stretch on your right side.

- **Repetitions:** 1-2 minute hold

Exemplary job today! You crushed it!

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1:1 Personalized Wellness Coaching

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Note: Always consult with a healthcare professional before starting any new exercise program. Adjust exercises to fit your comfort and ability level. Remember to stay hydrated and listen to your body throughout your workout.