

## Upperbody Exercise Program Transcript - English

*Titan Workout!*

Hi, today we are going to demonstrate how to do an upper body exercise program.

If you have any of the following, please consult a doctor before starting the exercise program.

*Risks:*

*Previous Injury (Shoulder, Neck, or Back)*

*Health Concerns (Cardiovascular or Pulmonary)*

To help you stay on track with your fitness program, we have created a blank calendar for you to keep track of your fitness goals. Fill the calendar as you complete each workout.

*Calendar Link Below!*

*Fill it in as you workout*

Here are some guidelines you can follow.

*Beginner: 1 set of 10 repetitions (Small range of motion)*

*Intermediate: 2 Sets of 10 repetitions*

*Advanced: 3 sets of 10 repetitions (full range of motion & shorter rest)*

### **Shoulder Press**

While sitting down, hold on to the handle and maintain an upright position. Grip the handles and exhale as you push the handles up until your arms are fully extended. Inhale as you lower.

### **Pull-Up (Advanced)**

Grab bar with palms of hand facing away from you. Pull body upward bringing your elbow to your side. Slowly extend your arms as you return to your original position.

### **Lat Pull Down**

While sitting down with your feet on foot rest, place your arms up overhead to grip handles and your palms facing away from the body. Pull handles downward, keeping elbows close to rib cage.

### **Row Machine**

While sitting down, place feet on the foot rests, grip handles and pull elbows back. Pinch your shoulder blades, keeping your shoulders down and core tight.

### **Chest Press**

While sitting tall on the seat and your feet on foot rest, grip the handles then push arms outward, and slowly return. Keep core tight and shoulders down.

### **Reverse Butterfly**

While sitting tall, grip the handles and with rounded arms, pull elbows out and pinch shoulder blades. Keep core tight and shoulders down.

### **Oblique Twist Station**

Sit on the chair or stand on the platform. Tighten the abdominal muscles and with your shoulders facing forward, twist to one side and back to the other.

### ***Pendulum and abs***

For the pendulum, stand on the platform and grip the handles. Swing back and forth.

#### *Leg Lifts*

For abs, place your back against the mat and your elbows on the cushion. Raise and lower your legs.

#### *Things to remember:*

*Perform 8-12 repetitions for each exercise.*

*Perform this 3-4 times*

*8-12 repetitions, 3-4 sets*

*Rest 30-90 seconds in between sets*

*Warming up comes BEFORE the workout*

*Stretching comes AFTER the workout*

*Physical Activity Readiness. Doctors clearance is advised if you have any of the following: Heart Condition, Chest Pain, Loss of balance or consciousness, Currently taking prescribed medicine for existing conditions.*

*Have a Great Workout!*

*Filmed by KNES 532 Students, Fall 2015*