


UPPER BODY STRENGTH

WARMING UP

C02-Upper Arm Massage 1




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Place upper arm on the machine and hold passively

COACHING KEYS
Do not overstretch shoulder

"YOU SHOULD FEEL..."
Shoulders and Arms

B05-Shoulder Stretch 2




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Face away from machine; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly

COACHING KEYS
Stand next machine and maintain balance at all times

"YOU SHOULD FEEL..."
Front of Shoulder

B06 -Pectoral Stretch 3



	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive


PROCEDURE
Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest and Front of Shoulders

WORK OUT

A16-Lower Abdominals 1




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Abdominals

A18-Lateral Abdominals 2




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Lay on side; place flexed elbow on plate, stacked feet on floor; push hips up

COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Side Abdominals and Hips, Shoulders

A07-Lattisimus Dip 3




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Seated on edge of plate, place hands shoulder width apart and keep knees bent; lift hips off plate with straight arms and press shoulders down

COACHING KEYS
Keep hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Upper and Middle Back

A08-Push Up 4




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Place hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, Arms

A09-Triceps Dip 5




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep Hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

A11-Bent Over Pull 6




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	static

PROCEDURE
Activate mid back muscles; pull the straps to increase tension in the straps and the back and arms

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive scapular elevation

"YOU SHOULD FEEL..."
Mid / Upper Back and Arms

A10-Bicep Curl 7




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
Activate the biceps and forearms with the intention to "curl" the straps up

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive scapular elevation

"YOU SHOULD FEEL..."
Biceps, Shoulder and Forearms

A12-Shoulder Press 8




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
Place hands on plate, with hips flexed and legs almost straight; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

A13-Front Raise 9




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
Hold straps with straight arm and flex shoulder to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Core

A14-Lateral Side Raise 10



	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	30	30	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static


PROCEDURE
Hold straps with straight arms; and abduct shoulder to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

COOLING DOWN

C02-Upper Arm Massage 1




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Place upper arm on the plate and hold passively

COACHING KEYS
Do not overstretch shoulder

"YOU SHOULD FEEL..."
Shoulders and Arms

D01-Shoulder and Neck Relaxor 2



	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally

COACHING KEYS
Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only; do not let head touch the plate

"YOU SHOULD FEEL..."
Stretch in Back and Shoulders

D03-Upper Body Relaxor**3**

Time
Rest
Frequency
Amplitude
Repetitions
Execution

	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE

Sit on floor facing away from plate; place mat between your middle back and the plate

COACHING KEYS

Support head and neck if needed

"YOU SHOULD FEEL..."

Upper Back