



SheADVantage

Gym Program Upper Body - Part 2 for 6 weeks



	Body Part	Exercise	Set/Reps	Time	Week 4	Week 5	Week 6															
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptical	NA	5-10 min.	Half way through Part 2. Check your weights, increase as needed. For cardio, check your HR, make sure you are in the "zone!"	Reminder, the last couple of reps should be fairly hard to finish with good form.	Congratulations! You have reached the last week of Part 2 of your program! Job well done. Keep the focus.															
Strengthening	Back & Chest	Bent Over Dumbbell Rows	3 x 12	30-40 Min.																		
		Dumbbell Chest Press	3 x 12																			
		Assisted Pull-ups	3 x 12																			
		Dumbbell Flys	3 x 12																			
	Biceps & Triceps	Barbell Curls	3 x 12																			
		Tricep Pulldowns	3 x 12																			
		Dumbbell Curls	3 x 12																			
		Barbell Tricep Extensions/Skull Crushers	3 x 12																			
	Shoulders & Forearms	Barbell Upright Rows	3 x 12																			
		Forearm Curls	3 x 12																			
		Straight Arm Dumbbell Raises	3 x 12																			
		Forearm Extensions	3 x 12																			
Endurance	Cardio	Stationary Bike	Choose one or mix it up.	20-30 Min. At least, 80% of Max Heart Rate																		
		Stair Climber																				
		Elliptical																				
		Aerobic Class																				
		Outdoor: Hike, Jog, Bike																				
		Mountain Biking																				
Flexibility	Full Body	Quadriceps	Minimum Held Times - 30 sec	10-15 Min.	Benefits of Stretching: Stretching improves flexibility and increases your range of motion. It assists in correct posture by lengthening tight muscles. Stretching increases blood and nutrient supply to muscles, thereby reducing muscle soreness. It can decrease injury by preparing muscles for work before activities. recharge.																	
		Hamstrings																				
		Psoas																				
		Calves																				
		Lower Back																				
		Chest																				
		Arms																				

In Part 2, you are now going to increase your workouts to 4-5 times a week. You will have 2 workout days in a row followed by a rest day; then another 2 workout days, followed by a rest day; and so on. You will work your upper body on one day and then lower body the next, followed by a rest day. Then you will repeat. You will continue "super setting" (doing one exercise and then immediately doing a different one) with a 1-2 minute rest in between as you did in Part 1. We've changed up the exercises to make your body guessing and growing. Your cardio training should increase in intensity as well. You should have your heart rate (HR) between 80-85% for at least 20-30 minutes.