



# SheADVantage

## Home Program Upper Body - Part 2 for 6 weeks



	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3													
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptical	NA	5-10 min.	Pick up your intensity, but continue to have controlled movements. Working full range of motion. For cardio, HR 80-85% MHR.	Remember, the last couple of reps should be fairly hard to finish with good form.	Pat yourself on the back, you're doing great! For cardio, check your HR, make sure you are in the "zone!"													
Strengthening	Back & Chest	Bent Over Row	3 x 12	30-40 Min.																
		Push Ups (Modified if necessary)	3 x 12																	
		Lat Pull Downs	3 x 12																	
		Chest Flies	3 x 12																	
	Biceps & Triceps	Concentration Curls	3 x 12																	
		Elbow Extensions	3 x 12																	
		Elbow Flexion	3 x 12																	
		Tricep Dips	3 x 12																	
	Shoulders & Forearms	Upright Row	3 x 12																	
		Supination	3 x 12																	
		Front Raises	3 x 12																	
		Pronation	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 Hold Times - 30 sec	10-15 Min.	<b>Benefits of Stretching:</b> 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.