



SheADVantage

Home 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 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 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.