

WORKOUT AT HOME

UPPER BODY WORKOUT



This week's goal: Do each exercise in sequence in this core home workout on any 2 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day. Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach. By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up – Repeat each exercise for 30 seconds, for 2 rounds.

1. Arm Circles



Stand with your feet shoulder-width apart. Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter. Do this for 30 seconds. Complete a set in one direction and then switch, rotating backward.

2. Wall Push-Ups



Stand arm's distance from a sturdy wall with your feet under your hips. Place your palms on the wall shoulder-distance apart and at shoulder height. Bend your elbows and bring your chest toward the wall. Keep your elbows pointing down, rather than out to the side. Press back to the starting position.

3. Arm Swings



From standing, reach forward with your arms. Swing your arms open and allow your shoulder blades to retract while getting a stretch across the chest. When the arms are fully stretched, return to the starting position by flexing the chest muscles and allow the arms to cross in front of the body.

Not feeling warmed up? Repeat the warm up exercises one more time. Move onto the Main Workout.

Equipment: if you do not have weights such as dumbbells, medicine balls, or kettlebells for this workout, that is okay! Use whatever you have at home: canned goods, water bottles, sand bags, anything that feels challenging for you.

Tips for wrists: If planks or push-ups hurt your wrists, consider doing the exercises from the knees, on a chair, or on a wall. Alternately, try flexing your fingers and “grabbing” the surface you’re using (floor, bench, countertop, or wall) to engage the muscles on the palm-side of your wrist. This can add support and may ease discomfort in the wrists during pushing movements.

Main Workout: Do each exercise for 30 seconds, for 3 rounds.

1. Negative Push-Up



Start in a plank position. Slowly lower your body to the mat, then squeeze your shoulder blades together, lifting your palms away from the floor. Press your palms into the floor, and straighten your elbows, pushing yourself back into the plank.

Modified: Do exercise from the knees, in a chair, or on the wall.

2. Hammer Biceps Curl



Stand up straight with a weight in each hand, palms facing in toward the body. Keep your feet hip-width apart and engage the core. Keep your biceps stationary and bend at your elbows, lifting both dumbbells. Lift until the dumbbells reach shoulder height, but don't actually touch your shoulders. Hold this briefly, then lower back to the starting position and repeat. Keep the elbows in close to the ribs; do not let them flare outward.

3. Bent Over Row



From standing, lean forward and bend the knees, keeping a flat back. Extend your arms so they are straight. Pull the dumbbells straight back allowing elbows to graze rib cage and squeezing your shoulder blades together. Be sure to keep your elbows in and pointed upward. Don't arch your back. Slowly lower the weights back to the starting position.

4. Arnold Press



Begin standing with a weight in each hand, elbows bent by ribcage with palms facing in toward the shoulders. Press the weight straight up as you rotate the palms to face out, away from the body. As you lower them back down to the starting position rotate the palms back to face the body.

5. Standing Y Raise



Stand with your feet shoulder-width apart and hold a weight in each hand with arms at your sides and palms facing in. Raise the weights above your head with your palms facing inward and form a Y with your body, keeping arms wide. Lower the dumbbells to the starting position and repeat.

6. Upright Row



Stand with your feet hip-width apart holding a dumbbell in each hand in front of your thighs, palms facing your body. Lift the weights by raising your elbows out to the sides until they come in line with your shoulders. With control, slide them back down to your waist.

7. Triceps Dips



Sit on the edge of a chair and grip the edge next to your hips. The knees should be bent about 90° with the heels on the ground. Look straight ahead with your chin up. Press into your palms to lift your body off the chair and slide forward just far enough that your glutes clear the edge of the chair. Lower yourself until your elbows are bent between 45° and 90°. Slowly push yourself back up to the start position and repeat.

8. Triceps Push-Up



Get into a plank position with your hands directly below shoulders, your neck and spine neutral, and your feet together. On the descent, keep your elbows pinned to your sides and your upper arms straight back. Bend the elbows to lower the body down until the chest is a few inches above the ground. Straighten the arms to return to plank, the starting position.

**Not feeling worked out? Repeat these exercises as a circuit 2-3 more times.
Move on to the Cool Down & Stretch.**

Cool Down & Stretch – Do each stretch for 20 seconds (per side if applicable).

1. Wrist Stretch



Hold your arm straight out so your elbow isn't bent and your palm faces up. Use your other hand to hold the fingers of your outstretched hand and bend it back toward your body until you can feel it in your inner forearm.

2. Chest Door/Wall Stretch



Place your forearm against a door frame or wall. Make sure your elbow is at a 90° angle, with your triceps parallel to the ground. Feet will be in a staggered stance. Using the structure to resist, try rotating your torso in the opposite direction, until you feel a stretch in your chest and shoulder. Hold this stretch for 20 seconds, and return to starting position to switch sides.

3. Abdominal Stretch



Lie face down on the floor or an exercise mat. With your hips flat on the ground, push your upper body upward and palms into the ground, while looking straight ahead. Look up without crunching your neck back.

4. Lower Back Stretch



While keeping your left foot flat on the floor and flexed, gently pull your right knee up to your chest until you feel a slight stretch in your lower back. Hold your right knee against your chest, making sure to relax your legs, hips, and lower back. Release your right knee and return to the starting position. Switch sides.

Go to this link to follow along with the workout video: [UPPER BODY WORKOUT](#)

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