

Exercises & Stretches: Upper Body Pyramid



Pyramid Workout Format

This week we have 5 sets, each one adding another exercise to make it harder. Once your strength has built over time, you can work your way back down the pyramid too.

Set 1 - Exercise 1

Set 2 - Exercises 1 & 2

Set 3 - Exercises 1, 2 & 3

Set 4 - Exercises 1, 2, 3 & 4

Set 5 - Exercises 1, 2, 3, 4 & 5

Exercise 1 Arm Circles

Sitting forward in your chair. Raise both arms so they are in line with your shoulders. Start making circles with your arms, start small and you can gradually make them bigger.

Progression - Make a figure of eight with your arms to work on your coordination

4 REPS EACH SIDE



Exercise 2 Pec Dec

Sitting slightly forward on your chair. Bring both arms up so your elbows are at 90 degrees.

Slowly bring your arms in front of your body while keeping your elbow in the same position.

8 REPS



Exercise 3

Side Raise

Sitting forward in your chair, start with both arms by your side.

Bring both arms up until they are in line with your shoulders.

8 REPS



Exercise 4

Rowing

Place both arms together out in front of your body. Pull both arms to one side, then back out in front.

Repeat on your other side. Imagine you are rowing a boat.

4 REPS EACH SIDE



Exercise 5

Counter / Wall Press Up

Stand roughly 50cm away from your kitchen counter and place both arms on the counter.

Bend your elbows and bring your body closer to the counter, then push back to your starting position. Progression - use a wall

8 REPS



Stretch 1

Tricep Stretch

Lift your arm and place your hand at the middle of your back.

Use your other hand to push the arm back and walk your hand down your spine as far as it can go to increase the range of motion. Repeat with the other arm.

Hold for 15 seconds and repeat 3 times



Stretch 2

Chest Stretch

Sitting in a chair, lean forward slightly and run your hands up the side of the backrest of the chair.

Hold at the top of this movement.

Hold for 15 seconds and repeat 3 times

