



ADVANCED FUNCTIONAL UPPER BODY Approx 50 mins

Warm-Up (8 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Treadmill walk or row: 3 min**
- **Arm circles:** 30 sec each direction
- **Band pull-aparts:** 1 min
- **TRX Row (bodyweight):** 2 sets x 8 reps
- **Dynamic chest stretch (open arms wide, hug yourself):** 1 minute
- 2 warm-up sets of your first exercise with light weight

Programme Tips

- Focus on slow, controlled movements and proper form.
- Choose weights that are challenging but allow you to finish all reps with good technique.
- Increase weights gradually as you get stronger.
- Rest at least one day between sessions

Main Workout (35 mins) Rest 60–90 seconds between sets.

Barbell Bench Press – 4 x 5–8reps

- How: Lie on bench, grip just outside shoulders, lower to chest, press explosively.
- Why: Maximises chest, triceps, and anterior delt strength.

Pull-Ups – 4 x 6–10reps (Weighted in need)

- How: Overhand grip, pull chin over bar, control descent.
- Why: Builds lats, upper back, and grip strength.

TRX Single-Arm Row – 3 x 8–10reps per side

- How: Lean back, row one arm to ribcage, pause.
- Why: Unilateral back strength and anti-rotational core challenge.

Kettlebell Clean & Press – 3 x 6–8reps per side

- How: Swing KB to rack position, press overhead.
- Why: Trains explosive hip drive and shoulder stability.

Slam Ball – 3 x 10reps

- How: Lift slam ball overhead, throw forcefully to ground, squat to pick up.
- Why: Develops power, coordination, and full-body.

Cable Face Pull – 3 x 12–15reps

- How: Rope at eye level, pull to forehead, elbows high.
- Why: Targets rear delts and upper back for posture.

Battle Rope Power Slams – 3 x 20 sec

- How: Slam ropes with maximal force.
- Why: Full-body power and grip endurance.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Shoulder stretch: 30 seconds per arm

- How: Pull one arm across your chest, hold with opposite arm.

Triceps stretch: 30 seconds per arm

- How: Reach one arm overhead, bend elbow, gently pull with other hand.

Chest stretch (doorway or wall): 1 minute

- How: Place forearm on doorway, gently lean forward.

Upper back stretch (hug yourself): 1 minute

- How: Hug yourself, pull shoulders forward.

Gentle walking or stationary cycling: 2–3 minutes