



ADVANCED STRENGTH

UPPER BODY Approx 50 mins

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

- **Dynamic Stretches:** Arm circles, shoulder rolls, band pull-aparts (2 min).
- **Light Cardio:** Rowing or Treadmill (3 min).
- **Activation:** Push-ups (2 sets x 10 reps), bodyweight rows (2 sets x 10 reps).
- 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 bar just outside shoulders, lower to chest, press up.
- Why: Heavy compound for chest, front delts, triceps; foundation for upper body strength.

Body Weight / Assisted Pull-Ups – 4 x 6–10reps

- How: Overhand grip, pull chin over bar, control down.
- Why: Builds lats, upper back, biceps; advanced vertical pull.

Seated Overhead Dumbbell Press – 3 x 8–12reps

- How: Sit, dumbbells at shoulders, press overhead, lower with control.
- Why: Develops delts and triceps; improves shoulder stability.

Barbell Bent-Over Row – 4 x 8–10reps

- How: Hinge at hips, barbell at arms' length, pull to lower ribs, squeeze, lower.
- Why: Strengthens upper/mid back, rear delts, biceps.

Cable Chest Fly – 3 x 12–15reps

- How: Cables set at shoulder height, arms slightly bent, bring hands together, stretch wide.
- Why: Isolates chest, increases muscle stretch and contraction.

Dumbbell Lateral Raise – 3 x 12–15reps

- How: Stand, dumbbells at sides, raise to shoulder height, control down.
- Why: Targets lateral delts for width and shoulder definition.

Barbell Curl superset Triceps Rope Pushdown – 2 x 10–15reps each

- How: Alternate biceps curls with rope pushdowns, minimal rest.
- Why: Efficient arm finisher for hypertrophy.

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