



BEGINNER 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.

Dumbbell Bench Press – 3 x 10–12reps

- How: Lie on bench, dumbbells at chest, press up, lower slowly.
- Why: Builds chest, shoulders, and triceps; teaches pressing mechanics and shoulder stability.

Seated Cable Row – 3 x 10–12reps

- How: Sit, grip handles, pull to torso, squeeze shoulder blades, return.
- Why: Strengthens back, improves posture and pulling strength.

Standing Dumbbell Shoulder Press – 2–3 x 10reps

- How: Stand, dumbbells at shoulders, press overhead, lower with control.
- Why: Builds shoulder and triceps strength, improves core stability.

TRX Y-Fly – 2 x 12reps

- How: Hold TRX handles, lean back, raise arms overhead in a Y, squeeze upper back.
- Why: Improves shoulder health and upper back.

Battle Rope Slams – 2 x 20 sec

- How: Stand, hold rope ends, slam ropes to the ground powerfully.
- Why: Boosts upper body power, coordination, and cardio fitness.

Cable Face Pull – 2 x 12–15reps

- How: Rope at face height, pull toward face, elbows high.
- Why: Targets rear delts and upper back for shoulder health and posture.

Slam Ball – 2 x 10reps

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

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