



INTERMEDIATE 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 6–8 reps

- How: Lie on bench, grip just outside shoulders, lower to chest, press up.
- Why: Builds foundational chest, shoulder, and triceps strength.

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

- How: Lean back, row one arm to ribcage, control return.
- Why: Improves unilateral back strength and core stability.

Kettlebell Clean & Press – 3 x 8 reps per side

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

Slam Ball – 3 x 10 reps

- 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 12–15 reps

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

Battle Rope Alternating Waves – 3 x 30 sec

- How: Alternate arm waves, maintain tension.
- Why: Boosts grip, shoulder endurance, and cardio.

TRX Atomic Push-Up – 2 x 10 reps

- How: Feet in TRX, perform push-up, tuck knees to chest.
- Why: Combines chest strength and dynamic core control.

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