



INTERMEDIATE **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 cycling (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 6–8reps

- How: Lie on bench, grip slightly wider than shoulders, lower bar to chest, press up.
- Why: Builds chest, triceps, and front delts.

Bent-Over Barbell Row – 4 x 8–10reps

- How: Hinge at hips, grip bar shoulder-width, pull to lower ribs.
- Why: Strengthens upper/mid back and improves posture.

Overhead Dumbbell Press – 3 x 8–10reps

- How: Sit/stand, press dumbbells overhead.
- Why: Develops shoulder strength and stability.

Lat Pulldown – 3 x 10–12reps

- How: Wide grip, pull bar to upper chest.
- Why: Targets lats and biceps for vertical pulling strength.

Incline Dumbbell Fly – 3 x 12–15reps

- How: Lie on incline bench, lower dumbbells outward, squeeze chest.
- Why: Isolates chest for hypertrophy and stretch.

Cable Tricep Pushdown – 3 x 12–15reps

- How: Use rope attachment, elbows fixed, push down.
- Why: Tricep isolation for arm balance.

Lateral Raises – 3 x 12–15reps

- How: Raise dumbbells to shoulder height, palms down.
- Why: Builds lateral delts for shoulder width.

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