

Sports Conditioning for Upper Body Blast

The following exercises use a variety of equipment that will challenge your Upper Body muscles group. Depending on your client's goals and specific aims, you can pick and choose which exercises you wish to use with them. It will add variety into their workout, increase their motivation which will help deliver those all important results! Simply alter the reps and sets to suit your clients programme requirements.

TARGET MUSCLES:

1. Deltoid
2. Tricep
3. Rectus Abdominis
4. Erector Spinae
5. Pectoralis Major
6. Serratus Anterior
7. Gluteus Maximus
8. Internal & External Oblique's

ORIGIN:

1. Clavicle
2. Scapula, humerus
3. Pubic crest
4. Sacrum, Iliac crest. Vertebrae, ribs
5. Clavicle, sternum
6. Ribs
7. Ilium, Sacrum & Coccyx
8. Lower eight ribs, iliac crest

INSERTION:

1. Deltoid tuberosity
2. Ulna
3. Xiphoid process
4. Ribs, vertebrae. Occipital bone
5. Humerus
6. Scapula
7. Femur
8. Iliac crest, linea alba, bottom three or four ribs

Supaflex X-Tube Overhead Raise & Row

Start position:

- Thread your Supaflex X-Tube through the door attachment and shut into the door ensuring a secure fit. Alternatively you can act as the anchor point for your client or partner by holding the middle of the Supaflex X-Tube.

Transition phase:

- Create tension on the Supaflex X-Tube. Whilst standing on the BOSU® Balance Trainer raise the Supaflex X-Tube in line with your shoulders, then raise overhead.

End position:

- Lower back arm back to shoulder height and face your palms inwards and pull your elbows back into a row, whilst keeping stable on the BOSU® Balance Trainer. Continue the exercise for 10 – 15 reps and repeat for the required amount of sets.

Teaching points:

- Keep your spine neutral and core braced
- Keep your elbow slightly soft on the shoulder raise



Supaflex X-Forcer Tube Single Arm Chest Fly

Start position:

- Attach your Supaflex X-Forcer Tube to the door attachment and ensure a secure fit in the door frame at chest height. Alternatively your trainer/partner can act as the anchor point. Hold the handle of the X-Forcer Tube so the tube is running on the outside of your wrist. Stand with your feet hip width apart, soften the knees and bring your spine into neutral.

Transition phase:

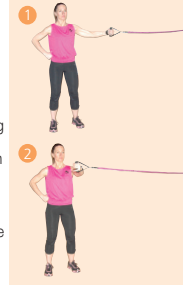
- Adopt a fly arm position, keeping the elbow soft and the arm in-line with the shoulder. Slowly, with control, take the arm wide to chest level.

End position:

- Slowly return back, repeat for 10-15 reps then swap over to the other hand and repeat the exercise. Continue for the required amount of sets.

Teaching points:

- Keep the spine neutral
- Brace the core
- Keep the tube at chest height



Physical Wedge Ab Curl with Weighted Balls

Start position:

- Lie back on the Wedge so that your spine is supported, your head is off the Wedge and your toes are on the floor. Hold the Weighted Balls behind the head.

Transition phase:

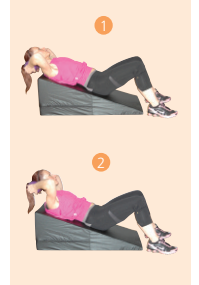
- Exhale as you flex upwards and slide the rib cage towards the pelvis. Inhale and come back to the neutral position releasing back to extension. The weight of the balls gives you the extra resistance on the abdominals.

End position:

- Repeat the exercise for 10-15 reps for the required amount of sets.

Teaching points:

- Really concentrate on the breathing to help recruit the abdominals
- Be careful not to hold the chin down towards the chest and avoid pulling on the neck
- Keep the elbows back in line with the chest



Physical Wedge Weighted Ball Triceps Extension



Start position:

- Lie back onto the wedge so your feet are on the floor and your head is rested on the top of the Wedge. Hold a Weighted Ball in each hand.

Transition phase:

- Reach the arms back by your ears. Flex the elbows back behind the Wedge so you get full range of motion.

End position:

- Extend the arms back up to the start position with the arms extended. Repeat the exercise for 10 – 15 reps for the required amount of sets.

Teaching points:

- Keep the core braced and spine in neutral position
- Ensure you keep your arms in line with the ears and elbows in
- Keep the movement smooth & controlled

freeFORM Lateral Tuck



Start position:

- Move to a lateral side body position, place an exercise mat beneath your right elbow, and position the other hand on the mat (or hold the planted wrist). Place your knees centrally on the freeFORM Board using the Knee Pad for comfort.

Transition phase:

- Exhale as you roll in the tuck, inhale as you roll out, feeling your oblique's being worked. Make sure your right elbow is at 90 degrees to your body.

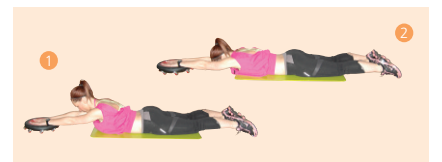
End position:

- Repeat the exercise for 10 – 15 reps, swap sides and repeat for the required amount of sets.

Teaching points:

- Exhale as you tuck in, inhale as you release back out
- Ensure spine remains in lateral neutral position and your hips do not fall forward or back, keep your core braced
- Keep the movement controlled
- Elbow is at 90 degrees

freeFORM Back Extension



Start position:

- Place the mat beneath your pelvis and lie in the prone position. Place your hands in the centre of the freeFORM Board. Pull your shoulder blades down your spine and inhale as you extend.

Transition phase:

- Exhale as you draw the shoulders back and roll up through the spine. Really work the scapula and the shoulder blades down the back.

End position:

- As you extend the spine peel the chest off the floor. Repeat the exercise for 10-15 reps for the required amount of sets.

Teaching points:

- Ensure you keep the movement smooth
- Pull shoulder blades down and back
- Ensure your hips are not lifted off the floor

Physical Strength Bar Row & Rotate (on the BOSU® Ballast Ball)

Start position:

- Lie prone over the BOSU® Ballast Ball with your abs and hips on the ball. Move the bar in front of your body with a light hold at either end, ready to do a wide row. Bring your feet apart to add stability, or closer together for a more intense challenge.

Transition phase:

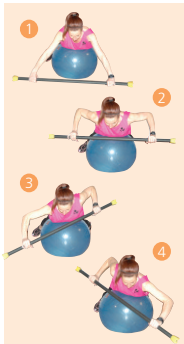
- Start to lift the bar straight up and down and really isolate the back. Keep your head in line with your spine. Keep the hips up slightly and keep light on the ball. After 10 reps, start to bring the left arm forward and right elbow up, then swap. After a few reps start to increase the tempo so it becomes a little quicker.

End position:

- For an increased challenge lift one foot of the floor. Repeat 8-10 reps of each exercise for the required amount of sets.

Teaching points:

- Don't sink onto the ball
- Feel it on the triceps and upper back
- Back is in neutral, ensuring you keep the head in line with the spine



BOSU® & Physical Strength Bar Side Flexion Crunch

Start position:

- Come onto your left side in a side-lying position on the BOSU® Balance Trainer, so your bottom leg is flexed and your top leg is straight. Place the end of one Strength Bar right underneath your left arm and place your right hand on the BOSU® for stability.

Transition phase:

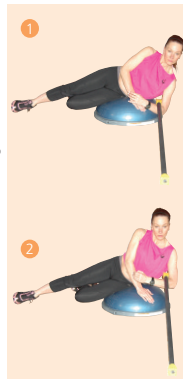
- Raise and lower the arms using the Strength Bar for an extra weight challenge.

End position:

- Repeat the exercise for 10-15 reps then swap to the other side. Repeat the exercise for the required amount of sets.

Teaching points:

- Ensure your body is stacked in a neutral position and your hips do not fall forward or backwards.
- Keep your core braced



Cross Body Rear Delt Raise

Start position:

- Lie sideways over the ball, with the ball placed in your arm pit and on the side of your chest. Maintain this lateral position throughout the exercise.

Transition phase:

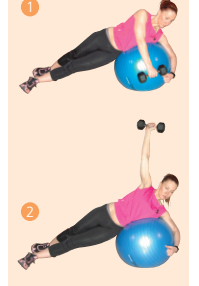
- Set your abdominals and draw in your navel. With your arm extended and pointing toward the floor, begin to raise your arm away from your body using the TuffTech Dumbbell as resistance.

End position:

- As you continue to raise your arm, your core will be challenged to stabilize your body on the ball. Continue to maintain a good position on the ball. Bring your arm up to the point where it is 5 degrees before perpendicular. At this point hold the position for 2 seconds, and lower the arm back to the start position. Repeat the exercise for 10-15 reps then swap to the other side. Repeat the exercise for the required amount of sets.

Teaching points:

- Brace and stabilise the core
- Ensure you keep your body stacked in a lateral position
- Keep the movement smooth and controlled



Kelly Edwards Kelly currently works for GRAVITY UK and Physical Company as a Master Trainer for their many programmes and products. After beginning her fitness career travelling the world for Steiner, Kelly settled into her managerial roles for both the David Lloyd and Esporta chains. Having received recognition for 'Club of the Year' at David Lloyd, Kelly went on to forge a successful training background nationally. She now runs and markets her own 'Bootylicious' outdoor bootcamp workouts which have received widespread media attention in the UK.

Next months Programme on a Plate series is based on Lower Body Blast