**UPPER BODY EXERCISES FOR SPLIT ROUTINE**

**WELLNESS 10 (Ms. Lynch)**

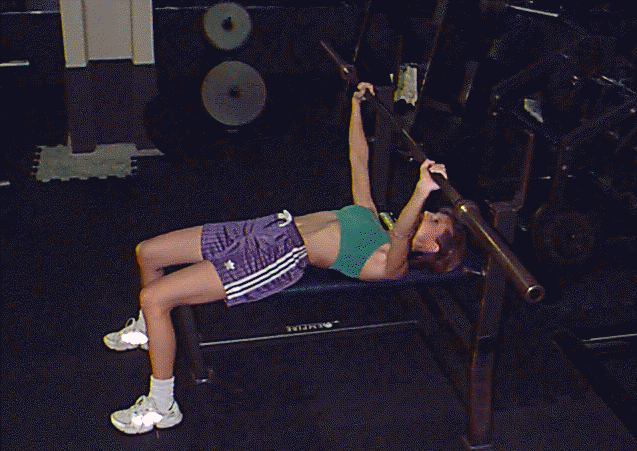
**Flat Bench Press**

**Prime movers/Muscles worked: Pectoralis major, anterior deltoids, deltoid**

**\*** This exercise can be performed using dumbbells and/or with free weights. (always have a spotter for this exercise)

**Beginning Position:**

* Lie face up on a bench with feet flat on the floor.
* Eyes should be below the edge of the bar.

[**Upward Movement Phase:**](http://www2.gsu.edu/~wwwfit/bench.html)**[](http://www2.gsu.edu/~wwwfit/bench.html)**

* Grasp the bar with a closed, pronated grip, and remove the bar off the shelf.

[**Downward Movement Phase:**](http://www2.gsu.edu/~wwwfit/bench.html)**[](http://www2.gsu.edu/~wwwfit/bench.html)**

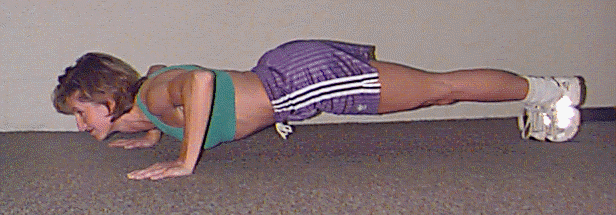
* Lower bar/free weights slowly and with control to the chest keeping the wrists straight.

**Push Up**

**Prime movers/Muscles worked: Pectoralis major, anterior deltoids, deltoid**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/pushup.html)**[](http://www2.gsu.edu/~wwwfit/pushup.html)**

* Start face-down on the floor with arms extended and shoulder width apart, back flat and feet together.

[**Movement Phase:**](http://www2.gsu.edu/~wwwfit/pushup.html)**[](http://www2.gsu.edu/~wwwfit/pushup.html)**

* Lower body towards the floor until chest just touches floor, while keeping back parallel to the floor.

**Ending Phase:**

* Push your body back to starting position slowly and with control until your elbows are fully extended.

**Lat Pulldown**

**Prime movers/Muscles worked: Latissimus dorsi**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/latpull.html)**[](http://www2.gsu.edu/~wwwfit/latpull.html)**

* Grasp the bar with a closed, pronated grip that is wider than shoulder width apart.

[**Downward Phase:**](http://www2.gsu.edu/~wwwfit/latpull.html)**[](http://www2.gsu.edu/~wwwfit/latpull.html)**

* With torso erect, head slightly down and arms fully extended slowly pull the bar down slightly touching the base of the neck.

**Upward Phase:**

* Control the bar during the upward phase allowing the arms to fully extend.

**Bicep Curl**

**Prime Movers/Muscles worked: Biceps and elbow flexors**

**\* These exercises can be done with a bar, free weights, or as an alternative, water bottles.**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/curl.html)**[](http://www2.gsu.edu/~wwwfit/curl.html)**

* Grasp the bar with a closed, supinated grip that is slightly wider than shoulder width apart. Stand erect with feet shoulder width apart and knees slightly bent.

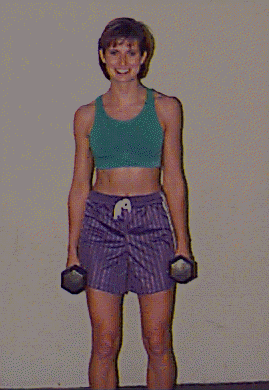
[**Movement Phase:**](http://www2.gsu.edu/~wwwfit/curl.html)**[](http://www2.gsu.edu/~wwwfit/curl.html)**

* Raise the bar in an arc by bending arms at the elbow moving upward to the front of the shoulders
* (Do not swing the bar).
* Lower the bar in a slowly with control until the arms are fully extended.

**Hammer Curls**

**Prime movers/Muscles worked:**

**\* This exercise can be performed with free weights or as an alternative water bottles can be used.**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/hammer.html)**[](http://www2.gsu.edu/~wwwfit/hammer.html)**

* Grasp the dumbbells with a closed, neutral grip with the palm of the hand facing the outer thighs. Stand erect with feet shoulder width apart and knees slightly bent.
* Arms should be fully extended with dumbbells hanging at the sides.

[**Upward Phase:**](http://www2.gsu.edu/~wwwfit/hammer.html)**[](http://www2.gsu.edu/~wwwfit/hammer.html)**

* Raise one dumbbell at a time by slowly bending at the elbow, bring the dumbbell to the front of the shoulder.
* Alternate arms.

**Downward Phase:**

* Lower the dumbbell in a slow, controlled movement until the arm is fully extended.

**Tricep Pulldown**

**Prime Movers/Muscles worked: Triceps**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/tricep.html)**[](http://www2.gsu.edu/~wwwfit/tricep.html)**

* Grasp the bar with a closed, pronated grip that is about 10-15 cm apart.
* Feet should be shoulder width apart with knees slightly bent and torso erect.

[**Movement Phase:**](http://www2.gsu.edu/~wwwfit/tricep.html)**[](http://www2.gsu.edu/~wwwfit/tricep.html)**

* Arms should be bent at the elbows, pull the bar down slowly toward the lower trunk of the body without forcefully extending the elbows.
* Allow the bar to raise slowly under control until you are at start position.

**Tricep Extension**

**\* This exercise can be done with free weights or water bottles.**

**\* This exercise can be done standing or using a bench for support.**

[**Beginning Phase:**](http://www2.gsu.edu/~wwwfit/tricepext.html)**[](http://www2.gsu.edu/~wwwfit/tricepext.html)**

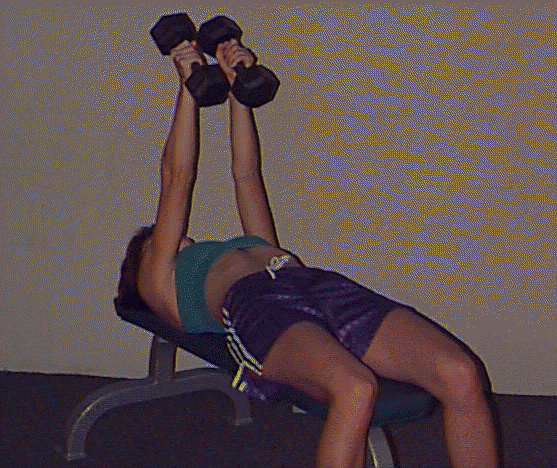
* Place one hand on opposing leg or a bench for support with the other leg on the floor for stability.

[**Movement Phase:**](http://www2.gsu.edu/~wwwfit/tricepext.html)**[](http://www2.gsu.edu/~wwwfit/tricepext.html)**

* Raise the weight up to the front of the body at hip height by bending the arm at the elbow.
* Straighten elbow so that the weight is at the back of the body.

**Flat Dumbbell Fly**

**Prime Movers/Muscles worked: Pectoralis major**

[**Beginning Position:**](http://www2.gsu.edu/~wwwfit/flat.html)**[](http://www2.gsu.edu/~wwwfit/flat.html)**

* Lie face up flat on a bench
* Grasp dumbbells
* Press dumbbells straight up over your chest keeping your palms facing each other
* Point elbows out and keep them slightly flexed

[**Downward Movement Phase:**](http://www2.gsu.edu/~wwwfit/flat.html)**[](http://www2.gsu.edu/~wwwfit/flat.html)**

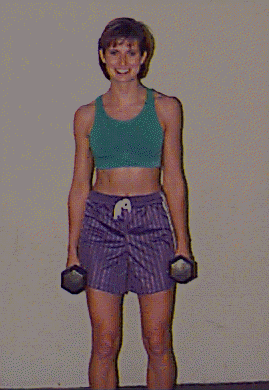
* Allow arms to move out in a wide arc
* Keep palms up and elbows pointed out
* Keep dumbbells in line with chest
* Lower dumbbell under control until they are level with your body

**Upward Movement:**

* Pull dumbbells up in a wide arc to your starting position above the chest
* Keep the elbows slightly flexed during the entire movement

**Lateral Dumbbell Raise**

**Prime Movers/Muscles worked: Medial Deltoids, Trapezius**

[**Beginning Position:**](http://www2.gsu.edu/~wwwfit/lateralr.html)**[](http://www2.gsu.edu/~wwwfit/lateralr.html)**

( can be standing or seated )

* Grasp dumbbells with palms at sides and facing in
* Bend elbows slightly

[**Upward Movement Phase:**](http://www2.gsu.edu/~wwwfit/lateralr.html)**[](http://www2.gsu.edu/~wwwfit/lateralr.html)**

* Keeping your elbows bent at the same angle, slowly begin to raise the dumbbells to the side
* Stop the dumbbells as they reach shoulder level (palms should be facing the floor)

**Downward Movement Phase:**

* Slowly lower the dumbbells to the start position

**One Arm Dumbbell Row**

**Prime Movers/Muscles worked: Rhomboids, Latissimus Dorsi, Biceps, Brachialis**

[**Beginning Position:**](http://www2.gsu.edu/~wwwfit/onearm.html)**[](http://www2.gsu.edu/~wwwfit/onearm.html)**

* Stand at the side of a bench
* Kneel on the bench with the leg that is next to it
* Lean over and place inside hand on the bench directly below your shoulder
* Place outside foot 1-2 feet from bench and flex knee
* Position body parallel to floor and grasp a dumbbell with your free hand
* Hang dumbbell down with arm straight

[**Upward Movement Phase:**](http://www2.gsu.edu/~wwwfit/onearm.html)**[](http://www2.gsu.edu/~wwwfit/onearm.html)**

* Pull dumbbell up toward the chest
* Keep body parallel to floor
* Touch dumbbell to outer chest

**Downward Movement Phase:**

* Lower dumbbell slowly and under control to a straight arm position.
* Maintain body position

**Overhead Press**

**Prime Movers/Muscles worked: Anterior Deltoid, Triceps, Trapezius**

[**Beginning Position**:](http://www2.gsu.edu/~wwwfit/overhead.html) [](http://www2.gsu.edu/~wwwfit/overhead.html)

\* best if started on a shoulder press rack

* Place bar on rests at a height at which when you slightly bend your knees the bar is level with the top of your shoulders
* Bend knees step up to the bar and grasp bar a little wider than shoulder width with palms facing away
* The bar should rest on your collar bone ( clavicle )
* Keep your upper back straight
* Keep a slight curve in your lower back
* Unrack bar with legs

[**Upward Movement Phase:**](http://www2.gsu.edu/~wwwfit/overhead.html)**[](http://www2.gsu.edu/~wwwfit/overhead.html)**

* Push bar up to full arm extension
* Keep elbows pointed out until arms are fully extended
* Maintain body position

**Downward Movement Phase:**

* Lower bar slowly and under control to your shoulders
* At the completion of the set, move bar to rack