

# UPPER WEEKS 1 - 4

WEEK 1	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Baby Cobra						
Row with Weights						
Walking Bicep Curls						
Abs with support *						
Low Abs w/ Leg Raise *						
Tricep Push Ups in Baby Cobra						
WEEK 2	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Baby Cobra						
Row with Weights						
Walking Bicep Curls						
Abs with support *						
Low Abs w/ Leg Raise *						
Tricep Push Ups in Baby Cobra						
WEEK 3	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Baby Cobra						
Row with Weights						
Walking Bicep Curls						
Abs with support *						
Low Abs w/ Leg Raise *						
Tricep Push Ups in Baby Cobra						
WEEK 4	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Baby Cobra						
Row with Weights						
Walking Bicep Curls						
Abs with support *						
Low Abs w/ Leg Raise *						
Tricep Push Ups in Baby Cobra						

# UPPER WEEKS 1 - 4

## EXERCISES:

Exercise #1 – Baby Cobra

Exercise #2 – Row with Weights

Exercise #3 – Walking Bicep Curls

Exercise #4 – Abs with support (can use squeeze ball, cushion, etc.)\*

Exercise #5 – Low Abs with Leg Raise (can use squeeze ball, cushion, etc.)\*

Exercise #6 – Tricep Push Ups in Baby Cobra

## DON'T FORGET TO MAKE YOUR OWN PERSONAL TRAINER MOMENTS:

\*Shrug your shoulders, lifting your shoulders as high as you can towards your ears. Then slide your shoulders as far down as possible. Any time you begin to feel tension in your neck or shoulders do this technique. This acts as a cue from your personal fitness trainer reminding you to relax neck tension and focus on mid back muscles instead.

## EQUIPMENT:

\*Squeeze ball or 2 cushions or 2 stuffed animals

\*Light Weights (5 lbs, 8 lbs, 12 lbs) or grocery bag with 2, 4 or 6 cans inside

## REMEMBER:

\*Upper body exercises are performed on the first day you work out and on your fourth day you work out.

\*Mark the level, the number of repetitions you completed on each day and the amount of weight you used, if applicable, for each circuit you performed.

\*Each week challenge yourself by adding a few extra form perfect repetitions, a slightly heavier weight or an extra circuit until you reach three.

## DISCLAIMER (PLEASE READ BEFORE STARTING THE PROGRAM)

\*Before you begin any fitness program it is strongly suggested that you consult a healthcare provider. Any injury sustained from proper or improper use of this exercise program is solely the responsibility of the exerciser. **Alicia Jones Healthy Living** and all partners disclaim any liability from injury sustained from the use of this exercise program and suggest that you consult your professional healthcare provider before attempting any exercise or exercise program.\*