

UPPER WEEKS 5 - 8

WEEK 1	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Back Bridge						
Isometric Crunch with Bicep Curls						
Squatted Hammer Curls to Press						
Tricep Push Ups to Plank						
Reverse Grip Row						
Lying Down Overhead Triceps Extensions						
WEEK 2	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Back Bridge						
Isometric Crunch with Bicep Curls						
Squatted Hammer Curls to Press						
Tricep Push Ups to Plank						
Reverse Grip Row						
Lying Down Overhead Triceps Extensions						
WEEK 3	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Back Bridge						
Isometric Crunch with Bicep Curls						
Squatted Hammer Curls to Press						
Tricep Push Ups to Plank						
Reverse Grip Row						
Lying Down Overhead Triceps Extensions						
WEEK 4	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Back Bridge						
Isometric Crunch with Bicep Curls						
Squatted Hammer Curls to Press						
Tricep Push Ups to Plank						
Reverse Grip Row						
Lying Down Overhead Triceps Extensions						

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EXERCISES:

Exercise #1 – Back Bridge

Exercise #2 – Isometric Crunch with Bicep Curls

Exercise #3 – Squatted Hammer Curls to Press

Exercise #4 – Tricep Push Ups to Plank

Exercise #5 – Reverse Grip Row

Exercise #6 – Lying Down Overhead Triceps Extensions

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.*