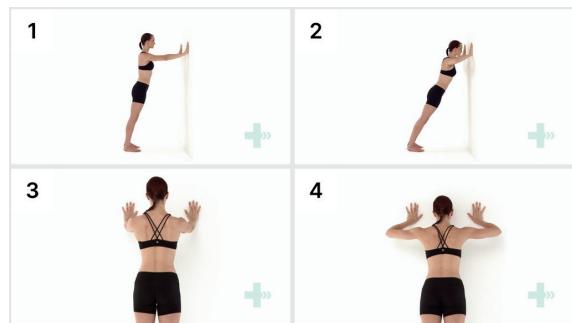


Upper Body and Posture

Challenge: how many wall push ups can you do in 20sec?

3 Sets / 10 Reps



1. Wall press-up

Stand facing a wall, around one large stride away.

Place your hands on the wall around the same height as your shoulders but slightly wider.

Lean against the wall, keeping a straight line from your head to your feet.

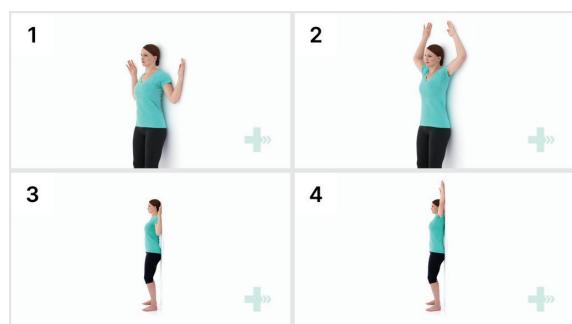
Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards.

Make sure your body stays straight.

Push through your hands to straighten your arms back out again.

Continue this movement.

Note: the further away your feet are from the wall, the harder the exercise will be.



2. Wall angels - shoulder abduction with elbows bent

Stand with your back against a wall and bend your knees a little.

Your shoulders and head should be touching the wall.

Start with your upper arms at your side with your elbows bent.

Your wrists and forearms should be touching the wall.

Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.

When you reach as far as you can, slide the arms back down to the start position.



3. Bicep curl - standing

Stand with your feet shoulder-width apart holding a set of dumbbells in each hand.

Flex your arms simultaneously and bring the weights up towards your shoulders, curling from your elbows.

Lower the dumbbells back down until your elbows are fully extended.

Ensure the movement remains within your arms and you are not using your hips or shoulders.

3 Sets / 10 Reps / 2kg weight

4. Overhead press - standing with dumbbells

Stand with your feet shoulder width apart, holding a pair of dumbbells at your shoulders.

Contract your glutes and keep your stomach tight.

Press the weight overhead ensuring your arms are fully locked out.

Lower the dumbbells back down to your shoulders.



3 Sets / 10 Reps

5. Pilates dumb waiter

Stand upright with your shoulders back and down and your gaze directly ahead. Bend your arms so your elbows are down by your sides with your palms facing up toward the ceiling.

EXHALE: open your arms out to the sides

INHALE: bring your arms in, slightly crossing them over in front of you.

Keep your elbows close to your sides throughout.

Engage your abdominals while opening your arms as far out as you can without arching your back.



2 Sets / 2 Reps / 30 s hold

6. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.



2 Sets / 2 Reps / 30 s hold

7. Triceps stretch

Put one hand in the air, and then lower it behind your head between your shoulder blades.

With your other hand, pull your elbow in towards your head.

You should feel this stretch down the back of your upper arm.

Hold this position.

