

GYM WORKOUT PHASE 3 – UPPER BODY

Many of the upper body exercises are repeats from previous phases, working on individual known weaknesses such as the lateral pull down **to the front of the face**. The old idea of bringing the bar down behind the neck causes undue strain on the C4 and C5 joints in the vertebrae which is not only dangerous but detracts from the purpose of the exercise, ie, to work the lateral muscles.

The pec dec is another piece of gym equipment that is often abused. The height of the seat is adjustable for a reason, to allow the arms to make an angle of 90 degrees at the elbows to get the greatest output of the pectoral muscles.

DUMBBELL SHOULDER PRESS can now be done in various angles of decline of the bench which changes the position of impact on the pec muscles and broadens the spectrum.

THE UPRIGHT ROW is excellent for the posterior deltoid muscles and needs an EZ bar that starts from a hanging position in front of the hips, held on the angled parts of the bar. Lift the bar vertically close to the body until under the chin, keeping the elbows above the line of the bar at all times. 3 sets of 10/12 reps



Triceps should not be forgotten. Whichever exercise you use

, let the triceps do the work without bending at the shoulders.eg on a cable pull down the movement starts and finishes with the elbows at 90 degrees

PULL OVERS work the chest and the flexors of the lower arms. Laying on a bench with a D or EZ bar held at arms length above the legs. Raise the bar with straight arms to travel through an arc as far over and behind the head as possible before returning to start again.

Combined workout when training only once per week.

Upright row, pull overs, triceps, deadlift, power clean, power squat, cable pull for quads and hamstrings.