

**STRENGTH AND CONDITIONING UPPER BODY PHASE 2**

400m runners work on 10-12 reps. 100/200 runners use a slightly heavier weight for 5-6 reps.

**1) BENCH PRESS** Make sure you don't arch the back. The bar should be held on the lower palm of the hand, above the arm, to prevent undue stress on the wrist. The arms should be near vertical under the bar.

**2) SINGLE ARM ROW**



Aimed at the lower laterals, oblique's of the back. With one knee on a bench and a support arm under the shoulders, lower a fairly heavy dumbbell close to the floor before sharply raising vertically as far as possible without twisting the body. After 10 reps, switch to the other side.

**3) SHOULDER PRESS**

Working the deltoids of the shoulders. Using a barbell or the more commonly used dumbbells and sitting on a near vertical bench, bring both d/b's up to



shoulder height before starting to press them upwards to meet above the head, before lowering to the start position.

**4) DUMBBELL FLYES**

Very good for the pectorals of the chest where they link to the upper arms. Laying flat on a bench holding two dumbbells at arms length above the head. Slowly lower them sideways with very slightly bent arms until they can go no further, before returning to the vertical position.

**5) FRENCH CURL**

Specifically for the triceps .Lay on your back on a bench with either a weighted EZ or D bar held above the head. Keeping the elbows in the same position throughout, lower the bar behind the head as far as possible before raising again to keep repeating

**6) DECLINED AB CURL**

Using a declined bench, hands next to the ears to prevent pulling on the head. Raise and lower the body until the elbows touch the knees. Alternatively, twist so that only one elbow touches its opposite knee. You may wish to hold a med ball or weight disc on the chest.



**7) VEE SIT**

Another ab exercise that can be done on the floor or laying on a bench. Holding a med ball at arms length behind the head, bring the legs and arms upwards to meet above the abdomen, then lower in a controlled movement.

Exercise	weight						
Bench press							
Single arm row							
Shoulder press							
Dumbbell flyes							
French curl							
Declined abs							
Vee sit							