

# RESET!

## Workout of the Day



### Upper Body 2 - by Shannon Ratcliffe, Bob Hoffman YMCA

Equipment: dumbbells and a bench. (Option; modified on the floor or mat)

#### Warm Up

- Arm circles; forward 4x, backward 4x, each arm
- Shoulder Stretch – Reach one arm across the front of the body, gently pulling towards you with other arm, either before or after the elbow. Hold for count of 8. Switch arms, repeat.
- Upper Back Stretch - Hands together with thumbs pointing down, press palms out, round the shoulders and reach forward. Hold for count of 8.

**Chest** - 3 sets of 10-15 reps.

- Dumbbell Press
- Dumbbell Flyes
- Push Ups (Modified; on knees)
- Pullovers

**Back** - 3 sets of 10-15 reps.

- Renegade Rows (Modified; on knees)
- Reverse Flyes
- Bent-over Dumbbell Rows
- Good Mornings with dumbbells

**Cool Down** - hold each 30 sec.

- Head Tilts - Tilt your head toward one shoulder until you feel the stretch. Repeat on opposite side.
- Shoulder Stretch - Reach one arm across the front of the body, gently pulling towards you with other arm, either before or after the elbow. Make sure you breathe slowly and exhale as you deepen the stretch.
- Tricep Stretch - Bring one arm back behind the head, as if you were reaching for your shoulder blade. Gently push on your elbow with the other hand. Repeat on the other side.
- Bicep Stretch - Clasp your hands behind your back, rotate your hands and raise your arms.
- Upper Back Stretch - Hands together with thumbs pointing down, round the shoulders and reach forward. Don't forget to breathe through the stretch.