

# Week 2 - Body at Home Challenge

## Day 4 - Upper Body

Today's workout includes 3 supersets and 1 giant set. In the supersets you'll perform 2 exercises back to back without rest for each set. Then you'll rest for 60 seconds after each of the supersets. Then the last move is a giant set of 3 exercises that targets biceps and triceps. For the giant sets you'll perform a set of each of the 3 moves without rest before resting for 60 seconds, and then completing a total of 3 giant sets.

**OVERALL, THIS WORKOUT EMPHASIZES CHEST, BACK, SHOULDERS AND ARMS.**

## 1. Superset: Targets Chest

Exercise	Sets	Reps	Rest
On the floor chest press	3 sets	15 reps	no rest
On the floor Flyes	3 sets	15 reps	60 seconds

**ON THE FLOOR CHEST PRESS:** Grab dumbbells with palms facing inward and lie flat on your back. Bend knees with feet firmly planted on floor. Extend elbows to a 90-degree position, triceps resting on floor, while holding dumbbells above your chest. Exhale and brace core while simultaneously extending dumbbells toward ceiling. Pause, and retract back to starting position.

**ON THE FLOOR FLYE:** Lie on the floor with two **dumbbells** above your shoulders, (arms 15-degrees shy of full extension) With palms facing, lower the weights in an arching motion. When your elbows hit the **floor**, they should be even with your chest; pause briefly for a half second. Squeeze the **dumbbells** back together in an arching motion.

**WARPING LIDGE:** Step in the middle of a medium

## 2. Superset: Back and chest

Exercise	Sets	Reps	Rest
Seated RB row	3 sets	10 reps per side	no rest
Kneeling High row	3 sets	15 reps	60 seconds

**SEATED RESISTANCE BAND ROW:** Wrap the resistance band under of your feet and sit back on your tailbone while grasping an end of each side of the band in your hands. Starting with your arms extended forward, pull the band back as far as you can toward your abdomen. Hold momentarily and squeeze your shoulder blades together. Release and extend your arms back out to full extension.

**KNEELING HIGH ROW:** Without resting immediately perform 20 reps of this move. You can use a door attachment or place your band around something at about neck height. While kneeling on the floor high row. Place your hands wide and at lower-chest height. As you pull your elbows back push your chest forward. Make sure that you take 2-3 seconds to pull the bands into your body for each rep and then hold the contraction for a second or two.

### 3. Superset - Shoulders

Exercise	Sets	Reps	Rest
Lateral- Raise	3 sets	15 reps	no rest
Front Raise	3 sets	10 reps	60 seconds

**LATERAL RAISE:** Stand on a light-gauge band and perform a strict lateral raise for 15 reps per set. Pause at the top of the movement while contracting your delts and use slow negatives (the lowering portion). I recommend taking about 3 seconds to lower your arms. Don't allow your arms to come to a full rest at the bottom, keeping your delts engaged as you begin the next rep.

**FRONT RAISE:** Grasp dumbbells in both hands. Position dumbbells in front of upper legs with elbows straight or slightly bent. Raise dumbbells forward and upward until upper arms are above horizontal. Lower and repeat.

### 4. Giant Set: Targets Triceps and Biceps

Exercise	Sets	Reps	Rest
Kneeling Tricep Ex	3 sets	15 reps	no rest
Standing Curl	3 sets	20 reps	60 seconds

**KNEELING TRICEP EXTENSION:** Start kneeling with your knees shoulder width apart and dumbbells held in front of you. Raise the dumbbells above your head until your arms are stretched out straight. Slowly lower the weights back behind your head, being careful not to flare your elbows out too much. Once your forearms move beyond parallel to the floor bring the weight back up to the starting position. Your upper arms should remain in place throughout the movement.

**STANDING CURL:** Using a medium-or heavy-gauge resistance band or dumbbell, you'll perform 20 reps for each set. Curl both arms at the same time. Keep your elbows isolated at your sides and do not allow your front delts to activate. Squeeze your biceps hard at the top, and then lower the weights or release the resistance slowly (2-3 seconds per rep) and allow your biceps to fully stretch at the bottom.

**STEADY-STATE CARDIO:** Perform 15 minutes of steady-state cardio on Day 1, performing the type that you prefer-or what's readily available. You can perform it when you wake up, before your workout, at the end of your workout or later in the day. Steady-state cardio is an important component of the program so don't overlook it. But you can work it in when it's most convenient for you. I've found in training my clients that people have strong preferences about the time of day that they like to do cardio. Remember the goal is to get your heart rate up so that it's in the 120-140 beats-per-minute range or to the point where you feel like you're working at about a 7 out of 10 in terms of exertion, where you can still talk, but you're feeling the effort.