

City of Coquitlam

Home Workout Volume 2: Upper Body

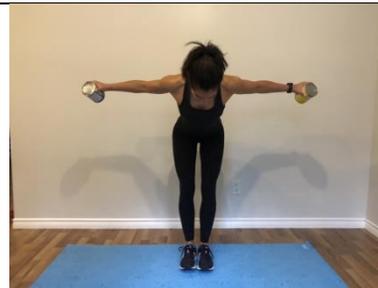
Focus: Upper Body Endurance – 3 sets, 15 to 20 repetitions

Exercise 1: Bent-Over Reverse Fly



Step 1

Grab some dumbbells – or some cans of soup!
Keep your back straight and hinge forward at the hips.



Step 2

Pull the weights apart laterally and squeeze your shoulder blades together. Keep a soft lock in your elbows throughout the motion.

Exercise 2: Superman Back Row



Step 1

Lie flat on your stomach with your arms straight over your head. Extend your legs and point your toes.



Step 2

Lift your legs, arms and chin slightly off the floor.



Step 3

Pull your arms back behind your torso, bending at the elbows. Squeeze your shoulder blades together.

Exercise 3: Bicep Curls



Step 1

Grab a towel with both hands and stretch it out so that there is constant tension on the towel. Your arms should be shoulder-width apart.



Step 2

Stand up tall with your back straight and a slight bend in the knees and elbows.



Step 3

Curl your hands up towards your shoulders. Keep all the movement in your elbows – try to avoid swinging your back or shoulders.

Exercise 4: Plank Shoulder Taps



Step 1

Start in a plank position with your hands directly underneath your shoulders and a soft lock in the elbows. Flex your core and glutes.



Step 2

Slowly lift your right hand and touch your left shoulder. Maintain your balance and slowly return your hand back to the floor.



Step 3

Slowly lift your left hand and touch your right shoulder. Maintain your balance and slowly return your hand back to the floor. Repeat step 2 and 3 for 30 – 60 seconds.

Exercise 5: Side Plank



Level 1

Place your bottom elbow on the floor at a 90-degree angle directly under your shoulder. Place your top hand on your hip. Bend your bottom knee 90 degrees and place your top foot on the floor. Engage your core and lift your hip off the floor until your torso is in a straight line. Hold each side for 30 – 60 seconds.



Level 2

Place your bottom elbow on the floor at a 90-degree angle directly under the shoulder. Place your top hand on your hip. Stack your feet and place them on the floor. Engage your core and lift your hip off the floor until your torso is in a straight line. Hold each side for 30 – 60 seconds.

Exercise 6: Front Raise



Step 1

Stand up tall with your feet hip width apart, with a slight bend in your knees and elbows. Grab some weights (or soup cans) and hold your hands at your hips.



Step 2

Slowly lift your weights in front of you until your hands are at shoulder height. Keep your palms facing down and maintain a slight bend in your elbows.