

Strength Training Regiment Upper Body Circuit Exercises

To gain endurance, rotate through all the exercise before going on to repeat a set. Do 10 **good** crunches between each set as a rest period. Proceed in the order I've put forth (large muscles first).

Do not do these exercises two days in a row. I suggest Mon-Wed-Fri.

I. Bench Press or Push-ups

- --Do 4 sets but increase the weight on sets 2 and 3. On set 4, use the initial weight and do as many reps as you can.
- --Also, record your progress and try to go up 3 to 5 pounds each week. If you do not do bench press, then record your push-ups.

date									
set 1									
set 1 (lbs/reps)									
set 2									
set 2 (lbs/reps)									
set 3 (lbs/reps)									
(lbs/reps)									
set 4									
set 4 (lbs/reps)									

II. Dips (or push-ups if you did not do them above)

date									
set 1									
set 1 (reps)									
set 2									
set 2 (reps)									
set 3									
set 3 (reps)									
set 4									
(reps)									

III. Pull-Ups or Overhead Chop w/ medicine ball or small dumbbell

date									
set 1									
set 1 (reps)									
set 2									
set 2 (reps)									
set 3 (reps)									
(reps)									

IV. Medicine Ball Rotation or Back Arches

- --Rotate a medicine ball or dumbbell by pivoting at the core from a stance.
- --Back Arches are done by lying on your stomach and raising your legs and head simultaneously. A medicine ball can be placed behind your head for added resistance.

date									
set 1									
set 1 (reps)									1
set 2 (reps)									
(reps)									
set 3									
(reps)									

V. Dumbell Curl and Press

- --Stand with the dumbbells at your sides and then curl them to your shoulders. Then raise them slowly over your head.
- --Follow the same routine as the bench press.

date									
set 1									
set 1 (lbs/reps)									
set 2 (lbs/reps)									
(lbs/reps)									
set 3 (lbs/reps)									
(lbs/reps)									
set 4 (lbs/reps)									
(lbs/reps)									

Feel free to include lower body (leg) exercises but make sure you get a good balance. In other words, do not work quads and not calves. Make sure you work your abductors and adductors. This will help prevent ACL injuries.

*Refer to my Strength Training Guidelines for the following:

- General tips
- Descriptions of exercises
- Alternative exercise for muscle groups