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HOME UPPER BODY L2

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Basic Strength Training Instruction Guide
General Cues for All Exercises

Posture First: Keep your chest up, shoulders back, and core engaged.

Controlled Movement: No jerky or rushed reps. Lift with control, lower with control.

Breathing: Inhale before the effort, exhale during the exertion (e.g., exhale when lifting/pushing).

Full Range of Motion: Move through a natural range—don't cut reps short.

Mind-Muscle Connection: Focus on the working muscle; don't just move the weight.

Safety Over Load: Prioritize form and technique over how much you lift.


Warm-Up & Cool-Down: Always start with mobility and light activation, and end with stretching.


HOME UPPER BODY L2 +


🕒 Interval workout Created by Souvik Roy Choudhury on Today, last updated on Today.


Duration: 1h 3m

Equipment


Body weight


Dumbbell


Mat


Medicine ball

Instructions

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





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














Safety Over Load: Prioritize form and technique over how much you lift.

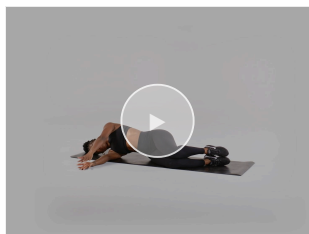
Warm-Up & Cool-Down: Always start with mobility and light activation, and end with stretching.

| | | | |
|---|---------------------------------|--------|------------|
|  | Upper Body Twist | 60 sec | Left side |
|  | Upper Body Twist | 60 sec | Right side |
|  | Arm Circles - Moving through... | 60 sec | |
|  | Elbow Circles | 60 sec | |
|  | Torso twist | 60 sec | |
|  | How to Do Wrist Rotations | 60 sec | |

| | | | |
|---|----------------------------------|--------|---------------------|
|  | Pilates - Standing Side Bend ... | 60 sec | DO IT WITH A BOTTLE |
|  | Kneeling Push Up | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Kneeling Push Up | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Kneeling Push Up | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Floor Press | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Floor Press | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Floor Press | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Renegade Row | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Renegade Row | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Renegade Row | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Standing Shoulder ... | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Standing Shoulder ... | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Standing Shoulder ... | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Seated Back Fly | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Seated Back Fly | 60 sec | REPS 12-15 |
|  | Rest for 90 sec | | |
|  | Dumbbell Seated Back Fly | 60 sec | REPS 12-15 |

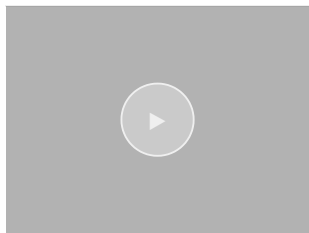
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| | | | |
|---|--------------------------------|--------|-----------------|
|  | Rest for 90 sec | | |
|  | Dumbbell Alternating Bicep ... | 60 sec | REPS 12-15 EACH |
|  | Rest for 90 sec | | |
|  | Dumbbell Alternating Bicep ... | 60 sec | REPS 12-15 EACH |
|  | Rest for 90 sec | | |
|  | Dumbbell Alternating Bicep ... | 60 sec | REPS 12-15 EACH |
|  | Rest for 90 sec | | |
|  | Hollow Body Hold | 60 sec | |
|  | Rest for 90 sec | | |
|  | Hollow Body Hold | 60 sec | |
|  | Rest for 90 sec | | |
|  | Hollow Body Hold | 60 sec | |
|  | Rest for 90 sec | | |
|  | Cobra | 60 sec | |
|  | Rest for 90 sec | | |
|  | Cobra | 60 sec | |



Upper Body Twist

- 1.Lie on your back with your hips turned to one side, knees bent and touching the floor with your arms out to the sides at shoulder height.
- 2.Raise one hand and lift it up and across to touch the other outstretched hand, turning your head to this side also.
- 3.Return to starting position and repeat.
- 4.Complete all reps on one side before switching to the other side.



Arm Circles - Moving through Cancer © Penn State College of Medicine

Arm Circles - Moving through Cancer © Penn State College of Medicine



Elbow Circles

Elbow Circles



Torso twist

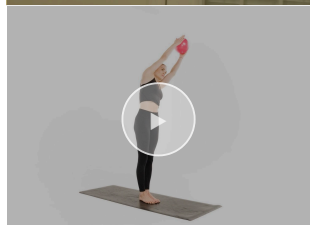


TORSO TWIST



How to Do Wrist Rotations

How to Do Wrist Rotations



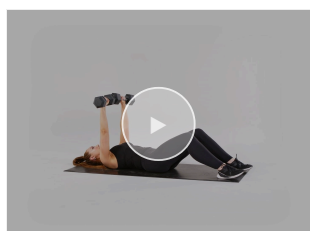
Pilates - Standing Side Bend with Ball Between Hands

Stand tall and hold a ball between your hands. Bend side to side, keeping the core engaged.



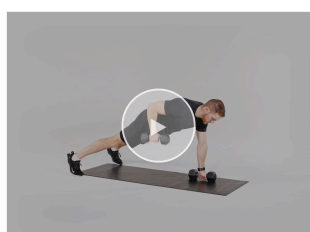
Kneeling Push Up

- 1.Support your body on your knees and hands with your elbows bent, legs crossed, feet raised and your chest nearly touching the floor.
- 2.Push up to a straight arm position.
- 3.Lower your body returning to starting position.
- 4.Repeat.



Dumbbell Floor Press

- 1.Lie on the floor holding dumbbells at shoulder level with your elbows bent and your palms facing forward.
- 2.Press the dumbbells straight up over your chest, arms straight, keeping your palms facing forward.
- 3.Lower the dumbbells back to shoulder level, returning to starting position.
- 4.Repeat.



Dumbbell Renegade Row

- 1) For this exercise, maintain tight abdominals and tight glutes.
- 2) Keep your hands center of your chest throughout the exercise.
- 3) Wide feet give you a better stable base.
- 4) Position yourself on your toes and your hands as though you were doing a pushup, with the body straight and extended.
- 5) Push one dumbbell into the floor and row the other dumbbell, retracting the shoulder blade of the working side as you flex the elbow, pulling it to your side.
- 6) Lower the dumbbell to the floor and begin the dumbbell in the opposite hand.
- 7) Repeat for several reps.



Dumbbell Standing Shoulder Press

- 1.Stand upright holding dumbbells at shoulder height, fists outwards.
- 2.Press the dumbbells overhead, extending your arms fully. Make sure to keep your back flat and remain upright throughout.
- 3.Repeat.

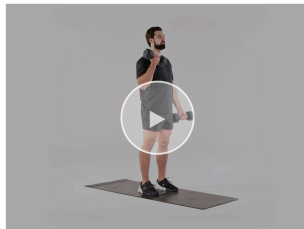


Dumbbell Seated Back Fly

- 1) When performing this exercise, keep your body and your back in a straight or slightly arched position
- 2) Have the dumbbells in each hand.
- 3) Move the weights out and away from each other in an arc motion.

- 4) The arms should be elevated until they are parallel to the floor.
- 5) Slowly lower the weights back down
- 6) Repeat.

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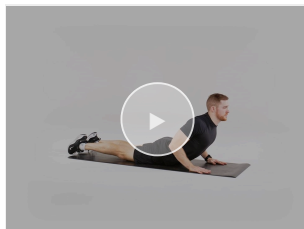
Dumbbell Alternating Bicep Curl

- 1) Stand up with arms hanging and dumbbells in both hands, palms facing in.
- 2) Curl dumbbell for one arm, twisting your wrist on the way up and keeping your elbows still.
- 3) Slowly lower and alternate with the other arm



Hollow Body Hold

- 1.Lie on the floor with your legs straight, feet, knees, and legs together, arms extended overhead.
- 2.Raise your legs and upper body up slightly to where only your buttocks are touching the floor.
- 3.Hold briefly then slowly lower your body back to the floor returning to starting position.
- 4.Repeat.



Cobra

1. Lie face down on your chest on a mat with your hands palms down next to your armpits.
2. Press your hands into the floor and raise your upper body up away from the mat while keeping your hips on the mat.
3. Relax and breathe in this position for desired amount of time.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

| Exercise Name | Set 1 |
|--|-----------|
| Upper Body Twist | reps |
| Upper Body Twist | reps |
| Arm Circles - Moving through Cancer â€™ Penn State College of Medicine | reps x kg |
| Elbow Circles | reps x kg |
| Torso twist | reps x kg |
| How to Do Wrist Rotations | reps x kg |
| Pilates - Standing Side Bend with Ball Between Hands | reps x kg |
| Kneeling Push Up | reps |
| Rest | |
| Kneeling Push Up | reps |
| Rest | |
| Kneeling Push Up | reps |
| Rest | |
| Dumbbell Floor Press | reps x kg |
| Rest | |
| Dumbbell Floor Press | reps x kg |
| Rest | |
| Dumbbell Floor Press | reps x kg |
| Rest | |

| | | |
|----------------------------------|--------|-----|
| Dumbbell Renegade Row | reps x | kg |
| Rest | | |
| Dumbbell Renegade Row | reps x | kg |
| Rest | | |
| Dumbbell Renegade Row | reps x | kg |
| Rest | | |
| Dumbbell Standing Shoulder Press | reps x | kg |
| Rest | | |
| Dumbbell Standing Shoulder Press | reps x | kg |
| Rest | | |
| Dumbbell Standing Shoulder Press | reps x | kg |
| Rest | | |
| Dumbbell Seated Back Fly | reps x | kg |
| Rest | | |
| Dumbbell Seated Back Fly | reps x | kg |
| Rest | | |
| Dumbbell Seated Back Fly | reps x | kg |
| Rest | | |
| Dumbbell Alternating Bicep Curl | reps x | kg |
| Rest | | |
| Dumbbell Alternating Bicep Curl | reps x | kg |
| Rest | | |
| Dumbbell Alternating Bicep Curl | reps x | kg |
| Rest | | |
| Hollow Body Hold | | sec |
| Rest | | |
| Hollow Body Hold | | sec |
| Rest | | |
| Hollow Body Hold | | sec |
| Rest | | |
| Cobra | | |
| Rest | | |
| Cobra | | |

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Previous Stats
