

Upper Body Mobility and Strength

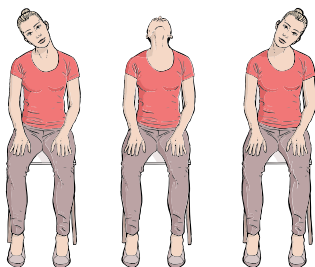
26 min · Upper Back, Abs, Arms, Back, Chest, Forearms, Legs, Shoulders, Wrists, Yoga

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Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

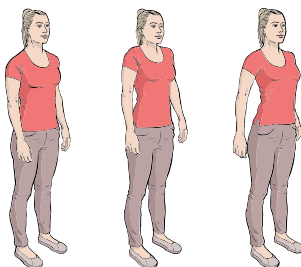
Seated Neck Roll



1 sets 5 reps

5 rolls clockwise, 5 anti clockwise

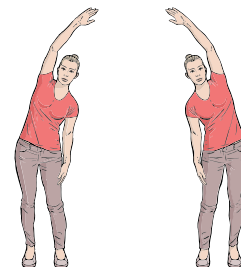
Shoulder Rolls



1 sets 5 reps

5 rolls clockwise, 5 rolls anti clockwise

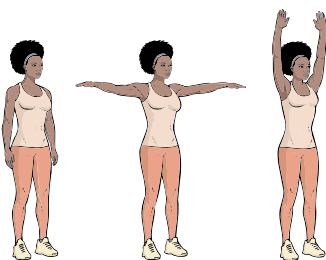
Standing Lateral Stretch



1 sets 5 reps

5 stretches on one side, followed by 5 stretches on the other side

Double Arm Lateral Raises to Overhead Extension



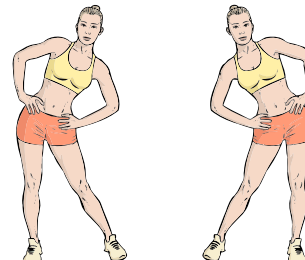
1 sets 5 reps

Open Scarecrows



1 sets 5 reps

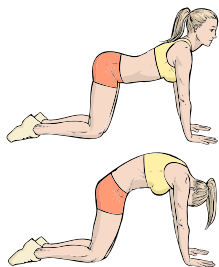
Hip Circles



1 sets 5 reps

5 circles clockwise, 5 circles anti clockwise

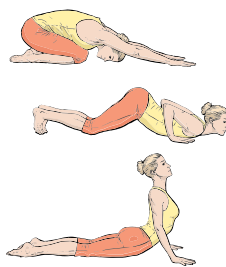
Backward Camel Stretch



1 sets 5 reps

Move very slowly. Breath into the cat, breath out the camel. Focus.

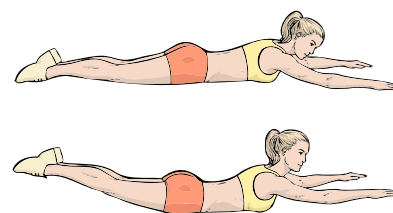
Striking Cobra · Shashank Bhujangasana



5 breaths

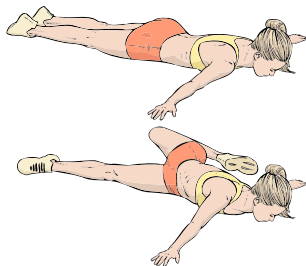
Keep hands fixed to floor · Draw shoulders away from ears · Elbows bent · Inhale, slide forward · Exhale, ...

Supermans

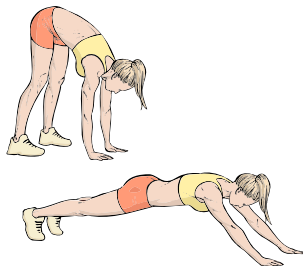
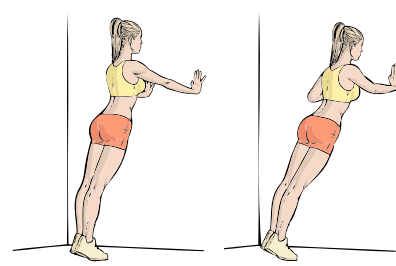
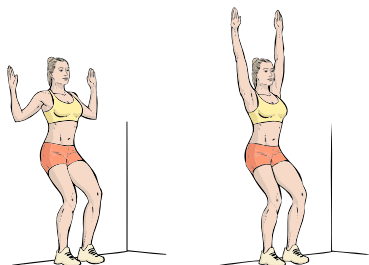
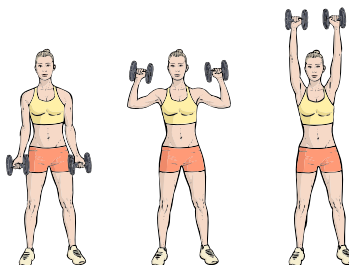


1 sets 5 reps

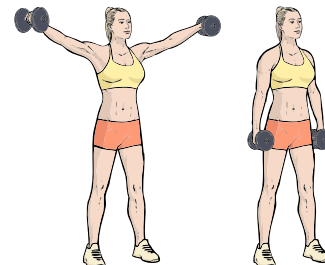


**Scorpion Stretch****1 sets 5 reps**

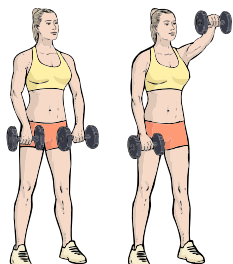
Alternate between the sides, 5 on each side.

Inchworms**1 sets 5 reps****Wall Push-Ups****1 sets 5 reps****Wall Angles****1 sets 5 reps****Dumbbell Biceps Curl to Shoulder Press****3 sets 10 reps 5 lbs**

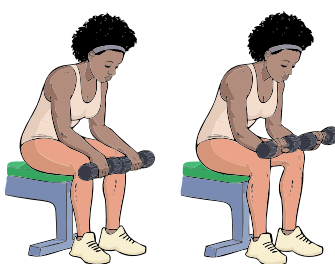
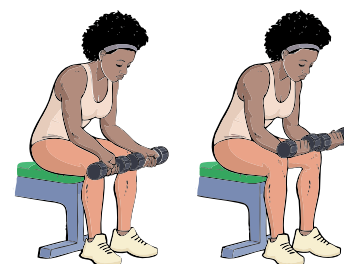
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

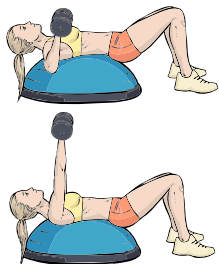
Lateral Shoulder Dumbbell Raises**3 sets 10 reps 5 lbs**

Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

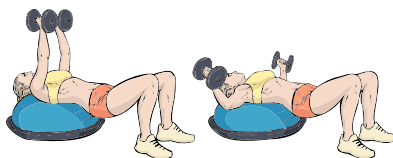
Front Shoulder Dumbbell Raises**3 sets 10 reps 5 lbs**

Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

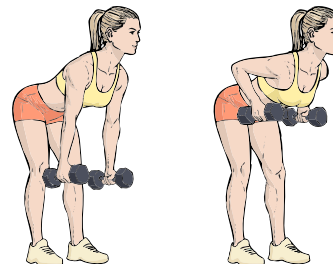
Seated Dumbbell Palm-Down Wrist Curls**3 sets 10 reps 3 lbs****Seated Dumbbell Palm-Up Wrist Curls****3 sets 10 reps 3 lbs**

**Bosu Ball Chest Dumbbell Press****3 sets 10 reps 5 lbs**

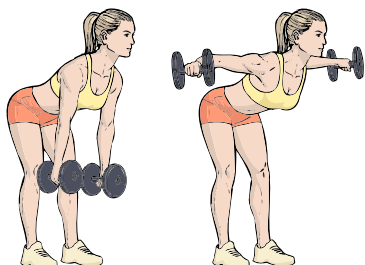
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Bosu Ball Chest Dumbbell Flyes**3 sets 10 reps 5 lbs**

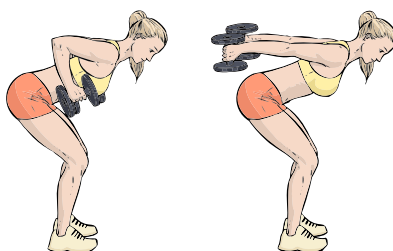
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Standing Two-Armed Bent Over Dumbbell Rows**3 sets 10 reps 5 lbs**

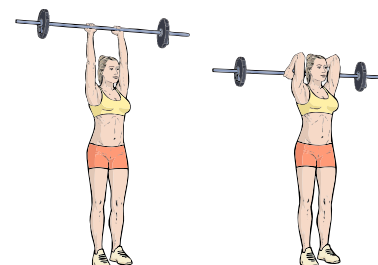
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Dumbbell Bent Over Lateral Rear Delt Raises**3 sets 10 reps 5 lbs**

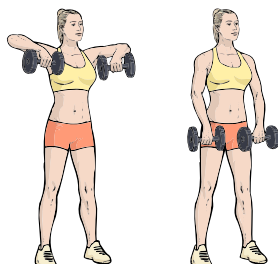
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Double Arm Tricep Kickbacks**3 sets 10 reps 5 lbs**

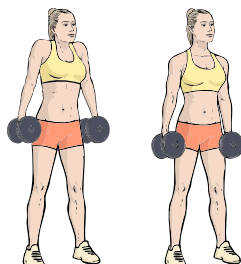
Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Standing Overhead Barbell Triceps Extensions**3 sets 10 reps 5 lbs**

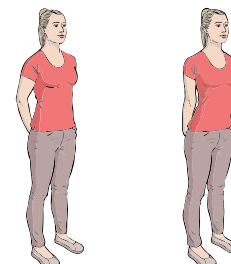
Replace barbell by a dumbbell. Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Upright Dumbbell Rows**3 sets 10 reps 5 lbs**

Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Dumbbell Shrugs**3 sets 10 reps 5 lbs**

Engage core & glutes. Breathe in as you lift weight, out as you lower. Focus.

Standing Chest Stretch**1 sets 1 reps**

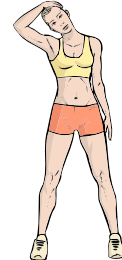
Hold stretch for 5-8 secs

**Reverse Shoulder Stretch****1 sets 1 reps**

Hold stretch for 5-8 secs

Shoulder Stretch**1 sets 1 reps**

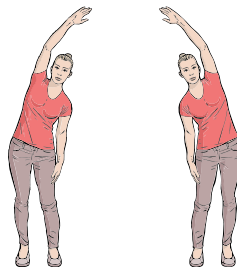
Hold stretch for 5-8 secs each side.

Neck Stretch**1 sets 1 reps**

Hold set for 5-8 secs each side

Overhead Triceps Stretch**1 sets 1 reps**

Hold stretch for 5-8 secs each side

Standing Lateral Stretch**1 sets 1 reps**

Hold stretch on each side for 5-8 secs

Love Yourself Back Stretch**1 sets 1 reps**

Hold stretch for 5-8 secs

Seated Neck Roll

Primary muscle group(s):

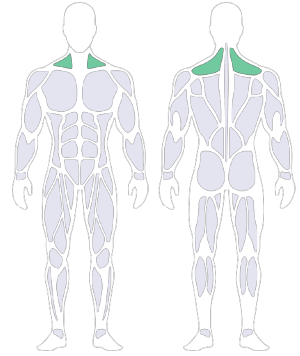
Neck & Upper Traps

Seat yourself comfortably on a solid chair, with your back straight and unsupported and your feet planted about hip-width apart.

Lightly tilt your head to the left, to the rear, and to the right.

Hold each side for the specified amount of time. Ideally 2 - 5 seconds.

Perform for the specified reps or time.



Standing Shoulder Rolls

Primary muscle group(s):

Neck & Upper Traps

Secondary:

Shoulders

Stand strong, with your feet grounded and placed shoulder-width apart while maintaining a tight core and flat back.

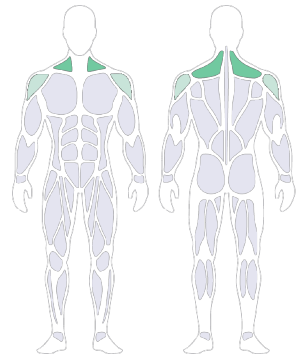
Keep your arms extended and by your sides with your palms facing in.

Relax your shoulders so they hang as low as possible.

Slowly raise your shoulders upwards in a shrugging motion.

At the top position, allow your chest to expand by pulling your rear shoulder blades together, bringing your shoulders back.

Slowly relax and lower your shoulders to return to the starting position.



Standing Lateral Stretch

Primary muscle group(s):

Middle Back / Lats

Secondary:

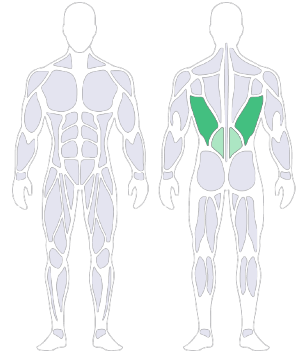
Lower Back

Stand comfortably with your back straight and your feet placed about shoulder-width apart.

Elevate one arm out to the side and above your head with your bicep facing your ear and your fingertips extended over your head.

Gently lean away from the side on which your arm is elevated creating a stretch along the extended side of your body.

Lower your arm and straighten your torso to get back to the starting position.



Double Arm Side / Lateral Raises to Overhead Extension

Primary muscle group(s):

Shoulders

Secondary:

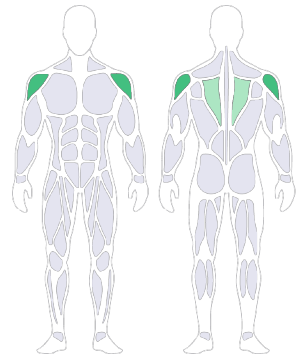
Upper Back & Lower Traps

Stand with your back straight, your feet shoulder width apart, and your arms hanging naturally by your sides

Keeping your arms fully extended and your torso stationary, lift your hands out to your sides and up until they reach your shoulder level, exhale as you do so

Lightly squeeze your shoulder muscles at this position, and then continue to elevate your arms until they are outstretched overhead

Hold briefly and then gently lower your arms back to the starting position in a smooth controlled movement inhaling as you do so



Open Scarecrows

Primary muscle group(s):

Shoulders

Secondary:

Upper Back & Lower Traps

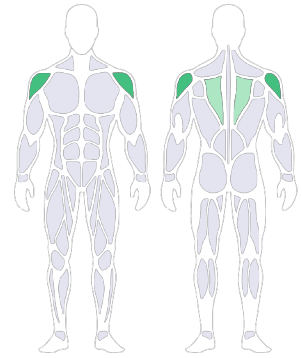
Stand strong, with your feet grounded placed at shoulder-width apart, while maintaining a tight core and flat back, pull your arms out and upwards away from your sides, leading with your elbows.

Pause when your upper arm is parallel with the floor, and your hands are hanging down towards the floor with a 90-degree bend at the elbow joint.

Slowly rotate your upper arm bringing your hands forward, keeping the same angle bend at the elbow.

Continue to rotate bringing your hands up so that they are above your shoulders and next to your head.

Pause and then slowly return to the starting position.



Hip Circles

Primary muscle group(s):

Glutes & Hip Flexors

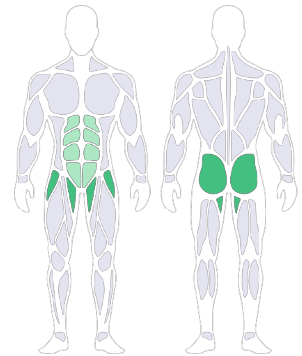
Secondary:

Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

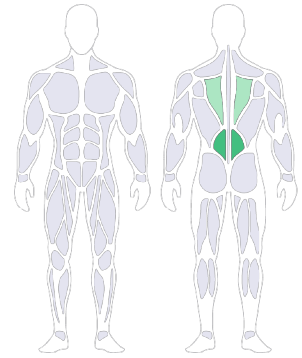
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and extend your spine.

Hold the stretch and then release, push your abs back outwards to the starting position, flexing your spine as you do so.



Striking Cobra

Primary muscle group(s):

Abs, Obliques, Shoulders, Spine

Secondary:

Biceps, Middle Back / Lats, Triceps, Wrists

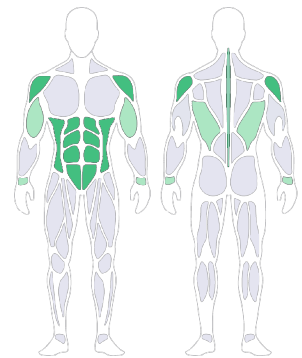
Begin in Extended Child's Pose: sit back on your heels and reach your arms in front of you. Bring your hands shoulder-width apart.

With an inhale, lift your hips, bend your elbows and slide your chest forward along the floor. Then press into your hands and reach your chest forward and up, coming into Extended Cobra.

With an exhale, lift your hips and push yourself back into Extended Child's Pose.

Repeat this movement.

Modification: Rise only into Low Cobra, keeping your belly on the floor and elbows bent.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

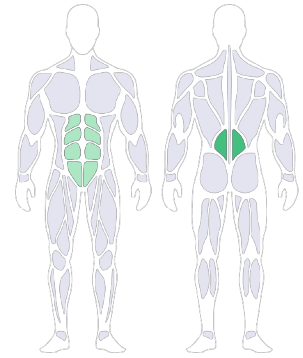
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

! This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Scorpion Stretch

Primary muscle group(s):

Lower Back

Secondary:

Glutes & Hip Flexors

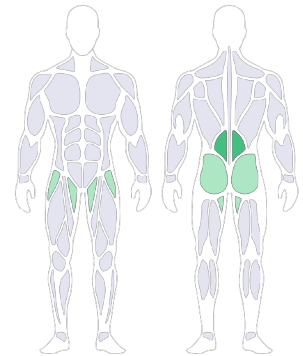
Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

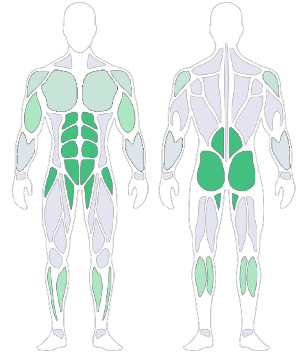
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Wall Push-Ups / Pushups / Standing Press Ups

Primary muscle group(s):

Chest, Triceps

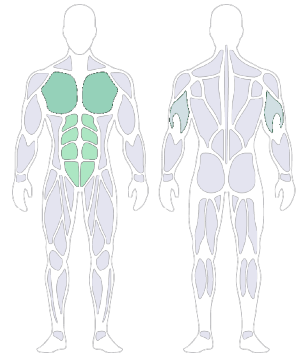
Secondary:

Abs

Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place your hands against the wall.

Keeping a tight core, slowly lower your chest towards the wall.

Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.



Wall Angles

Primary muscle group(s):

Quadriceps, Shoulders

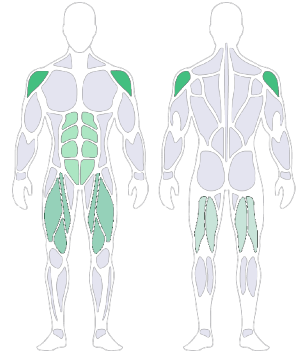
Secondary:

Abs, Hamstrings

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.



Dumbbell Biceps Curl to Shoulder Press

Primary muscle group(s):

Biceps, Shoulders

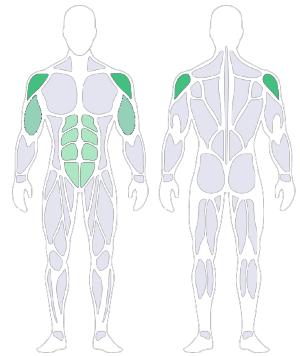
Secondary:

Abs

Holding a pair of dumbbells, stand tall with your feet shoulder-width apart. Make sure your core is tight and your chest is up. Begin by curling the weight up towards your shoulders. Keep your upper arms tight at your sides.

Once the dumbbells reach your shoulders, twist the dumbbells to have your palms face out. Now, drive the dumbbells overhead.

Slowly, lower the dumbbells to your shoulders. Now, flip them back so your palms are facing you. With arms tight at your sides, lower the dumbbells to the starting position.



Lateral / Side Shoulder Dumbbell Raises / Power Partial

Primary muscle group(s):

Shoulders

Stand with your back straight, feet shoulder width apart, while holding a dumbbell in each hand with a neutral grip.

Hold your arms fully extended by your side, with your palms facing in to your body.

Keep your elbows close to your sides. This is the start position.

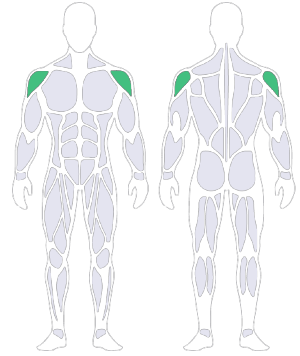
Keeping your arms fully extended and your torso stationary, lift the dumbbells out to your sides and up until they are at shoulder level. Exhale as you do so.

Hold for a count of one while squeezing your shoulder muscles.

Return to the start position in a smooth controlled movement inhaling as you do so.

Repeat.





Forward / Front Shoulder Dumbbell Raises

Primary muscle group(s):

Shoulders

Secondary:

Abs

Stand straight holding a dumbbell in each hand with an overhand grip.

Hold the dumbbells in front of your thighs with your palms facing your thighs. Keep your arms fully extended. This is the start position.

Raise the left dumbbell out and upwards, while keeping a slight bend in your elbow. Your palms must always face down for this exercise.

Continue raising the dumbbell until your arm is a little above parallel to the floor. Exhale as you are raising the dumbbell.

Pause for a count of one.

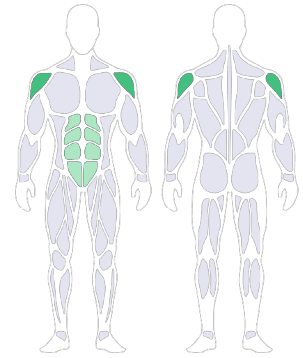
Inhale and slowly lower the dumbbell to the start position.

As you lower the left dumbbell, begin to lift the right dumbbell, duplicating the movement.

When both dumbbells have been raised and lowered in a cycle, that is one repetition.

Repeat.

 This exercise can be performed using both arms at the same time and also by substituting a barbell for the two dumbbells.



Seated Dumbbell Palm-Down Wrist Curls / Forearm Curls

Primary muscle group(s):

Forearms, Wrists

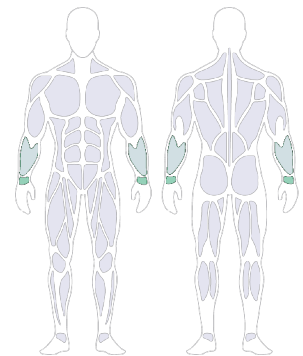
Sitting on a bench or sturdy chair, hold two dumbbells using an overhand grip

Place your feet flat on the floor, at a distance that is about shoulder-width apart.

Leaning forward, rest the underside of your forearms on your upper thighs with your palms facing down. The front of your wrists should lie on top of your knees. This is the starting position.

Lower the dumbbells past your knees by bending only your wrists. Keep your forearms flat on your thighs.

Now curl the dumbbells upwards continuing past the starting position using only your wrists.



Seated Dumbbell Palm-Up Wrist Curls / Forearm Curls

Primary muscle group(s):

Forearms, Wrists

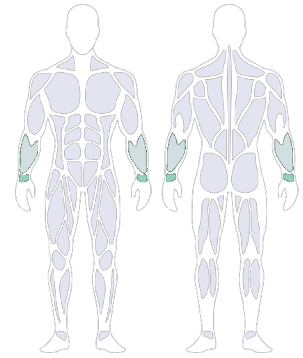
Sitting on a bench or sturdy chair, hold two dumbbells using an overhand grip

Place your feet flat on the floor, at a distance that is about shoulder-width apart.

Leaning forward, rest the top side of your forearms on your upper thighs with your palms facing up. The top of your wrists should lie on top of your knees. This is the starting position.

Lower the dumbbells past your knees by bending only your wrists. Keep your forearms flat on your thighs.

Now curl the dumbbells upwards continuing past the starting position using only your wrists.



Bosu Ball Chest Dumbbell Press

Primary muscle group(s):

Chest, Triceps

Secondary:

Abs

Begin by sitting on the floor with your lower back against the side of the Bosu ball, and with the dumbbells resting on your upper thighs.

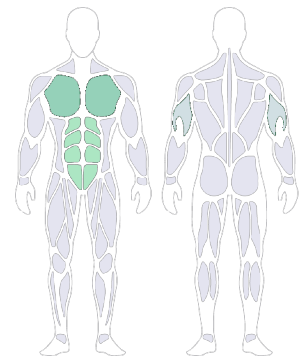
Lower yourself back onto the Bosu ball while bringing the dumbbells onto your chest. Naturally you should create a straight bridge from your knees to your shoulders.

Extend the dumbbells upward so that they are directly above your chest. Without locking your arms, place your hands in a horizontal position.

Lower the the dumbbells towards your chest, imitating a slow-falling motion, until they reach the nipple line.

Contract your chest to drive the dumbbells back upward to the starting position.

 Do not perform if you have back problems or injury.



Bosu Ball Chest Dumbbell Flyes / Flies

Primary muscle group(s):

Abs, Chest

Secondary:

Shoulders, Triceps

Begin by sitting on the floor with your lower back against the side of the Bosu ball, and with the dumbbells resting on your upper thighs.

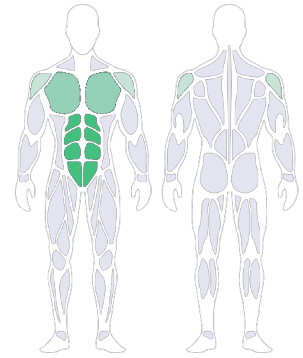
Lower yourself back onto the Bosu ball while bringing the dumbbells onto your chest. Naturally you should create a straight bridge from your knees to your shoulders.

Extend the dumbbells upward so that they are directly above your chest, without locking your arms, while keeping your hands internally rotated.

Lower the dumbbells away from each other, opening your chest while creating tension. Be sure not to lower the dumbbells past your shoulder line.

Bring the dumbbells back inwards to meet in the central starting position. Like hugging a barrel.

⚠ Do not perform if http://workoutlabs.com/train/wp-content/uploads/2017/09/Bosu_Ball_Dumbbell_Chest_Flyes.svg you have back problems or injury.



Standing Two-Armed Bent Over Dumbbell Rows

Primary muscle group(s):

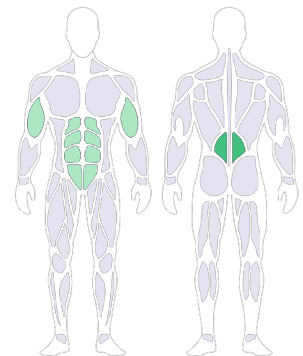
Lower Back

Secondary:

Abs, Biceps

Stand tall with a tight core and flat back. Hold a pair of dumbbells at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the dumbbells up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the dumbbells to the starting point.



Dumbbell Bent Over Lateral Rear Delt Raises / Flyes

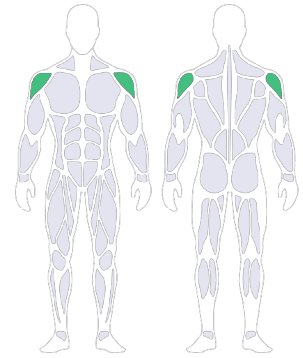
Primary muscle group(s):

Shoulders

Begin by holding a pair of dumbbells and standing with a braced core. Bend at the knees slightly and lean forward from the hips. Maintain a flat back throughout.

Keeping your elbows slightly bent throughout the movement, lift the dumbbells up and out to the side. Be sure to focus the contraction in the back of the shoulders.

Pause at the top of the movement then slowly bring the dumbbells to the starting position.



Bent Over Double Arm Tricep Kickbacks

Primary muscle group(s):

Triceps

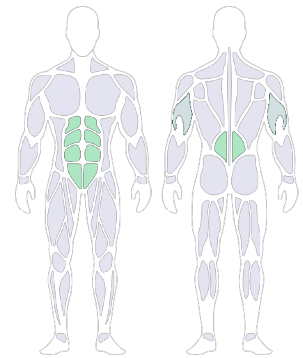
Secondary:

Abs, Lower Back

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.



Standing Overhead Barbell Triceps Extensions

Primary muscle group(s):

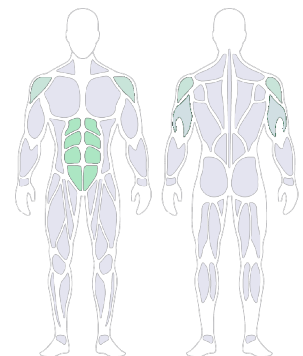
Triceps

Secondary:

Abs, Shoulders

Stand with feet shoulder-width apart. Core is tight and back is flat. Hold a barbell with an overhand grip. Hands should be closer than shoulder-width.

Bring the barbell above your head with arms fully extended. Keep the elbows up and the upper arm in place. Lower the barbell behind your head until your forearms touch your biceps. Return to the top of the movement.



Upright Dumbbell Rows

Primary muscle group(s):

Shoulders

Secondary:

Abs, Biceps, Forearms, Upper Back & Lower Traps

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

The dumbbells should be resting on your thighs with your palms facing in.

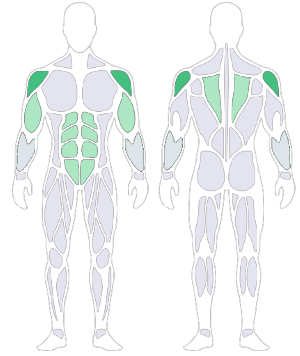
Lift the dumbbells straight up in single smooth movement until they are just below your chin making sure to keep your shoulders back and your elbows out.

At the top of the movement, flex or squeeze your biceps and forearms. Hold for a count of one.

Return to the starting position slowly to keep tension on the muscles.

Repeat.

⚠ This exercise can be performed using a barbell, EZ bar or a cable station with a straight bar or EZ bar attachment.



Dumbbell Shrugs

Primary muscle group(s):

Shoulders

Stand with your feet shoulder width apart and a dumbbell in each hand.

Keep your arms extended and by your sides and with your palms facing in.

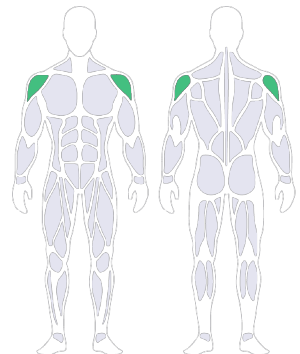
Relax your shoulders so they hang as low as possible.

Raise the dumbbells by slowly lifting your shoulders in a shrugging motion. Hold for a count of one.

Slowly relax your shoulders to return to the start position.

Repeat.

⚠ You can also rotate your shoulders in a circular movement during this exercise. One direction on the lift, the opposite direction when lowering to the start position.



Standing Chest Stretch

Primary muscle group(s):

Chest

Secondary:

Shoulders

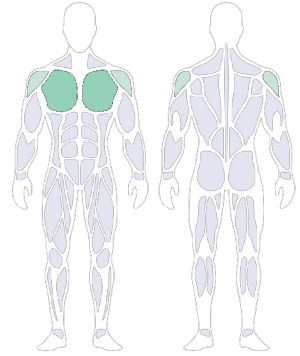
Stand tall and strong with your feet spaced about shoulder-width apart, maintaining a slight bend at the knee.

Reach both hands behind your lower back, and interlock your fingers where they meet in the middle.

Roll your shoulders back and pull your rear shoulder blades toward each other while slightly pushing your chest out.

Keeping only a very slight bend at the elbow, lift your hands away from your lower back to create a stretching sensation in your chest and shoulders.

Hold for the specified amount of time.



Reverse Shoulder Stretch

Primary muscle group(s):

Chest, Shoulders

Secondary:

Upper Back & Lower Traps

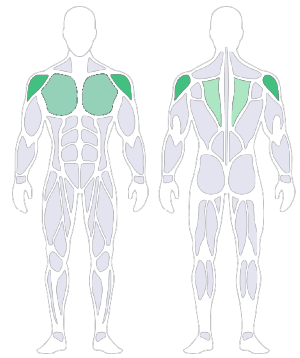
Stand tall and strong with your feet spaced about shoulder-width apart, maintaining a slight bend at the knee

Reach both hands behind your lower back, and interlock your fingers where they meet in the middle

Roll your shoulders back and pull your rear shoulder blades toward each other while slightly pushing your chest out

Keeping only a very slight bend at the elbow, lift your hands away from your lower back to create a stretching sensation in your chest and shoulders

Hold for the specified amount of time



Shoulder Stretch

Primary muscle group(s):

Shoulders

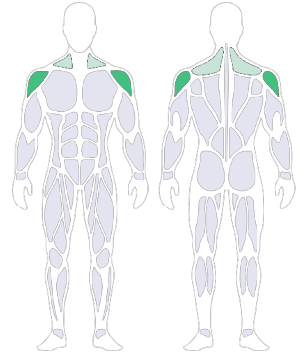
Secondary:

Neck & Upper Traps

Stand tall and bring your right arm across your upper body, holding it with your left arm just below or above the elbow.

Hold the stretch and then release.

Repeat the stretch with the left arm.



Neck Stretch

Primary muscle group(s):

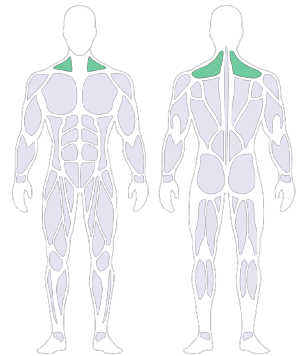
Neck & Upper Traps

Stand tall with your head facing forward.

Lower your left ear to your left shoulder as far as is comfortable.

Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck.

Release the stretch and repeat on the other side.



Overhead Triceps Stretch

Primary muscle group(s):

Triceps

Secondary:

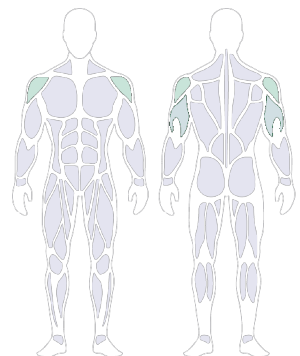
Shoulders

Standing up straight with a tight core, extend your left arm straight into the air.

Keep the elbow up as you bend your arm behind your head.

Take the right hand and gently pull the left elbow towards the right.

Hold this stretch then switch to the other side.



Standing Lateral Stretch

Primary muscle group(s):

Middle Back / Lats

Secondary:

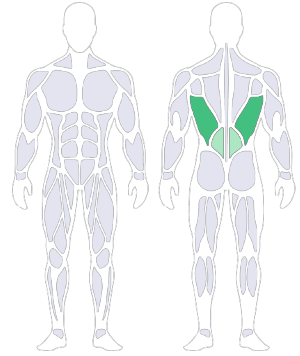
Lower Back

Stand comfortably with your back straight and your feet placed about shoulder-width apart.

Elevate one arm out to the side and above your head with your bicep facing your ear and your fingertips extended over your head.

Gently lean away from the side on which your arm is elevated creating a stretch along the extended side of your body.

Lower your arm and straighten your torso to get back to the starting position.



Love Yourself Back Stretch

Primary muscle group(s):

Upper Back & Lower Traps

With a slight bend at the knee, stand with your feet hip or shoulder-width apart.

Bring your hands up and across your body, reaching around to opposite sides of your upper back.

Hold this position, or even lightly push your chest forward for an added upper back stretch.

Hold for the specified amount of time.

