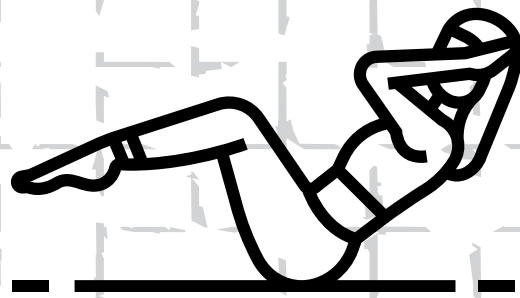


WEEK 7



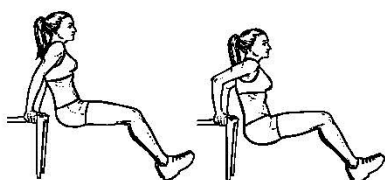
UPPER BODY INTERMEDIATE

Rongoā Kākāriki

GREEN
PRESCRIPTION

UPPER BODY - INTERMEDIATE

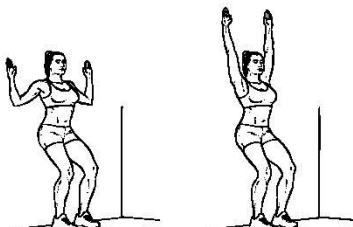
Bench Tricep Dips



1:30
rest

3 sets 12 reps 30 sec rest

Wall Angles



1:30
rest

3 sets 40 secs 20 sec rest

Overhead Triceps Stretch



1 sets 45 secs

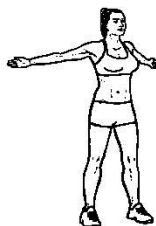
Shoulder Stretch



1 sets 45 secs

60 seconds each arm

Wide Arm Chest Stretch



1 sets 45 secs

Cardio - Walking

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

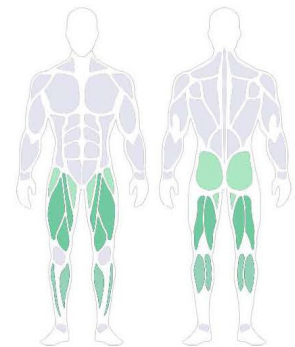
Secondary:

Glutes & Hip Flexors

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.



Standing Arm Circles

Primary muscle group(s):

Shoulders

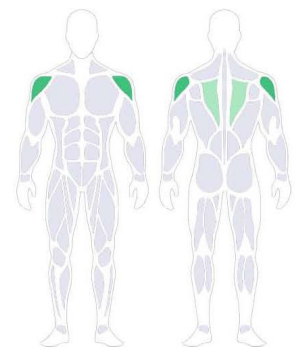
Secondary:

Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.

While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.

After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.



Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Get into position by placing your hands flat on the floor, directly below your shoulders.

Extend your legs out behind you, with only your toes and balls of your feet touching the floor.

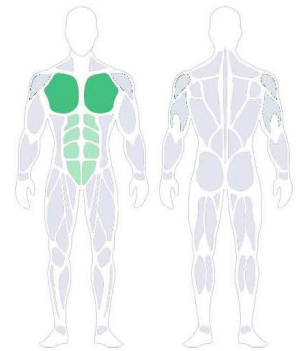
Hold your body up and keep your back straight by tightening your abdominal muscles.

Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.



Plank Shoulder Taps / Planks

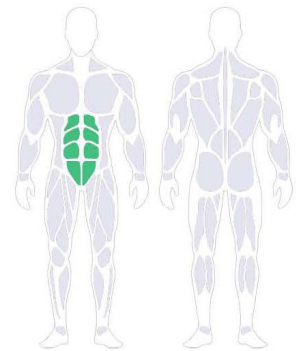
Primary muscle group(s):

Abs

Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.

Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.

Repeat the same movement for the opposing arm.



Floor T Raises / Back Flyes

Primary muscle group(s):

Middle Back / Lats, Upper Back & Lower Traps

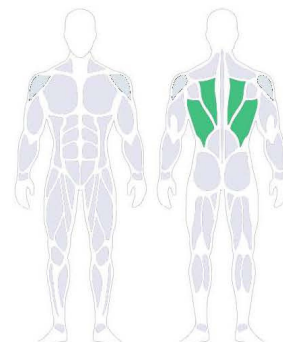
Secondary:

Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down, either side of your body (your body should look like a perfect T from above).

Simultaneously lift both arms off the ground to semi-full flexion and pinch your upper back together; hold for a full second.

Slowly lower both arms back to the ground to complete a full rep.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

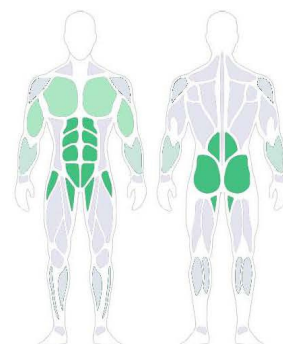
Stand tall with your legs extended straight.

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.



Single-Arm Front Water Bottle Raises

Primary muscle group(s):

Shoulders

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

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

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

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

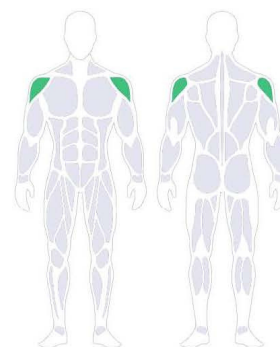
Pause for a count of one.

Inhale and slowly lower the water bottle to the start position.

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

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

Repeat.



Water Bottle Overhead Shoulder Presses

Primary muscle group(s):

Chest, Shoulders

Secondary:

Triceps

Holding a water bottle in each hand, stand straight, with your feet shoulder width apart.

Raise the water bottles to head height by rotating your arms forward and up.

Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

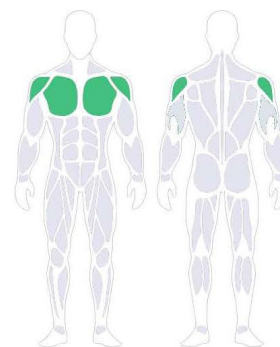
Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the water bottles straight up, exhaling as you do so.

As your arms reach the fully extended position, bring them in towards each other until the water bottles touch lightly together.

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

In a controlled movement, return to the starting position, inhaling as you do so.

Repeat.



Standing Water Bottle Bicep Curls

Primary muscle group(s):

Biceps

Secondary:

Forearms

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

Let your arms hang by your side with your palms facing in to the side of your body.

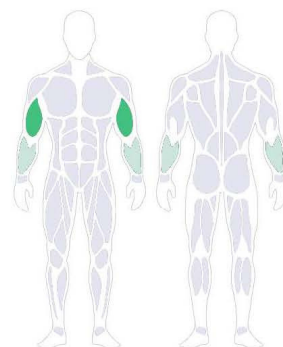
Keep your elbows close to your sides.

Curl the water bottles up towards your shoulders. Do not swing your hips to get the weight moving.

Continue raising the water bottles until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.

Squeeze or flex your bicep and hold for a count of one.

Slowly lower the water bottles to the starting position.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

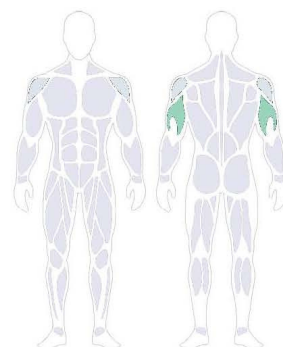
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



Wall Angles

Primary muscle group(s):

Quadriceps, Shoulders

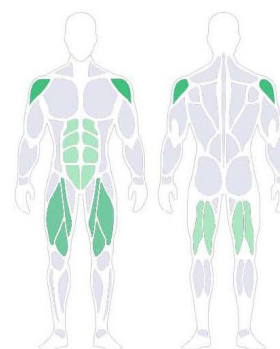
Secondary:

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.



Overhead Triceps Stretch

Primary muscle group(s):

Triceps

Secondary:

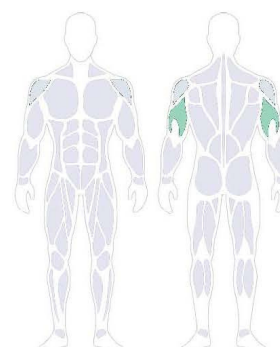
Shoulders

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.



Shoulder Stretch

Primary muscle group(s):

Shoulders

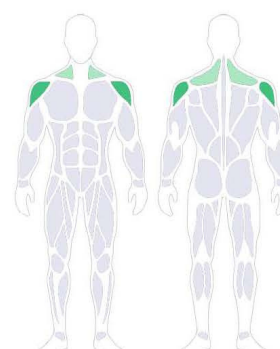
Secondary:

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.



Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

Chest

Secondary:

Shoulders

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.

