

WEEKLY BUMP -CHEST & SHOULDER

WARM UP STRETCHING 10 MINS



1. Shoulder-Out Rotator Stretch

Target: Shoulders

- Start sitting tall. Reach across your back with your right hand, having your palm and elbow pointing out.
- Use your left hand to grab your right hand or wrist, and gently pull forward.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides



2. Thread The Needle

Target: Shoulders

- Come onto all fours with your hands under your shoulders and your knees underneath your hips.
- Bring your right arm over to the left with your palm facing up to stretch your right shoulder.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides

3. Roller Chest Stretch

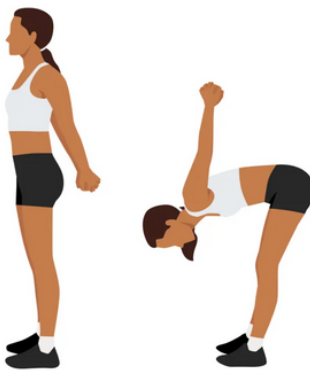


Target: Chest

- Lie on a roller with feet hip-width apart and flat on the floor.
- Relax your shoulders while your arms are out to your side.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides

4. Chest Opener



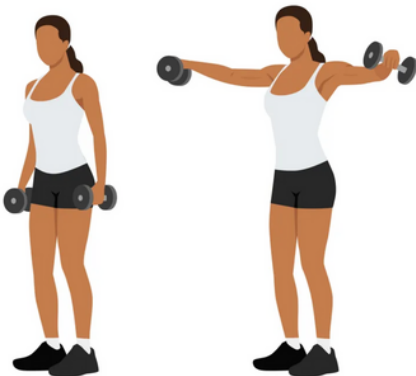
Target: Chest

- Stand with feet hip-width apart. Clasp your hands behind your back.
- Squeeze shoulder blades together. Then, lift your hands off the back.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides

WEIGHT SESSION 40 MINS

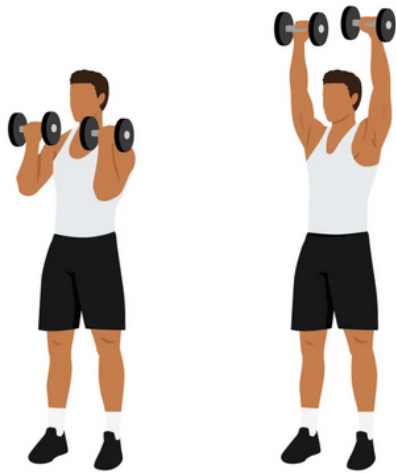
1. Lateral Dumbbell Raise



Target: Triceps, shoulders

- Hold the dumbbells on both sides of your body, standing with knees slightly bent.
- Lifting your upper arms out wide until they are parallel to the floor, avoid shrugging your shoulders. Meanwhile, forearms and wrists should hold still.
- Keeping the frame still when you put down the arms to the starting position to wrap up a full rep.
- Count 2-3 secs while going up, and 3-4 secs while going down.

10 reps to failure x 4 sets

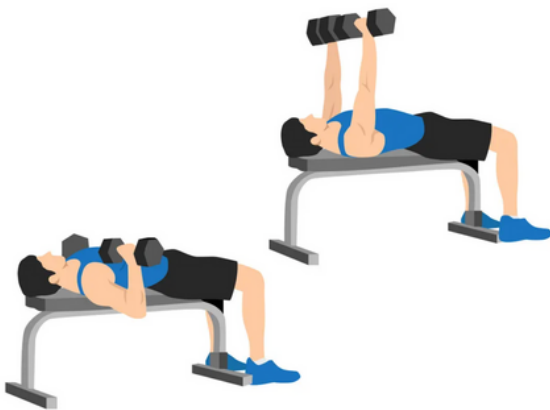


2. Arnold Press

Target: Deltoid muscles

- Holding the dumbbells against your upper chest with your elbow bent and close to your torso.
- Rotate while raising both arms over your head, and exhale and count for 2-3 secs during this process.
- Putting both arms down to the starting position, while inhaling and counting 3-4 secs, to finish a full rep.

10 reps to failure x 4 sets

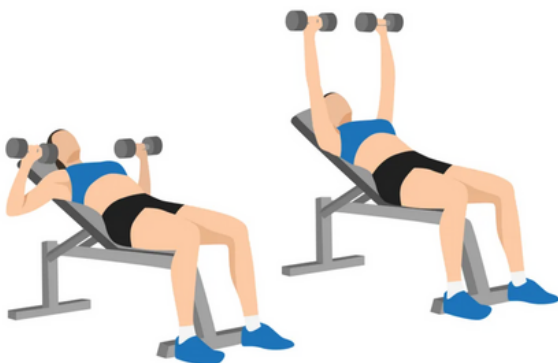


3. Dumbbell Bench Press

Target: Whole upper body

- Lie down your upper body on a flat bench, holding the dumbbells, opening both arms to the side with upper arms parallel to the ground and forearms perpendicular to the ground.
- Straighten the upper arms till they are straight in line with the forearms, while the focus should be feeling the squeezing of your chest during this process.
- Count 2-3s and exhale while going up, and 3-4s and inhale while going down to the starting position.

10 reps to failure x 4 sets



4. Dumbbell Incline Bench Press

Target: Inner deltoids, triceps and the upper chest

- Adjust the bench back 30 – 40 degrees to the ground, lie your back on the bench, and hold the dumbbells to both sides of your body as the starting position, while keeping the height of the dumbbells slightly above your chest and forearms perpendicular to the ground.
- Straighten the upper arms till they are straight in line with the forearms, while the focus should be feeling the squeezing of your upper chest during this process.
- Count 2-3s and exhale while going up, and 3-4s and inhale while going down to the starting position.

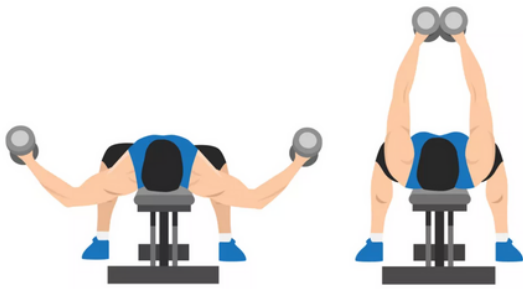
10 reps to failure x 4 sets

5. Dumbbell Flat Fly

Target: Anterior deltoids, biceps

- Start by lying flat on the bench with both arms holding the dumbbells over your chest, keeping the arms perpendicular to the ground, and elbows slightly bending 10-15 degrees.
- Lower both arms as deep as you can while palms keep facing up, your shoulders, elbows, and wrist should stay straight in a line, and the elbows locked to the bent frame during the process.
- Exhale and reverse the process back to the starting position.

10 reps to failure x 4 sets



COOLING DOWN 10 MINS

1. Shoulder-Out Rotator Stretch

Target: Shoulders

- Start sitting tall. Reach across your back with your right hand, having your palm and elbow pointing out.
- Use your left hand to grab your right hand or wrist, and gently pull forward.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides



2. Thread The Needle

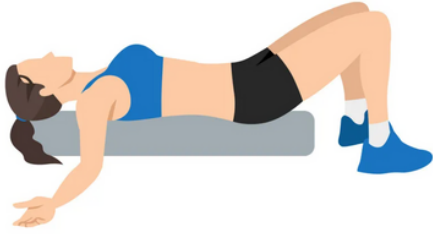
Target: Shoulders

- Come onto all fours with your hands under your shoulders and your knees underneath your hips.
- Bring your right arm over to the left with your palm facing up to stretch your right shoulder.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides



3. Roller Chest Stretch



Target: Chest

- Lie on a roller with feet hip-width apart and flat on the floor.
- Relax your shoulders while your arms are out to your side.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides

4. Chest Opener



Target: Chest

- Stand with feet hip-width apart. Clasp your hands behind your back.
- Squeeze shoulder blades together. Then, lift your hands off the back.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides