

## Warm-ups

### Upper Body

These are a sample of warm-up exercises before starting an upper body program. Warm-ups should always use a light resistance and excellent technique. The purpose of a warm-up is to prepare the body for heavier loads and faster movements. Several examples of how to perform these exercises can be found on-line on Youtube.

Start by trying to do 3 sets of 10 repetitions of the easy version. Progress to 3 sets of 15 repetitions before trying to increase weight or move to a harder exercise.

Select	Exercise	Difficulty	Focus	Key Points	Rationale
One from here	Push-up Plus	Easy	Scapular stabiliser	The exaggerated scapular protraction movement recruits the serratus anterior.	The serratus anterior is a primary scapular stabiliser.
	MB Side to Side Push-ups	Moderate	Joint proprioception and stabilisation	Not a speed exercise. Keep the ball as still as possible while performing the push-up.	The stabilisers work very hard during dynamic exercise to perform movements smoothly.
	TRX Pushups	Hard	Joint proprioception and stabilisation	Very difficult exercise. Start on knees, keep rings still and trunk posture straight.	Shoulder stability and trunk strength in one exercise. Very hard.
One from here	Reverse Flyes	Easy	Rhomboids and rear deltoids	Straight upper back	Balance upper body work with rear shoulder strength focus.
	Elastic Bands Pull Aparts	Moderate	Rhomboids and rear deltoids	Hard to get full range. Perform sets at different grip widths	Target the rear shoulder and concentrate on upright posture.
One from here	DB External Rotation	Easy	Rotator cuff (supraspinatus, infraspinatus, subscapularis and teres minor).	Can be standing or side lying. Isolated RC exercise	Rotator cuff are critical stabilisers of the humerus.
	Cubans	Moderate	Rotator cuff (RC)	Be mindful of the scapular movements whilst performing the compound movements.	Primarily a rehabilitation exercise, this can be a good warm-up for the shoulders.