



PTC Castlebrae

Upper Limb Class: 10 reps each exercise, 2 sets

Warm up

Shoulder rolls, forwards and backwards

Clap overhead, then behind lower back

Back slaps

Wrist rolls, then forearm stretches

Main phase

1. Chest expanders, use theraband
2. Inverted row, use bodybar
3. Front raise, left and right, use theraband
4. Lateral raise, left and right, use theraband
5. Bicep curls, use bodybar
6. Tricep kick-backs, use theraband
7. Press up, incline/off box or wall
8. Rotator cuff, use theraband
9. Front arm extension to a suitable height

Stretches

Overhead reach, hands together

Chest stretch, hand clasped behind back, chin up

Upper back stretch, hands clasped in front, chin down

Triceps overhead stretch

Shoulder stretch, upper arm across chest