

Upper Body Workout

Set a timer for four minutes. Perform each exercise for 15 repetitions. Repeat the three exercises as many times as possible within the four minutes.

Circuit

1



Incline Pushups: Place hands shoulder-width apart, feet out behind you, and your body diagonal to the floor. Bend your elbows and lower your body until your chest reaches the desk. Keep your head in line with your spine while maintaining a flat, straight back and straight legs.



Tricep dips: Facing away from your desk, place hands on the desk shoulder-width apart and feet in front of you flat on the floor. Keeping your elbows tucked into your body, lower yourself until your elbows reach a 90 degree angle. Then, extend your elbows to raise your body back to the starting position. For a challenge, straighten your legs.



Lateral Circles: Extend your arms outward in a T formation. Make small circles in a clockwise direction and then in a counterclockwise direction. For those with a greater range of motion in the shoulder, try this exercise with larger circles.

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Circuit

2



Overhead band pull apart: Hold the resistance band in both hands and raise them directly above your head, about shoulder-width apart. Then, pull the band in opposite directions above your head, to resemble a stretched out "Y". Return to the starting position in a slow and controlled fashion.



Bicep curl with band: Step onto one end of the resistance band and hold the other end in your hand. Keep the elbow tucked in; pull the band toward the shoulder. Then, return back to the starting position in a slow and controlled fashion. Repeat on other arm.



3-way shoulder with band: Step on to one end of a resistance band and take the other end in your hand. Extend your arm forward and up, keeping the arm straight and at shoulder-height. Lower your arm to the resting position. Repeat and bring your arm up and 45 degrees away from your body. Return to rest. Repeat and bring your arm up and to a 90 degree angle away from your body. Repeat on other arm.