

30 essential upper-body exercises

GO FOR MUSCLE-BUILDING GLORY BY ADDING THESE HIGHLY EFFECTIVE MOVES TO YOUR TRAINING REGIMEN.



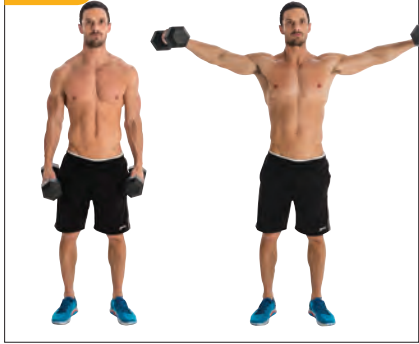
01



FARMER'S WALK

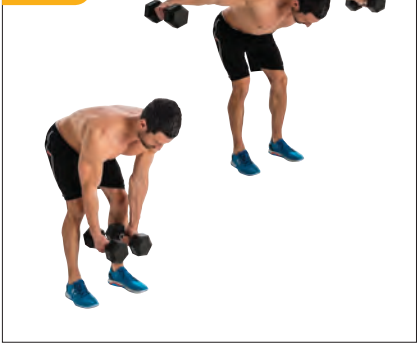
Pick up the heaviest dumbbells or kettlebells you can handle. Standing tall, with your chest out and your arms at your sides, walk 20-30m. Travel in a figure-eight pattern if you don't have space to walk straight.

02



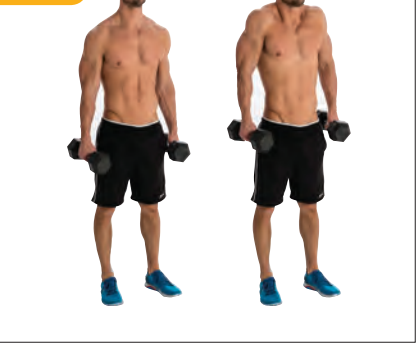
LATERAL RAISE
Stand holding a dumbbell in each hand with palms facing each other. Raise the weights out to the sides until your arms are parallel to the floor.

03



BENT-OVER REVERSE FLYE
Stand with a dumbbell in each hand and bend forward at the hips, keeping your back flat so the weights are hanging straight down. Raise your arms out to the sides, squeezing your shoulder blades together at the top for a second. Lower under control.

04



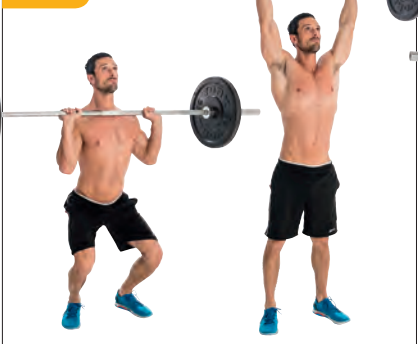
DUMBBELL SHRUG
Stand tall with the heaviest dumbbells you can manage at your sides. Shrug your shoulders up towards your ears, pause for a second, and then lower under control.

05



BOTTOM-UP KETTLEBELL PRESS
Hold a kettlebell in one hand, with the "bell" part pointed upwards. You'll need a very firm grip on the handle to stop it from toppling. Carefully press it overhead, pause at the top for a second, then lower under control. This works your shoulder and your grip.

06



PUSH PRESS
Hold a barbell on the top of your chest. Lower into a quarter squat to gather momentum, then push up through your heels and in the same movement explosively press the bar overhead.

07



MILITARY PRESS
Take a bar out of a squat rack or power clean it to shoulder height, holding it using a thumbless grip. With your feet together, tense your core and glutes and press the bar overhead, pushing your head forwards once the bar has passed your face.

08



SNATCH-GRIP SHRUG
Take a barbell off the floor or out of a rack with a wide grip, so your hands are roughly double shoulder-width apart. Shrug your shoulders up and hold for a second, then lower.

09



KLOKOV PRESS
Hold a barbell on your back with hands roughly double shoulder-width apart, as if you're setting up a back squat. Dip into a quarter squat and then use the momentum to drive the bar overhead. Lock out at the top, and lower under control.

10



SNATCH-GRIP HIGH PULL
Grasp a bar with hands roughly double shoulder-width apart. Drive up powerfully, bringing your hips forwards, and use the momentum to help row the bar to the top of your chest, bringing your elbows high.

Body Book Upper body



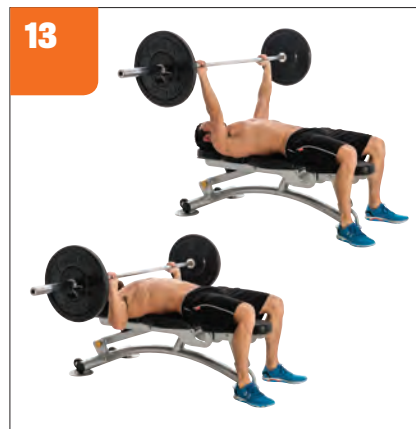
NEUTRAL-GRIP FLOOR PRESS

Lie on the floor with a dumbbell in each hand. Hold them so your palms face each other, elbows on the floor. Press the weights up and then lower them again.



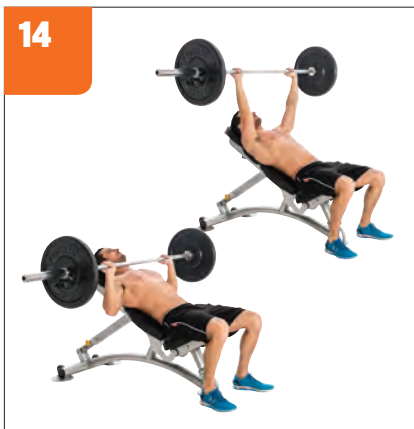
LANDMINE PRESS

Wedge a barbell into a weight plate or the corner of a room (wrapping a towel around the end prevents scuffing). Take a staggered stance and hold the other end just below the plate in one hand. Take a step forwards and press the bar forwards and overhead.



BENCH PRESS

Lie on a flat bench and grasp a bar with hands just outside shoulder width, arching your back slightly. Lower the bar to your sternum, keeping your upper arms at 45° to your sides. When the bar touches you, drive your feet into the floor and press it up.



INCLINE BENCH PRESS

Lie on a bench set at a 45° incline, holding a bar above your chest with arms straight and hands just outside shoulder width. Lower the bar until it almost touches your chest, then press it back up.



GUILLOTINE PRESS

Lie on a flat bench holding a bar with your hands wider than shoulder-width apart. Lower the bar until it's just above your neck, then press back up. Keep the reps controlled.



SUSPENSION PUSH-UP

Grasp the handles of a suspension trainer and get into a push-up position with the handles just wider than shoulder-width apart. Your body should be straight and your core braced. Lower until your chest is between the handles, then press back up.



INCLINE FLYE

Lie on a bench set at a 45° incline with a dumbbell in each hand above your chest, palms facing each other. Keeping a slight bend in your elbows, lower your arms to your sides. Bring the weights back together over your chest.



TRICEPS DIP

Support yourself on the bars of a dip station and lean forwards. Lower your body until your shoulders are level with your elbows, then press back up.



DECLINE PUSH-UP

Get into a push-up position with your feet on a bench, box or sofa. Keeping your core braced, lower until your nose almost touches the floor and then push back up.



20



MEDICINE BALL PUSH-UP

Get into a push-up position with both hands on a medicine ball. Tense your abs and lower until your chest almost touches the ball, then push back up. Squeeze the ball hard throughout.

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PULL-UP

Grasp a bar using an overhand grip, palms facing away from you. Pull up until your chin is over the bar, and then lower under control.

22



SUITCASE DEADLIFT
Stand with a barbell at your side, parallel to your feet. Squat down and grip it tightly in the centre with one hand. Drive through your heels and push your hips forwards to stand up, lifting the bar as you would a heavy suitcase.

23



MEADOWS ROW
Wedge one end of a barbell into a weight plate or the corner of a room. With your back to it, take a staggered stance, holding the other end of the barbell in one hand. Row the barbell up towards your armpit, then lower under control.

24



SINGLE-ARM ROW
Place one knee and one hand on a bench and hold a kettlebell in the other hand. Lean forwards, keeping your back flat. Row the bell up to the side of your abs, then lower under control.

25



BENT-OVER ROW
Hold a dumbbell in each hand. Keeping a natural arch in your lower back, bend at the hips until your torso is horizontal and the weights are hanging down. Draw your elbows back until the weights touch your chest, pause, then lower under control.

26



LANDMINE ROW
Wedge a barbell into a plate or corner of a room. Stand astride it, keeping a natural arch in your lower back. Bend forwards at the hips until your torso is almost parallel to the floor. Grip the barbell in both hands and row it up to your sternum. Lower under control.

27



BATWING
Lie face down on a bench holding dumbbells or kettlebells just above the floor. Pull the weights up, leading with your elbows and trying to squeeze your shoulder blades together. Hold for five seconds at the top of the move, then lower.

28



INVERTED ROW
Set up a TRX (or a barbell in a power rack) at about hip height. Hold the handles and hang so that your body forms a straight line, with your heels on the floor. Squeeze your shoulder blades together and pull yourself up until your chest is at handle height.

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CHIN-UP
Grasp a bar using an underhand grip, palms facing behind you. Tense your core and pull yourself up until your chin is over the bar, then lower under control.

30



WIDE-GRIP PULL-UP
Grasp a bar using an overhand grip, palms facing away from you and hands as far apart as possible. Pull up until your chin is over the bar, then lower under control.