

# Own the podium

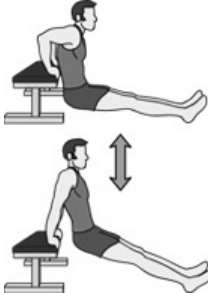
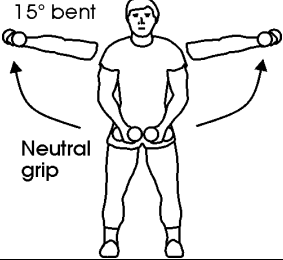
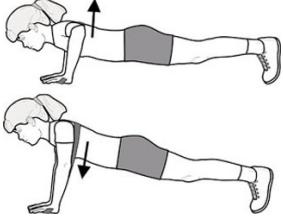
## Week 2: "Gun Show"

**Gun Show = Biceps, Triceps, Deltoids, Pectorals**

### Why Strengthen the Upper Body?

Upper body muscles help maintain balance and support back health. These muscles assist in the functioning of daily life, allowing you to perform routine activities such as lifting, turning, running and walking. Without your upper body muscles, you would be unable to care for yourself on a daily basis. Keeping these muscles strong and healthy is essential to maintaining your independence.

### Upper Body Exercises

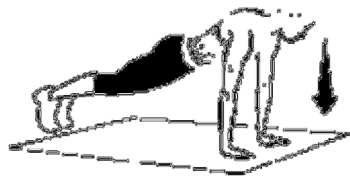
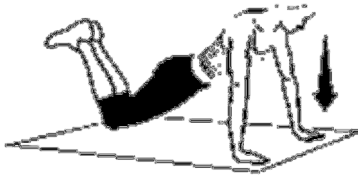
<p><b>Biceps: Bicep Curl</b></p> 	<p>Position two dumbbells at your sides, palms facing up, arms straight. With elbows at your sides, raise dumbbells until forearm is vertical and palm faces shoulder. Lower to original position to complete one rep. Biceps may be exercised simultaneously or alternating.</p> <p><b>Complete 3 sets of 8-12 reps.</b></p>
<p><b>Triceps: Triceps Dips</b></p> 	<p>Place your hands on the edge of a bench or chair. Keeping your body close to the bench, slowly dip down until your elbows are at the same height as your shoulders. Slowly push back up squeezing through the triceps to complete one rep. Do not lock the elbows at the top of the exercise and do not dip down too low as it places unnecessary strain on the shoulder joints. Concentrate on squeezing the triceps muscles at the top of the movement to get the most out of this exercise.</p> <p><b>Complete 3 sets of 8-12 reps.</b></p>
<p><b>Deltoids: Lateral Raise</b> 15° bent Neutral grip</p> 	<p>Grasp dumbbells in front of thighs with palms facing each other and elbows slightly bent. Bend over slightly with hips and knees bent slightly. Raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists and elbows bent at a 15° angle. Lower to complete one rep.</p> <p><b>Complete 3 sets of 8-12 reps.</b></p>
<p><b>Pectorals: Push ups</b></p> 	<p>Start with hands shoulder width apart on the floor and up on your toes, so that your body is supported, keeping your body as straight as possible. Inhale and bend your elbows and lower chest to 90° at the elbows. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked. Look straight ahead and keep spine in a neutral position.</p> <p><b>Complete 3 sets of 8-12 reps.</b></p>

## Self Test

Instructions: Every time you complete **1 set of 8-12 reps**, give yourself a check mark.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓							
Weekly Total							

### Max Push Ups in 1 Minute



**Muscle:** Pectorals, Deltoids, Core

**Significance:** Upper body strengthening

**Instructions:**

1. Lie on the floor face down and place your hands shoulder width apart while holding your torso up at arms length.
2. Lower yourself downward until your chest almost touches the floor as you inhale. Breathe out and press your upper body back up to the starting position while squeezing your chest.

**Test:** Complete as many as you can in one minute.

### Race Day Event

Resources: <http://www.sparkpeople.com/>, <http://www.tbinc.com/>