

*THE*  
**HUMAN  
TRAINER™**

UPPER BODY  
**SHRED**

FEATURING TOMMY EUROPE





All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

#### **SAFETY NOTE**

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

# 1. Chest Press

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### Start



### Finish



### Start

Firmly grasp one handle with each hand and keep your palms facing down. Extend both arms forward with your body facing away from the Main Straps and shift your weight forward.

### Finish

Keep a straight spine with engaged core muscles as you lower the chest and body with elbows bending 90 degrees to the side.

Return to starting position and repeat.

## 2. Overhead Triceps Press

**Start**



**Finish**



**Start**

Firmly grasp one handle with each hand and extend both arms forwards and eye level with palms facing down. With your body facing away from the Main Straps, stand hip width apart and shift your weight forwards.

**Finish**

Maintaining a straight spine with engaged core muscles, press both hands backward until the arms are bent and both handles meet above the head.

Return to starting position and repeat.

## 3. Reverse Flies

### Start



### Finish



### Start

Firmly grip one handle in each hand with your body facing towards the Main Straps. Leaning backward, extend both arms straight with palms facing in towards each other.

### Finish

Maintain a straight spine with engaged core muscles as you pull both arms out towards the sides at chest height. Focus on retracting the upper back muscles together and keeping tension in the straps at all times.

Return to starting position and repeat.

## 4. Bicep Curls

**Start**



**Finish**



**Start**

Firmly grasp one handle with each hand with your feet hip width apart and keep your palms facing up. Position your body facing towards the Main Straps and extend both arms forward as you shift your weight backwards.

**Finish**

Maintain a straight spine with engaged core muscles as you bend both arms and bring the handles towards the shoulders.

Return to the starting position and repeat.

## 5. Upper Back Rows

**Start**



**Finish**



**Start**

Firmly grasp one handle with each hand and keep your palms facing down. Facing the Main Straps, extend both arms forward as you shift your weight backwards.

**Finish**

Maintain a straight spine with engaged core muscles as you retract both arms towards shoulder height. Keep the elbows in line with the shoulders throughout the movement.

## 6. Chest Flies

**Start**



**Finish**



**Start**

Firmly grasp one handle with each hand, then walk the feet forward until the Main Straps are hanging non-vertically. Extend both arms out to the sides of your body facing away from the door and shift your weight forward.

**Finish**

Keep a straight spine with engaged core muscles, and pull both arms forward and in until the arms are extended and the handles meet in front of the body at chest height. Keep a slight bend in the elbows throughout the exercise.

Return to starting position and repeat.



## 7. Roll-Out

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### Start



### Finish



### Start

Firmly grasp one handle in each hand and extend both hands above the head with the palms facing away from the body and your weight shifted forward.

### Finish

Keeping the arms straight, press both hands down and forward until they are chest height.

Return to starting position and repeat.

## 8. Frontal Raise

### Start



### Finish



### Start

Firmly grasp one handle with each hand and keep your palms facing downward. Facing the Main Straps, extend both arms forward at chest height as you shift your weight backwards.

### Finish

Maintain a straight spine with engaged core muscles as you keep both arms straight and lift both hands and handles upward until they reach above the head.

Return to starting position and repeat.

## 9. Alternating Bicep Curls

### Start



### Finish



### Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand. Begin leaning back slightly with your palms facing up and both arms extended forward.

### Finish

Press the left arm downward until it reaches waist height as you pull the right arm upward towards eye level.

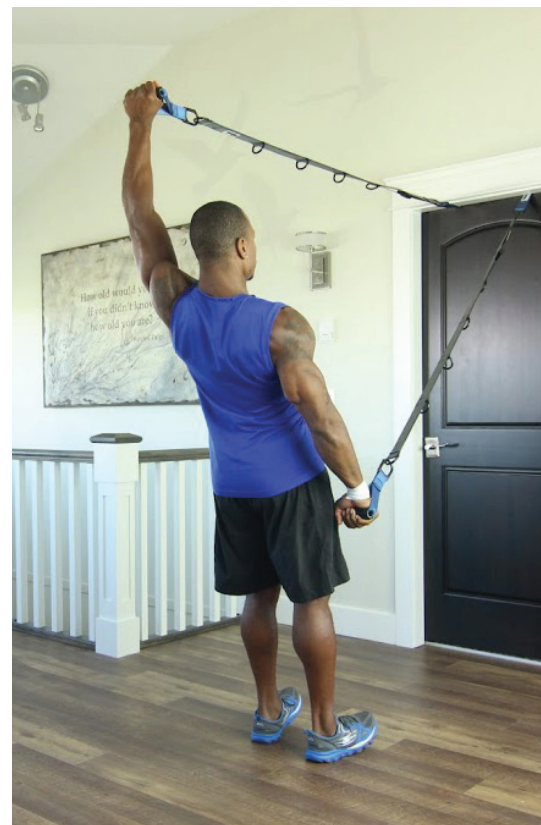
Continue alternating sides.

# 10. Supermans

## Start



## Finish



## Start

Stand facing towards the Main Straps and firmly grasp one handle with each hand. Begin leaning back slightly with your palms facing down and both arms extended forward.

## Finish

Pull the straps in opposite direction keeping both arms straight.

One arm is performing a frontal raise movement, opposite arm in a triceps extension.