

**THE
HUMAN
TRAINER™**

**ULTIMATE
UPPER BODY**



www.thehumantrainer.com

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.

Do you want a more defined and toned upper body? Looking for a routine you can do anywhere using portable fitness equipment? It's difficult to achieve a very defined and toned upper body as it takes consistent commitment and on-going routines to help strengthen and tone your upper body muscles. This circuit training routine delivers 15 exercises to isolate your back, biceps, triceps, chest and shoulders using The Human Trainer. Suspended body weight training provides huge benefits for upper body development as every motion provides full resistance all the way through each exercise to help strengthen your whole upper body and to give you that fully toned and developed look.



1

Chest Press

15 Repetitions



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 both elbows and arms bend back to chest height. Keeping your weight shifted forward, press both hands forward and down until the hands meet at chest height. Return to starting position and repeat.

2

Bicep Curl Chin up

10 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms above the head at selected overhead handle height.

FINISH

Maintain a straight spine with engaged core muscles as you pull both arms and elbows down towards the chest. Return to starting position and repeat.

3

Bicep Curl

15 Repetitions



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.

4

Chest Fly

15 Repetitions



START

Firmly grasp one handle with each hand, then walk the feet forward until the Main Straps are hanging non-vertically. Extend both arms forward at chest height and shift your weight forward.

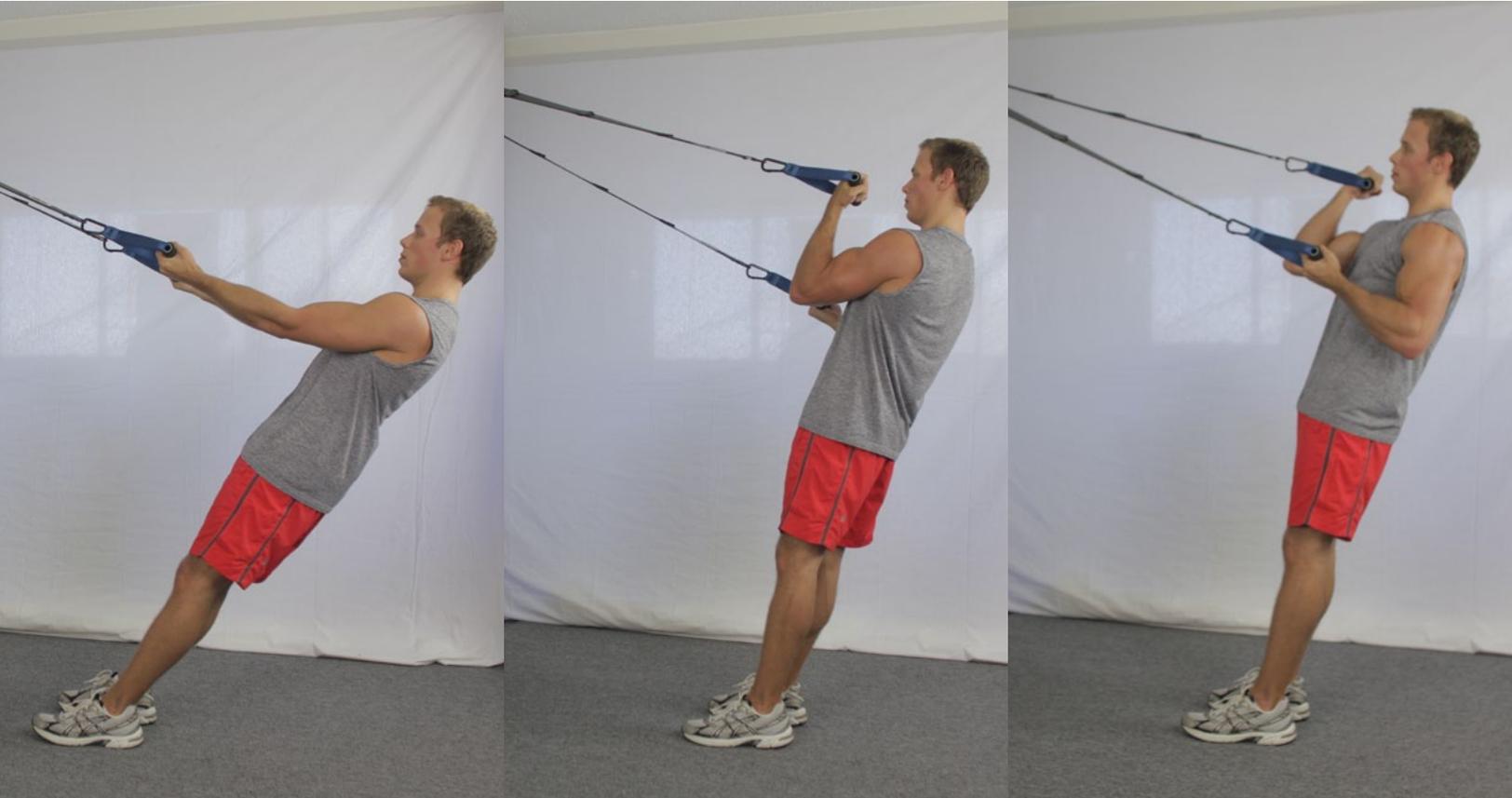
FINISH

Keep a straight spine with engaged core muscles as you bring both hands out to the sides at the body at chest height. Keeping your weight shifted forward with a slight bend in the elbows, pull both arms forward until they meet at chest height.

5

One Arm Bicep Curl

10 Repetitions per arm



START

Firmly grip one handle with your left hand with your palm facing upward. Position your body facing towards the Main Straps with both feet hip width. Extend the left arm forward at chest height and keep your right arm resting on your right hip.

FINISH

Maintain a straight spine with engaged core muscles as you bend the left arm and bring the handle towards the left shoulder. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right arm.

6

Two-Arm Row

15 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. 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 backwards towards the body at chest height. Return to starting position and repeat.

7

Triceps pressdown

12 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing down. Facing the Main Straps, stand with your feet hip width apart and shift your weight backwards. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.

FINISH

Press downward with both arms until the hands reach the upper front thighs. Keep the elbows at the sides of the body throughout the movement and focus on feeling the triceps muscle at the back of the arms. Return to starting position and repeat.

8

Reverse Fly

12 Repetitions



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.

9

One Arm Row

10 Repetitions per arm



START

Firmly grasp one handle with your left arm and keep your palm facing in toward the body. Facing the Main Straps, extend your left arm forward as you shift your weight backwards. Keep your right arm resting on your right hip.

FINISH

Maintain a straight spine with engaged core muscles as you retract your left arm backwards towards the body at approximately chest height. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right arm.

10

Foot Cradle Push up

12 Repetitions



START

Place one foot in each of the suspended foot cradles, toes in. Walk your hands forward until they are directly under your shoulders. Keep your hands placed firmly on the ground in a high push up plank position. Keep your core engaged.

FINISH

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor. Keeping a straight spine and engaged core, press back up to the top of the push up plank position and repeat.

11

Upper Back Row

12 Repetitions



START

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

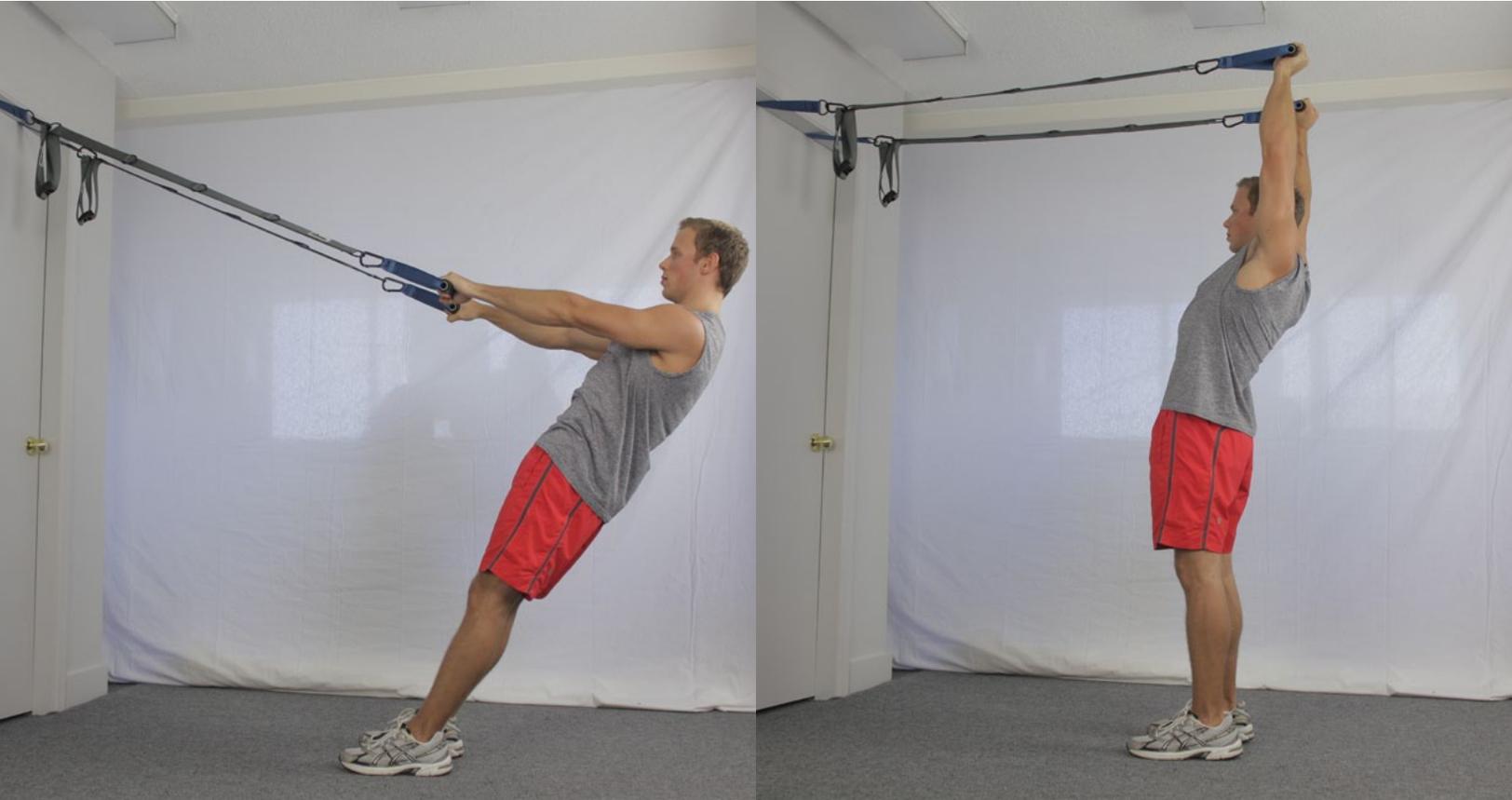
FINISH

Keeping an engaged core and a straight spine, retract both arms backward toward the body up at shoulder height. Return to starting position and repeat.

12

Frontal Raises

10 Repetitions



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.

13

Overhead Triceps Press

15 Repetitions



START

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

FINISH

Maintaining a straight spine with engaged core muscles, bend both hands backward until the hands meet above the head. Return to starting position and repeat.

14

Foot Cradle Push ups w/ 1 arm twist

5 Repetitions per side



START

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position, with your core engaged.

FINISH

Bend your elbows out to the sides as you lower until your body and arms reach 90 degrees or parallel to floor, then press back up to the top of the push up plank position as you lift and rotate your right arm, head and body off the floor and to the right. Continue rotating and lifting your arm until it is directly over the body. Return to starting position and repeat on left side.

15

Rotating Grip Pull up

8 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing away from the body. Facing the Main Straps, extend both arms above the head at the selected overhead handle height.

FINISH

Maintain a straight spine with engaged core muscles as you pull the hands and elbows downward and rotate your hands 180° towards the body. Continue the movement until your hands reach chest height and are facing the body. Return to starting position and repeat.