**Split Workout: Upper Body**

The Precor Split Workouts for upper and lower body provide guidance for focused strength training for specific regions of the body. These workouts allow exercisers to focus on different areas of the body on different days to enable optimal strength development and recovery. Use the upper and lower body workouts in combination to help clients achieve strength gains.

This workout focuses on the chest, mid and upper back, shoulders, and arms, and should be split with the lower body workout on different days. Clients should be committed to exercising at least twice a week, and more optimally, four times a week. For the best results, encourage clients to work each body part at least two times per week (lower body on two days and upper body on two days), and avoid using the same muscles on consecutive days. Ideally, clients should perform lower body workouts on days one and four and upper body workouts on days two and five.

### #1: Program Overview

**Equipment:** Any Precor Strength Training System  
**Total Time:** Approximately 40–60 minutes  
**Goal:** To focus on select muscle groups to build overall lower body strength

### #2: Warm-Up

**Equipment:** Gradually increase core temperature on a Precor cardio machine  
**Total Time:** Approximately 5–7 minutes  
**Stretch:** Following the warm-up, perform some basic stretches for the arms, shoulders, hamstrings, and quadriceps.

### #3: Training Tips

**Know Your Body:** Remind clients to pay attention to their body during workouts as they begin resistance training. Some muscle fatigue is normal, but if they feel any pain and/or discomfort, the exercise should be stopped immediately.

**Remember to Breath:** During resistance exercises, remind clients to breathe normally and don’t hold their breath.

**Control Your Motion:** Clients should perform the exercises in a slow and controlled manner over a full range of motion.

**Progress Appropriately:** As clients become more comfortable with the exercise routine, challenge them by first increasing the number of repetitions, then the weight.

### #4: Workout Structure

**Basics:** After the warm-up is complete, start the resistance training portion of the workout.

**Weight:** Use enough weight so that the last repetition is very difficult to complete, yet the client does not compromise his/her training form.

**Number of exercises:** 10

**Number of repetitions:** Between 8 and 15 depending on the exercise. The number of repetitions is recommended for healthy adults under 60 years of age. For individuals interested in developing muscular endurance who are older than 60 years or are more frail, 10 to 15 repetitions with less weight may be more appropriate.

**Number of sets:** 2-3 sets. While 2 to 3 sets is recommended to elicit strength gains for this particular strength program, for previously sedentary individuals or individuals who are just starting a resistance training program, 1 set may be more appropriate.

**Amount of rest between sets:** 30 seconds to 1 minute

**Amount of rest between exercises:** Approximately 1-2 minutes

*Note: Some of the exercises may not be available on all Precor strength machines.*

### PRECOR Coaching Center

**Number of Sets/Repetitions:**  (8-12 Reps)  (2-3 Sets at a challenging load)

For video instruction, go to https://www.youtube.com/user/precorinc

<table>
<thead>
<tr>
<th>Muscles Trained</th>
<th>Exercise</th>
<th>Record Your Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Back</strong></td>
<td>Diverging Lat Pulldown</td>
<td>Set 1: Set 2:</td>
</tr>
<tr>
<td></td>
<td>Diverging Low Row</td>
<td>Set 3:</td>
</tr>
<tr>
<td></td>
<td>Rear Deltoid Fly</td>
<td>Set 1: Set 2:</td>
</tr>
<tr>
<td></td>
<td>Converging Chest Press</td>
<td>Set 3:</td>
</tr>
<tr>
<td><strong>Chest</strong></td>
<td>Pectoral Fly</td>
<td>Set 1: Set 2:</td>
</tr>
<tr>
<td><strong>Shoulders</strong></td>
<td>Lateral Raise</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoulder Press</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Upright Row</td>
<td></td>
</tr>
<tr>
<td><strong>Arms</strong></td>
<td>Bicep Curl</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Triceps Extension</td>
<td></td>
</tr>
</tbody>
</table>

**For video instruction, go to:** https://www.youtube.com/user/precorinc