



IAAPH

International Association for Athletic Performance & Health

The upper body workout for beginners consists of 5 compound resistance training exercises that can be used during the Skill Acquisition and Hypertrophy training phases.

The goal is for the athlete to develop proper exercise execution, enhance muscle balance, develop neural pathways and improve glycolytic energy pathways.



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Director of Exercise & Sports Science

	Exercise	Sets	Reps	Rest (sec)	Duration
1	Standing Military Press	3	15	90	6m 45s
2	Upright Row	3	15	90	6m 45s
3	Bend Over Row	3	15	90	6m 45s
4	Shoulder Abducted Internal Rotation	3	15	90	6m 45s
5	Supraspinatus Lateral Raises	3	15	90	6m 45s
6					
7				Total Duration:	33m 45s

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