

Upper Back workout with Sam Rodman from Cornish Pirates RFC



Ts



Explanation

Starting position	Performing the movement	Finishing the movement
Start position is the same as the Y and W position but this time with your arms out to the side making a T position with your arms and body.	Squeeze your shoulder blades together again Raise your arms as high as possible and hold for two seconds	Lower your arms to the ground in a controlled manner

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

Beginners – 5 Repetitions for 3 Sets

Intermediate – 10 Repetitions for 3 Sets

Expert – 15 Repetitions for 3 Sets

Once you can perform these comfortably individually you can then perform them back to back in a circuit sticking with the same reps and sets for each one

