

Upper Back workout with Sam Rodman from Cornish Pirates RFC



Ws



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Same starting position as Ys but this time arms bent; elbows just below parallel with the shoulders.</p> <p>This from above should create a W shape</p>	<p>Squeeze the shoulder blades back</p> <p>Raise the arms in the W shape as high as possible</p> <p>Hold at the top position for two seconds</p>	<p>Lower your arms to the ground in a controlled manner</p>

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

