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CL Upper Body

I'm a runner! I run with my legs and don't need any strength or stability in my arms or upper body! Yes, we've heard that before. If you are running endurance events (i.e. anything over 800 meters), you will run more efficiently if you are overall strong and can stabilize your entire body.

Gear needed:

A resistance band and a towel and a sturdy place to anchor them.

Exercises:

Row with Band

Bicep Curl with Band

Rear Deltoid Raise with Towel

Push Up Short Lever

YTWL

Triceps Kickbacks with Band

How Many Repetitions:

Up to 20 Reps

Up to 20 Reps

Up to 20 Reps

Up to 20 Reps

5 reps each for 20 total

Up to 20 Reps

Purpose:

Most people think of endless bicep curls and bulky muscles when they think of upper body work. Simple but effective targeted strength work will create strength and stability and toned muscle, not bulk. Making sure your upper back, shoulders, triceps as well as your core are able to stabilize properly during long runs can help you run farther with far less fatigue. Plus if you are carrying anything, like a handheld water bottle or phone, you can better able balance the weight. Pay attention to form and concentrate on the area you should be targeting. Do these reps slow and in control.

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Standing Horizontal Row with Band

Equipment: Exercise Band

Loop the band over something stable somewhere between waist and chest height. Stand with feet shoulder width apart and slightly bent. Brace your core and bring your shoulder blades down. Pull back on the band with both arms driving your arms behind you. Pretend to crack a walnut between your shoulder blades as your elbows reach their farthest back.

This exercise works your back and shoulders.



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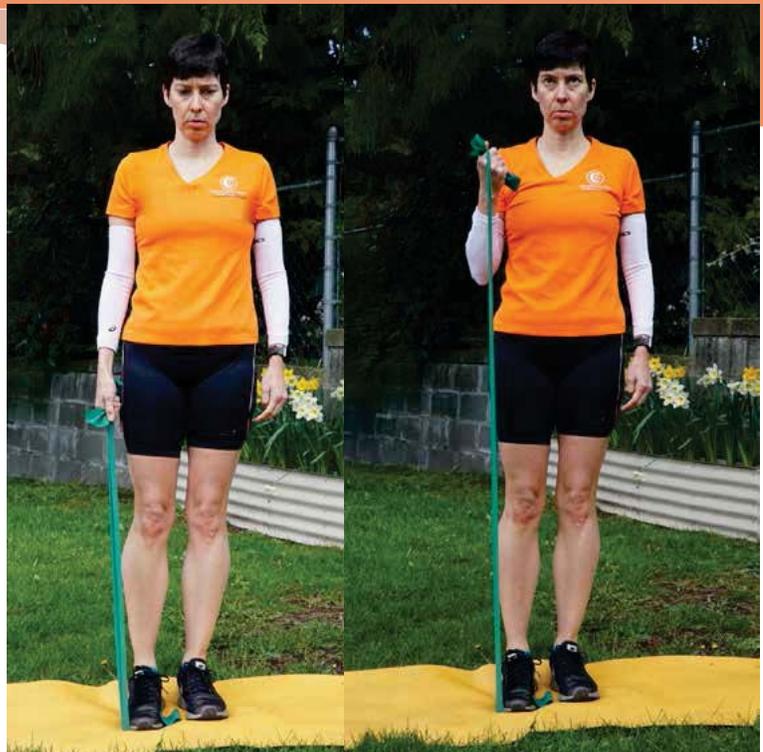
Bicep Curl with Band

Equipment: Exercise Band

Stand with feet shoulder width apart, knees slightly bent and the band under the balls of both feet. (Shown with only one foot based on length of the band.) Brace core, keeping back straight and without leaning back, slowly bring your hands towards your shoulders. Hold and then slowly bring your hands back down.

Keep your wrists in line with your forearms and your elbows tucked into your sides.

This exercise works your biceps.



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Rear Deltoid Raise

Equipment: Towel

Loop the towel around something stable chest height or higher. Grab the ends of the towel and lean back into position. Keeping your body in a straight line with core and glutes engaged, raise your body by bringing your arms out to the sides. Lower your body back to position slowly by lowering your arms.

To make this exercise easier, stay more upright.

This exercise works your shoulders and back.



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Short Lever Push-Up

Equipment: None

Start in a plank position on knees, arms fully extended with hands slightly wider than shoulder width. For deeper core engagement, have a slight pike or bend at your waist.

Slowly bend your elbows, bringing your chest to the ground. Keep your core and glutes engaged. Don't let your back sag. Reverse the movement and raise your body until your arms are straight again.

This exercise targets your chest muscles and your core.

Easier: Do the Push Up with hands on counter and feet on floor. Keep your body straight with core engaged.

Harder: Full body push-up or balance feet on a coffee table or couch and place hands on floor.



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YTWL

Equipment: None

From a standing position, bend at the hips maintain a neutral spine while sitting back (sticking your butt out).

Perform 10 dynamic Y motions by forming a Y with your arms. Keep your thumbs pointed up. Then switch to a T motion with your arms, followed by a W motion (thumbs towards your head) and finally an L Motion.

This exercise improves shoulder stability. It strengthens rotator cuff, scapular strength as well as back muscles.



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Triceps Kickback with Band

Equipment: Exercise Band

Stand with feet shoulder width apart, knees slightly bent and the band under the balls of both feet. Lean over and rest your weight on one hand on your knee, making sure your shoulders are down. Brace core and with other hand holding the end of the band, kick back the band behind you and extend your arm. Your elbow should be tucked into your side only your forearm should move back. Keep your wrists in line with your forearms and your elbows tucked into your sides.

Do 5 repetitions with palm facing towards your body (shown), 5 with your palm facing down (shown) and 5 with our palm facing up (not shown).

This exercise works your triceps.



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