

All About Arms  
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## Anatomy of the Upper Body

### How Best to Train it

Functional - Isolated  
Closed Chain - Open Chain  
Equipment Options  
Best exercise Options

## BODY BAR on BALL

### Warmup (seated on ball . bar across lap)

Circle arm front / up / back and reverse  
Twist side to side torso touching bar at each side  
Hands at temples elbows touch in front and extend back / circle  
Hug across over chest / hands interlace fingers back

1. Circle Ant. Raise / add military press / add turn (both sides)
2. One arm lat raise to side / x to front / switch to other hand lat lower to side (same other side)
3. Bicep curl one hand (other hand only for balance)
4. Bent elbow lat raise seated
5. Other bicep seated / and lat raise
6. Kneeling one arm row into row with lat raise – hinged at hip
7. Prone over ball back row wide both hands pull (add) alt bend and extend opposition
8. Only Ball lat rolls
9. Only Ball push ups
10. Supine Chest press
11. One arm fly
12. Over head pull overs
13. Seated Tricep over head/ weighted dips
14. Prone on floor – walking out and in Push ups Variations - stay low and rock forward and back/ rock side to side/ Circle rock/ scoop
15. Kneeling Stretch flex/ extend/ roll back to one side open chest/ side

## TUBING

### Warmup

Step touch with figure's moving arms up  
Side bending arms over head  
Extend and flex overhead  
Side bending upper arm bend over head

## Workout

1. (Standing to Prone)Chest Press / Chest push up with tubing doubled behind back
2. (Standing)Standing with back foot on tubing / lunge forward standing over head press
3. Move front foot back Ant. Raise x8 and Lateral Raise x8/ Alt. X8
4. Move foot forward again into bicep curl
5. Turn to side - one arm bicep curl (handles in one hand)
6. Tricep kick back with only one tube
7. Face front tricep overhead press
8. Throw with one arm
9. 2-8 repeated on other side
10. (Seated on floor) low row/ high row – add pulse – add alt. Fast . Move hands together and twist torso side to side. Alt. Swim back
11. Reverse Bridge with tricep dips – tube across waist/ one arm tricep with other arm raised

## Stretch

Tubing doubled bend forward and back/ figure 8's over head/ side bending to hands meeting behind back/ arm across chest and behind back

### GLIDING DISCS

1. Side bend/ flex and extend/ rotators
2. Sidelying slide with other arm overhead and cross front of body swing
3. V pushup
4. Back extend into swim - breast / free/ fly
5. Back extend with tricep pushup (2<sup>nd</sup> side change to diagonal pushup
6. Childs pose with thread the needle
7. Pass discs to feet
8. Road Runner walking forward and back 4/ pushup with wide legs
9. same with tricep pushup
10. Turn over to bridge for alternate leg extend and tricep
11. SAME OTHER SIDE

## Recommended Reading

Anatomy of Movement

Calais- Germain

Fitology

Hagen

All about Arms DVD

Mylrea

Stronger Arms and Upper Body

Wuebbem – Stoppani

Upper Body Training VHS

Brooks

This workshop is available on DVD ALL ABOUT ARMS  
Mindymylrea.com

Thanks for attending

