

4 Week

U P P E R
B O D Y

Take your upper body strength and definition to the next level!

Your Journey to a Stronger Upper Body

Congratulations on taking the first step towards achieving your upper body goals! Remember that consistency, proper form, and progressive overload are the cornerstones of this program.

This 4-week program provides a solid foundation. After completing it, you can:

- Repeat the program, focusing on increasing the weight or reps.
- Incorporate more advanced exercises or training techniques.
- Adjust the program to address any specific weaknesses or goals.
- Transition to a new program that focuses on a different training split or muscle groups.

Your fitness journey is a marathon, not a sprint. Stay committed, be patient, and celebrate your progress along the way. If you have any questions or need further guidance, don't hesitate to reach out to us. Here's to your success!

www.BluPrintToHealth.com

About This

Program

This program is designed for intermediate lifters ready to take their upper body strength and definition to the next level. Over the next four weeks, you'll be guided through a structured workout routine that combines the effectiveness of barbells, dumbbells, and machines.

At BluPrint to Health, we understand that your time is valuable. That's why this program is crafted to maximize your time in the gym, with each session lasting approximately 45 minutes. We'll focus on progressive overload, ensuring you're consistently challenged to stimulate muscle growth. Get ready to build a stronger chest, back, shoulders, and arms with a program designed with your goals in mind.

Program Goal:

Increase upper body strength and definition

Skill Level:

Intermediate

Days per Week:

3 days

Workout Duration:

30-45 minutes

Let's Train Smart

We're so excited to have you embark on this upper body journey. We've put a lot of thought and care into crafting this program to help you reach your goals. However, it's super important that we're all on the same page about safety and responsibility. So, please take a moment to read this little note.

Listen to Your Body - Your Safety First!

This program is designed for generally healthy folks who already have some experience with lifting. If you're new to this or have any health concerns, it's crucial to talk to your doctor before starting. We can't give medical advice, and your health is way more important than any workout.

While we provide guidance on form and technique, it's up to you to make sure you're doing the exercises correctly. If you're unsure, don't hesitate to watch videos or even get a session with one of our certified trainers. Proper form is key to preventing injuries.

It's a Journey, Not a Race!

Remember, progress takes time. Don't push yourself too hard, especially in the beginning. We encourage you to challenge yourself, but not to the point of pain. We are not responsible for any injuries you may sustain while participating in this program.

Our Role and Your Responsibility

BluPrint to Health provides the tools and guidance, but your success depends on your own effort and how well you take care of yourself. This includes warming up, cooling down, resting, and eating right.

Just a Friendly Reminder

By using this program, you acknowledge that you understand and agree to these points. We're here to support you, but ultimately, you're responsible for your own health and safety.

Now that we've got that covered, let's get you stronger!

Your Friends at BluPrint to Health



Maximizing your Results

Before diving into the program, let's cover some crucial elements that will significantly impact your progress and safety

Warm-up and Cool-down

Warm-up (5-7 minutes): Prepare your muscles for the workout with light cardio (e.g., jumping jacks, arm circles) and dynamic stretches (e.g., arm swings, torso twists). This increases blood flow and joint mobility, reducing the risk of injury.

Cool-down (5-7 minutes): After each session, perform static stretches, holding each for 20-30 seconds. Focus on the muscles worked: chest, shoulders, back, and arms. This improves flexibility and aids in recovery.

Proper Form

Maintaining correct form during each exercise is paramount. It ensures you're targeting the intended muscles and minimizes the risk of injury. If you're unsure about the proper form, consider watching videos or consulting with a trainer.

Progressive Overload

To stimulate muscle growth, you must progressively challenge your muscles. This can be achieved by

- Increasing the weight you lift.

- Increasing the number of repetitions.

- Increasing the number of sets.

- Reducing rest time between sets (Use this method cautiously, and only if you can maintain form).

Listen to your body and gradually increase the load as you get stronger.

Rest and Recovery

Allow 30-60 seconds of rest between sets.

Ensure you're getting enough sleep (7-9 hours per night) to allow your muscles to recover and grow.

Nutrition

Support your training with a balanced diet that provides sufficient protein for muscle repair and growth.

Listen to Your Body

Pay attention to any pain or discomfort. Don't push through pain. If something doesn't feel right, stop the exercise and address the issue.

Upper Body Program

Goal

Increase upper body strength and definition

Frequency

3 days per week

Warm Up

Dynamic stretching* or light cardio

Split

Day 1	Day 2	Day 3
Push	Pull	Full

Cool Down

Static Stretching* and/or Mobility*

Week 1

Focus on mastering the correct form and getting a feel for the weights.

Week 2

Try to slightly increase the weight if you comfortably completed all sets and reps in Week 1. If not, maintain the weight and focus on good form.

Week 3

Continue to increase the weight if possible, or try to add a rep or two to each set.

Week 4

Continue with the same weight and reps, or if you're feeling strong, attempt another slight increase.

This week can also be a deload week by using slightly lighter weights and focusing on perfect form.

Upper Body

Push Day

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Barbell Bench Press	8-12			
Dumbbell Incline Press	10-15			
Overhead Press (Barbell or Dumbbell)	8-12			
Lateral Raises	12-15			
Triceps Pushdowns (Machine or Cable)	10-15			
Overhead Dumbbell Extension	10-15			

Cool Down

Static Stretching* and/or Mobility*

Upper Body

Pull Day

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Pull-ups (or Lat Pulldowns if pull-ups are not yet achievable)	To failure or 8-12			
Barbell Rows	8-12			
Seated Cable Rows	10-15			
Face Pulls	15-20			
Dumbbell Bicep Curls	10-15			
Hammer Curls	10-15			

Cool Down

Static Stretching* and/or Mobility*

Upper Body

Full Day

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Dumbbell Bench Press	10-15			
Bent-Over Dumbbell Rows	10-15			
Incline Dumbbell Flyes	12-15			
Reverse Dumbbell Flyes	12-15			
Close-Grip Bench Press (Barbell)	8-12			
Concentration Curls	12-15			

Cool Down

Static Stretching* and/or Mobility*

Upper Body

Week 1

Exercise	Reps	Set 1	Set 2	Set 3
Push Day				
Barbell Bench Press	8-12			
Dumbbell Incline Press	10-15			
Overhead Press (Barbell or Dumbbell)	8-12			
Lateral Raises	12-15			
Triceps Pushdowns (Machine or Cable)	10-15			
Overhead Dumbbell Extension	10-15			
Pull Day				
Pull-ups (or Lat Pulldowns if pull-ups are not yet achievable)	To failure or 8-12 pulldowns			
Barbell Rows	8-12			
Seated Cable Rows	10-15			
Face Pulls	15-20			
Dumbbell Bicep Curls	10-15			
Hammer Curls	10-15			
Full Day				
Dumbbell Bench Press	10-15			
Bent-Over Dumbbell Rows	10-15			
Incline Dumbbell Flyes	12-15			
Reverse Dumbbell Flyes	12-15			
Close-Grip Bench Press (Barbell)	8-12			
Concentration Curls	12-15			

Upper Body

Week 2

Exercise	Reps	Set 1	Set 2	Set 3
Push Day				
Barbell Bench Press	8-12			
Dumbbell Incline Press	10-15			
Overhead Press (Barbell or Dumbbell)	8-12			
Lateral Raises	12-15			
Triceps Pushdowns (Machine or Cable)	10-15			
Overhead Dumbbell Extension	10-15			
Pull Day				
Pull-ups (or Lat Pulldowns if pull-ups are not yet achievable)	To failure or 8-12 pulldowns			
Barbell Rows	8-12			
Seated Cable Rows	10-15			
Face Pulls	15-20			
Dumbbell Bicep Curls	10-15			
Hammer Curls	10-15			
Full Day				
Dumbbell Bench Press	10-15			
Bent-Over Dumbbell Rows	10-15			
Incline Dumbbell Flyes	12-15			
Reverse Dumbbell Flyes	12-15			
Close-Grip Bench Press (Barbell)	8-12			
Concentration Curls	12-15			

Upper Body

Week 3

Exercise	Reps	Set 1	Set 2	Set 3
Push Day				
Barbell Bench Press	8-12			
Dumbbell Incline Press	10-15			
Overhead Press (Barbell or Dumbbell)	8-12			
Lateral Raises	12-15			
Triceps Pushdowns (Machine or Cable)	10-15			
Overhead Dumbbell Extension	10-15			
Pull Day				
Pull-ups (or Lat Pulldowns if pull-ups are not yet achievable)	To failure or 8-12 pulldowns			
Barbell Rows	8-12			
Seated Cable Rows	10-15			
Face Pulls	15-20			
Dumbbell Bicep Curls	10-15			
Hammer Curls	10-15			
Full Day				
Dumbbell Bench Press	10-15			
Bent-Over Dumbbell Rows	10-15			
Incline Dumbbell Flyes	12-15			
Reverse Dumbbell Flyes	12-15			
Close-Grip Bench Press (Barbell)	8-12			
Concentration Curls	12-15			

Upper Body

Week 4

Exercise	Reps	Set 1	Set 2	Set 3
Push Day				
Barbell Bench Press	8-12			
Dumbbell Incline Press	10-15			
Overhead Press (Barbell or Dumbbell)	8-12			
Lateral Raises	12-15			
Triceps Pushdowns (Machine or Cable)	10-15			
Overhead Dumbbell Extension	10-15			
Pull Day				
Pull-ups (or Lat Pulldowns if pull-ups are not yet achievable)	To failure or 8-12 pulldowns			
Barbell Rows	8-12			
Seated Cable Rows	10-15			
Face Pulls	15-20			
Dumbbell Bicep Curls	10-15			
Hammer Curls	10-15			
Full Day				
Dumbbell Bench Press	10-15			
Bent-Over Dumbbell Rows	10-15			
Incline Dumbbell Flyes	12-15			
Reverse Dumbbell Flyes	12-15			
Close-Grip Bench Press (Barbell)	8-12			
Concentration Curls	12-15			

Dynamic Stretching

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Arm Circles	Stand with feet shoulder-width apart and arms extended to the sides. Perform small, controlled circles forward for 30 seconds, then backward for 30 seconds. Gradually increase the size of the circles.
Leg Swings	Stand on your left leg and swing your right leg forward and backward in a controlled motion for 30 seconds. Repeat on the left leg for 30 seconds.
Torso Twists	Stand with feet shoulder-width apart and hands on your hips. Twist your torso from side to side in a controlled motion for 30 seconds. Keep your hips relatively still.
Walking Lunges with Twist	Perform a lunge, and as you lunge, twist your torso towards the front leg. Alternate legs and twists for 1 minute.
High Knees	Stand in place and lift each knee towards your chest, alternating legs. Perform for 30 seconds.
Butt Kicks	Stand in place and kick your heels towards your glutes, alternating legs. Perform for 30 seconds.

10-15 Minutes

Static Stretching

Prepare the body for full-body strength training, enhance flexibility, improve range of motion, and reduce the risk of injury.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Neck Stretch	Tilt your head to the right, bringing your right ear towards your right shoulder. Gently apply pressure with your right hand. Repeat on the left side. Interlace your fingers behind your head and gently pull your chin towards your chest.
Shoulder Stretch	Bring your right arm across your body and hold it with your left hand, near your elbow. Repeat with the left arm. Reach your right arm straight up, bend your elbow, and reach your right hand towards your upper back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Chest Stretch	Interlace your fingers behind your back and extend your arms, lifting them away from your body.
Triceps Stretch	Extend your right arm overhead and bend it at the elbow, reaching your right hand towards your upper back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Biceps Stretch	Extend your right arm straight out, palm facing up. Gently pull your fingers back towards your body with your left hand. Repeat with the left arm.

Static Stretching

10-15 Minutes

Continued

Exercise Name	Description
Wrist Flexor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers down towards the floor with your left hand. Repeat with the left arm.
Wrist Extensor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers up towards the ceiling with your left hand. Repeat with the left arm.
Torso Stretch	Stand with your feet shoulder-width apart. Raise your right arm overhead and lean to your left, keeping your hips straight. Repeat on the other side.
Hip Flexor Stretch (Couch Stretch)	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle.
Glute Stretch (Piriformis Stretch)	Sit on the floor with both legs extended. Bend your right leg and place your right foot on the outside of your left knee. Place your left elbow on your right knee and twist your torso to the right. Repeat on the other side.
Hamstring Stretch	Sit on the floor with your right leg extended and your left leg bent, with the sole of your left foot against your right inner thigh. Reach towards your right toes. Repeat with the left leg extended.
Quadriceps Stretch	Stand and hold your right ankle, pulling your right heel towards your right glute. Keep your thighs aligned and your core engaged. Repeat with the left leg.
Calf Stretch	Place your hands on a wall, step your right foot back, and press your right heel into the ground, keeping your right leg straight. Repeat with the left leg.

Mobility

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Move through a comfortable range of motion.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Cat-Cow Stretch	Start on your hands and knees. Alternate between arching your back (cow pose) and rounding your back (cat pose). Perform for 1 minute.
Hip Circles	Stand with your feet shoulder-width apart. Rotate your hips in a circular motion, both clockwise and counterclockwise, for 1 minute.
Shoulder Rolls	Stand or sit tall. Roll your shoulders forward for 30 seconds, then backward for 30 seconds.
90/90 Stretch	Sit on the floor with both legs bent at 90-degree angles. Rotate your torso from side to side for 1 minute.
Thread the Needle	Start on your hands and knees. Thread one arm under the other and rotate your torso. Hold for 30 seconds per side.
Couch Stretch	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle. Hold for 30 seconds per side.



About Us

BluPrint to Health is dedicated to helping individuals over 30 reclaim their energy, strength, and confidence through personalized fitness and coaching. We understand the unique challenges and opportunities that come with this stage of life, and we're passionate about empowering our clients to achieve sustainable healthy habits and long-term results.

Our approach combines expert guidance with the flexibility of online coaching. We provide:

- Personalized Program Design: Tailored workout plans to meet your specific needs and goals.
- One-to-One Support: Direct access to your coach for guidance, motivation, and accountability.
- Weekly Check-ins: To track your progress, adjust your program as needed, and ensure you stay on track.
- Transformation Roadmap: A clear plan to help you achieve your fitness goals.

We believe that fitness is not just about physical transformation, but also about improving your overall well-being and quality of life. We're here to support you every step of the way on your journey to a healthier, stronger, and more confident you.

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