

30 essential upper-body exercises

GO FOR MUSCLE-BUILDING GLORY BY ADDING THESE HIGHLY EFFECTIVE MOVES TO YOUR TRAINING REGIMEN.



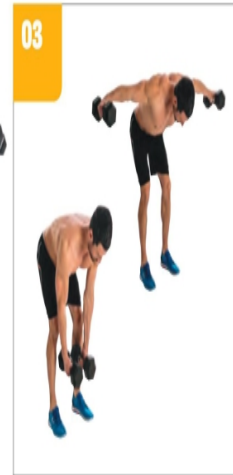
FARMER'S WALK

Pick up the heaviest dumbbells or kettlebells you can handle. Standing tall, with your chest out and your arms at your sides, walk 20-30m. Travel in a figure-eight pattern if you don't have space to walk straight.



LATERAL RAISE

Stand holding a dumbbell in each hand with palms facing each other. Raise the weights out to the sides until your arms are parallel to the floor.



BENT-OVER REVERSE FLY

Stand with a dumbbell in each hand and bend forward at the hips, keeping your back flat so the weights are hanging straight down. Raise your arms out to the sides, squeezing your shoulder blades together at the top for a second. Lower under control.



DUMBBELL SHRUG

Stand tall with the heaviest dumbbells you can manage at your sides. Shrug your shoulders up towards your ears, pause for a second, and then lower under control.



BOTTOM-UP KETTLEBELL PRESS

Hold a kettlebell in one hand, with the "bell" part pointed upwards. You'll need a very firm grip on the handle to stop it from toppling. Carefully press it overhead, pause at the top for a second, then lower under control. This works your shoulder and your grip.



PUSH PRESS

Hold a barbell on the top of your chest. Lower into a quarter squat to gather momentum, then push up through your heels and in the same movement explosively press the bar overhead.



MILITARY PRESS

Take a bar out of a squat rack or power clean it to shoulder height, holding it using a thumbless grip. With your feet together, tense your core and glutes and press the bar overhead, pushing your head forwards once the bar has passed your face.



SNATCH-GRIP SHRUG

Take a barbell off the floor or out of a rack with a wide grip, so your hands are roughly double shoulder-width apart. Shrug your shoulders up and hold for a second, then lower.



KLOKOV PRESS

Hold a barbell on your back with hands roughly double shoulder-width apart, as if you're setting up a back squat. Dip into a quarter squat and then use the momentum to drive the bar overhead. Lock out at the top, and lower under control.



SNATCH-GRIP HIGH PULL

Grasp a bar with hands roughly double shoulder-width apart. Drive up powerfully, bringing your hips forwards, and use the momentum to help row the bar to the top of your chest, bringing your elbows high.