

## ● BodyBook Upper body

# 30 essential upper-body exercises

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



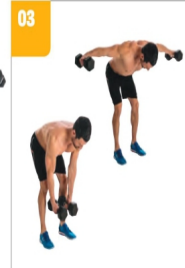
### 01 FARMER'S WALK

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.



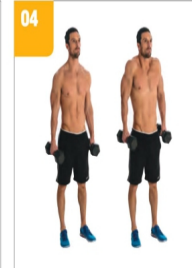
### 02 LATERAL RAISE

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.



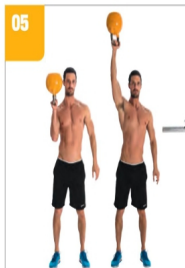
### 03 BENT-OVER REVERSE FLYE

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.



### 04 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.



### 05 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.



### 06 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.



### 07 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.



### 08 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.



### 09 KLOVOV 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.



### 10 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.