

**DONT BE SHY,
GET SHAI!**

Upper Body Training

Most people when they train, love to train their upper torso. Especially us guys because its where we get to show off all of our hard work. Making sure you don't over train your favourite muscle group is important for postural development, but first...

Muscles that go hand in hand...

When we do compound exercises (which in my opinion are the best for you!) we train more than one muscle at a time. For instance Chest works with your triceps (the back of your arms) and Back works with Biceps (the front part of your arms).

Exercises Like...

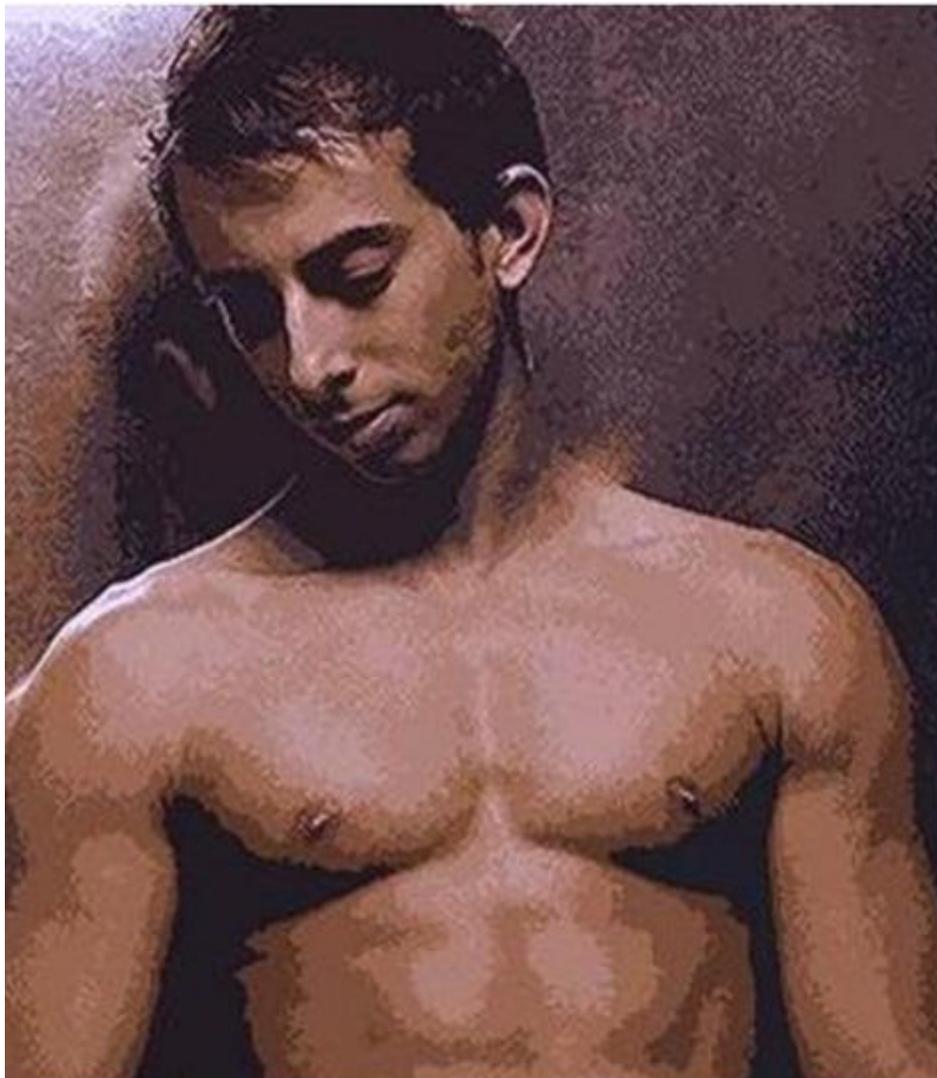
Bench Press, Seated Row, Incline Bench Press, Lat Pull Down, Pull ups and Bent over rows and Shoulder Presses are all great examples of compound exercises

Biceps Curl, Triceps extension, tricep dips, 21's are great examples of isolation exercises

The Gym Gorilla Syndrome

It's a common site amongst body builders especially... When a guy loves to train his chest and spends hours at the gym working on his Pectorals. When he stands however, his shoulders are rolled forward and is hunched over.

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Which brings us to posture...

All along our spine, neck and even in places we can't see, are postural muscles or muscles that support our head, neck and spine. These muscles do need to be strengthened and exercised but they do NOT need to be over developed. You can spot it straight away when someone has overdeveloped postural muscles at a glance. Ever seen the 'no neck' look or shoulders so big you can't fit through the door – too much!

Its just about balance. Making sure you don't neglect or favourite a particular muscle group. Mixing it up also. Coming up with new and challenging exercises to add to your program.

Enjoy your training !

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