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**PRINCIPLES OF**  
**MUSCLE**  
**BUILDING**  
**PROGRAM DESIGN**

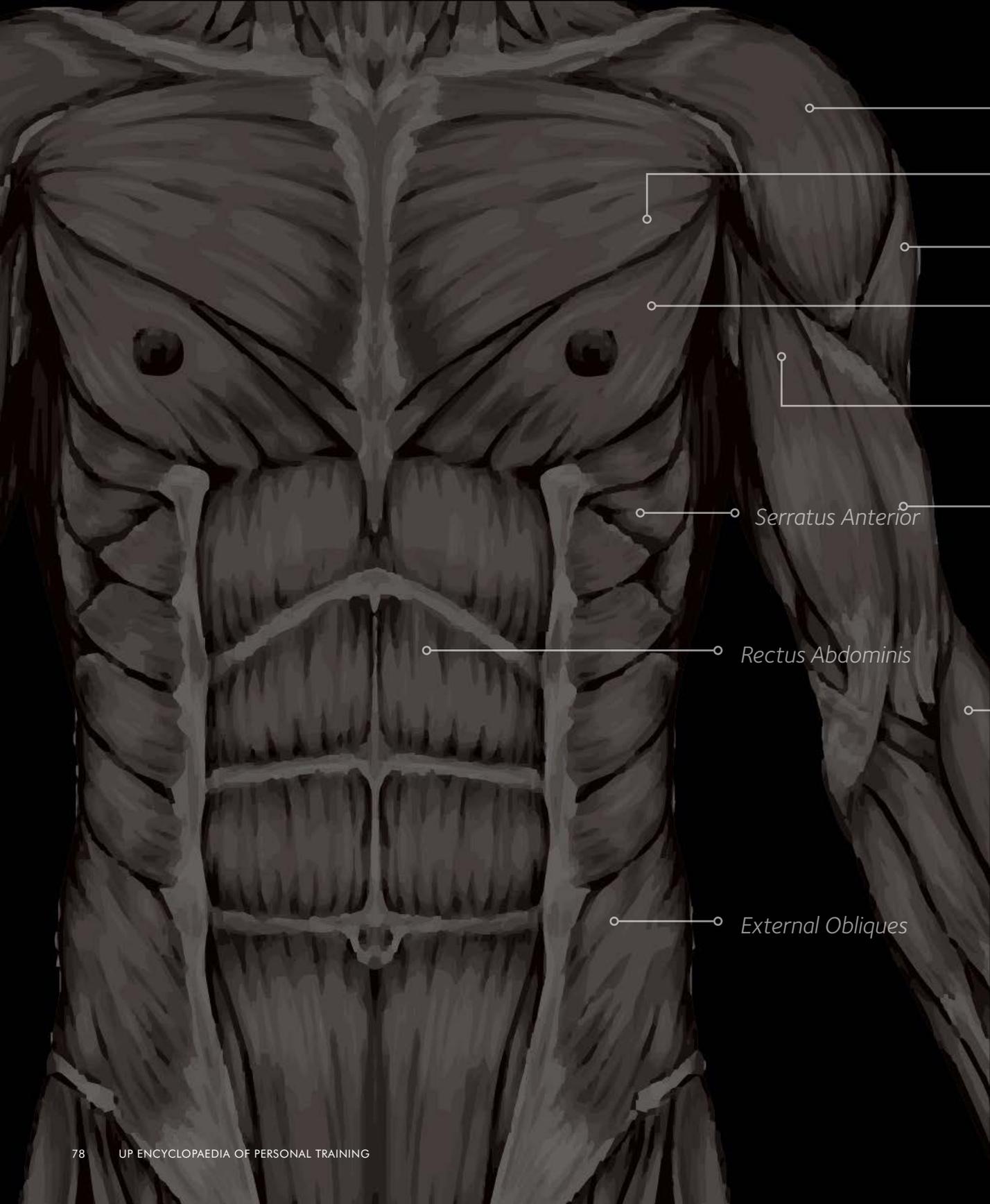
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A HYPERTROPHY WORKOUT MANUAL  
FOR TRAINING AGES FROM  
MONTHS 0 TO 24

**UP** ULTIMATE  
PERFORMANCE

UP ENCYCLOPAEDIA OF PERSONAL TRAINING

**VOLUME 1**



Serratus Anterior

Rectus Abdominis

External Obliques

○ *Anterior Deltoid*

○ *Pectoralis major*

○ *Medial Deltoid*

○ *Pectoralis minor*

○ *Biceps Brachii*

○ *Brachialis*

○ *Brachioradialis*

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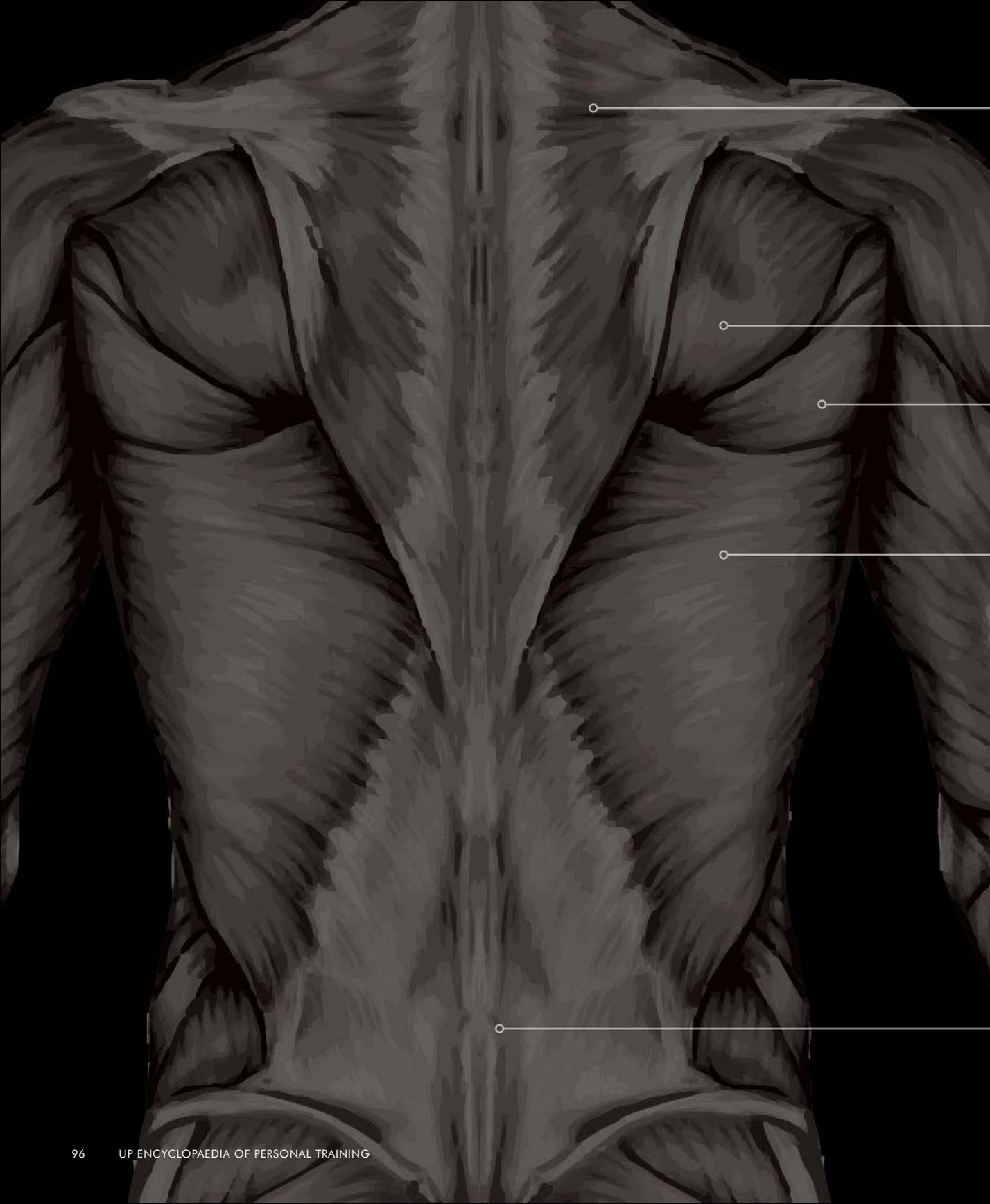
# EXERCISE GUIDE

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**For every exercise included in the muscle building workouts, we have created a supporting guide that details:**

- ▶ Target muscle groups.
- ▶ Equipment requirements.
- ▶ Step-by-step instructions on how to set-up and perform the exercise.
- ▶ Pictures of the right start and finish position.
- ▶ Tips from UP personal trainers on how to perfect your execution.

You also get access to demonstration videos for each exercise that you can find in the video library at [www.upfitness.com](http://www.upfitness.com)



○ *Trapezius*

○ *Rhomboid*

○ *Teres major*

○ *Latissimus dorsi*

○ *Erector spinae*

# THE EXERCISE GUIDE

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## BACK

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**CABLE ROW** (*NEUTRAL & OVERHAND GRIP*)

**SINGLE ARM DUMBBELL ROW**

**CABLE PULL-DOWN** (*NEUTRAL & OVERHAND GRIP*)

**STRAIGHT ARM CABLE PULL-DOWN** (*STANDING & CHEST SUPPORTED*)

**CHEST SUPPORTED DUMBBELL ROW**

# EXERCISE GUIDE

## BACK CABLE ROW (NEUTRAL & OVERHAND GRIP)



### Target Muscle Groups

#### Primary

- Upper back (latissimus dorsi, rhomboids, trapezius and teres major)

#### Secondary

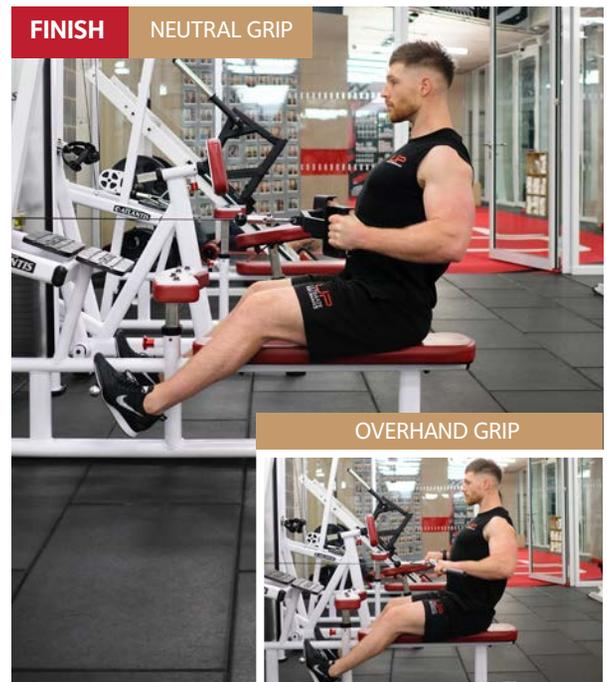
- Shoulders (posterior deltoid)
- Arms (biceps brachii & brachialis)
- Forearms (brachioradialis)

### WHAT YOU NEED:

1. Seated cable row station.
2. Shoulder-width neutral grip cable attachment.
3. Shoulder-width overhand grip cable attachment.
4. Weightlifting straps.

### NOTES:

- ▶ There are several different versions of the cable row machine. Some will have a seat, possibly even with a chest support, while in other versions you sit on the floor.
- ▶ Avoid using cable attachments that are narrower than shoulder-width, as they restrict your range-of-motion during the movement.
- ▶ Make sure to use weight lifting straps to stop your grip strength from limiting how much weight you can lift and forearm fatigue distracting you during a set.



## THE SET UP

1. Sit on the machine (or floor) facing the weight stack with your feet on the foot supports (or base of the machine), and knees slightly bent.
2. Reach forward and grip the cable attachment with either a neutral or overhand shoulder-width grip.
3. Sit up as tall as possible with your arms fully extended reaching out in front of you.
4. This is the start and finish position for each rep.

## TRAINER TIPS



- ▶ Choose one version, neutral grip or overhand grip, and perform it consistently for an entire phase to avoid interrupting your progress.

## THE MOVEMENT

1. Keeping your torso still, pull your elbows back towards your waist while squeezing your shoulder blades together.
2. Keep your elbows tucked in so that your upper arms brush against your sides throughout the movement.
3. You have reached the end of your range-of-motion when your elbows cannot travel any further back without your shoulders rotating inwards and upper back rounding.
4. Pause for a moment and focus on contracting (squeezing) your upper back muscles.
5. Reverse the motion, under control, to return to the start position.
6. Repeat for the desired number of reps.

## TRAINER TIPS



- ▶ Avoid pulling the cable attachment too high towards your chest as this will shift tension off your upper back muscles and onto your arm muscles. Instead, focus on pulling your elbows towards your waist.
- ▶ Your arm muscles will be working, but you should not feel that they are doing more work than your upper back muscles.
- ▶ Watch how high the weight-stack travels on each rep as a reference point for your range-of-motion. If this shortens significantly between your first and last rep, then the weight is too heavy.

# EXERCISE GUIDE

## BACK SINGLE ARM DUMBBELL ROW



### Target Muscle Groups

#### Primary

- Upper back (latissimus dorsi, rhomboids, trapezius and teres major)

#### Secondary

- Shoulders (posterior deltoid)
- Arms (biceps brachii & brachialis)
- Forearms (brachioradialis)

### WHAT YOU NEED:

1. Flat bench.
2. Pair of dumbbells.
3. Weightlifting straps.

### NOTES:

- ▶ Make sure to use weight lifting straps to stop your grip strength from limiting how much weight you can lift and forearm fatigue distracting you during a set.



## THE SET UP

1. Select your dumbbells and place one on each side of a flat bench.
2. Place the knee of your non-working side on the bench and your opposite foot a comfortable distance out to the side.
3. Align your knees so that your hips are straight and not twisted.
4. Lean forward until your torso is roughly parallel to the floor and use your non-working arm to support yourself.
5. Spread your bodyweight evenly across all three points of contact (hand, knee and foot).
6. Look at the floor just in front of you.
7. Pick up the dumbbell with your free hand and let your arm hang by your side, with your palm facing inwards.
8. This is the start and finish position for each rep.

## TRAINER TIPS



- ▶ Placing your supporting hand too close to your body will cause you to hunch over, but too far away will strain your shoulder.
- ▶ Start with your weaker arm first and perform the same number of reps on both sides.

## THE MOVEMENT

1. Keeping your torso still, pull your elbow and shoulder blade back towards your waist.
2. Keep your elbow tucked in so that your upper arm brushes against your side throughout the movement.
3. You have reached the end of your range-of-motion when your elbow cannot travel any further back without your shoulder rotating inwards and upper back rounding. Your elbow should not move past the front of your shoulder.
4. Pause for a moment and focus on contracting (squeezing) your upper back muscles.
5. Reverse the motion, under control, to return to the start position.
6. Repeat for the desired number of reps and then switch sides.

## TRAINER TIPS



- ▶ Take 30 to 60 seconds extra rest when changing sides to let any tiredness in your supporting arm pass.
- ▶ Keep your back straight and do not allow your torso to rotate on the upwards movement, as this reduces your range-of-motion.
- ▶ Avoid pulling the dumbbell towards your shoulder as this will shift tension off your upper back muscles and onto your arm muscles. Instead, focus on dragging the dumbbell along the floor and pulling your elbow towards your waist.
- ▶ Your arms will be working, but you should not feel that they are doing more work than your upper back muscles.

# EXERCISE GUIDE

## BACK CABLE PULL-DOWN (NEUTRAL & OVERHAND GRIP)



### Target Muscle Groups

#### Primary

- Upper back (latissimus dorsi, rhomboids, trapezius and teres major)

#### Secondary

- Shoulders (posterior deltoid)
- Arms (biceps brachii & brachialis)
- Forearms (brachioradialis)

### WHAT YOU NEED:

1. Pull-down station.
2. Shoulder-width neutral grip cable attachment.
3. Shoulder-width overhand grip cable attachment.
4. Weightlifting straps.

### NOTES:

- ▶ Avoid using cable attachments that are narrower than shoulder-width, as they restrict your range-of-motion during the movement.
- ▶ Make sure to use weight lifting straps to stop your grip strength from limiting how much weight you can lift and forearm fatigue distracting you during a set.



## THE SET UP

1. Grip the cable attachment with either a neutral or overhand shoulder-width grip and sit down on the bench with your upper thighs securely positioned under the padding.
2. Sit up as tall as possible with your arms fully extended above your head, but avoid shrugging your shoulders up by your ears.
3. This is the start and finish position for each rep.

## TRAINER TIPS



- ▶ Choose one version, neutral grip or overhand grip, and perform it consistently for an entire phase to avoid interrupting your progress.
- ▶ Adjust the thigh pads so that when you are in position there is no gap between your upper thighs and the pad.
- ▶ Do not lean back more than one to two inches, as this changes the emphasis of the exercise turning it into more of a row-like movement than a pull-down.

## THE MOVEMENT

1. Keeping your torso still, pull your elbows down towards your waist while squeezing your shoulder blades back together.
2. You have reached the end of your range-of-motion when your elbows cannot travel any further without your shoulders rotating inwards and upper back rounding.
3. Pause for a moment and focus on contracting (squeezing) your upper back muscles.
4. Reverse the motion, under control, to return to the start position.
5. Repeat for the desired number of reps.

## TRAINER TIPS



- ▶ Watch how high the weight-stack travels on each rep as a reference point for your range-of-motion. If this shortens significantly between your first and last rep, then the weight is too heavy.
- ▶ Although your arm muscles contribute to the movement, this exercise primarily targets your upper back muscles. Think of your arms as hooks that connect to the weight and are pulled down by your back muscles.

# EXERCISE GUIDE

## BACK STRAIGHT ARM CABLE PULL-DOWN (STANDING & CHEST SUPPORTED)



### Target Muscle Groups

#### Primary

- Upper back (latissimus dorsi, rhomboids, trapezius and teres major)

#### Secondary

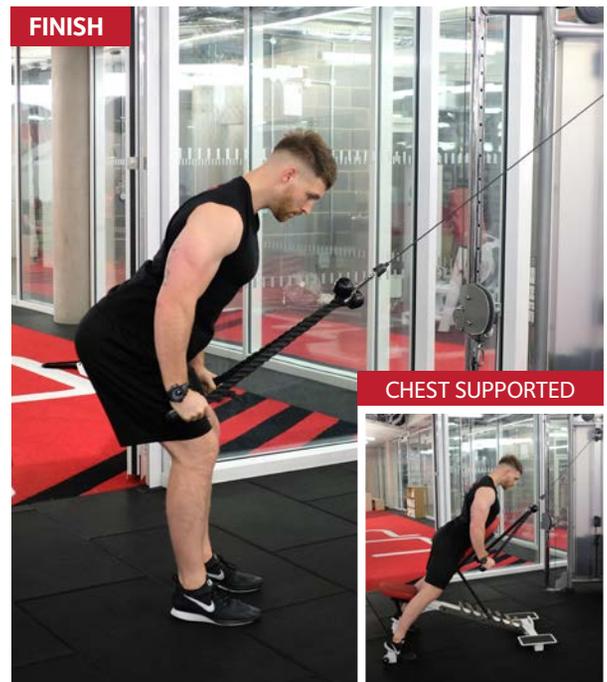
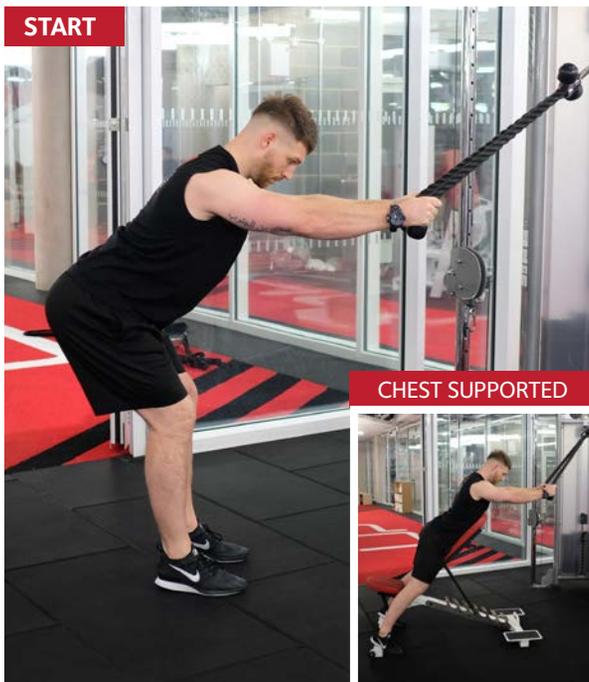
- Shoulders (posterior deltoid)
- Arms (triceps brachii)

### WHAT YOU NEED:

1. Cable pulley station.
2. Two standard length rope attachments.
3. Adjustable bench with a 45° incline setting.

### NOTES:

- ▶ Make sure the ropes are not twisted, or they will be slightly different lengths.
- ▶ Performing this exercise with your chest supported on a bench will help you to maintain a stable torso position and to focus on the movement.
- ▶ Secure the bench with something heavy to keep it securely in place.
- ▶ Use the closest setting possible if you do not have access to a bench with a 45° incline setting.



## THE SET UP

1. Adjust the cable to the highest setting and attach two standard length rope attachments.
- i. If performing the standing version, hold the ropes with a neutral grip and take three to four steps back from the station. Position your feet shoulder-width apart, push your hips back and bend forward at the waist so that your torso is at a 45° angle to the floor.
- ii. If performing the chest supported version, position the bench three to four steps back from the cable station, grip the attachment and lie face down on the bench. Press your hips into the bench and raise your chest up slightly.
2. Fully extend your arms out in front of you with your elbows slightly bent. Move further back if you cannot do this without the weights hitting the stack.
3. This is the start and finish position for each rep.

## TRAINER TIPS



- ▶ Choose one version, chest supported or standing, and perform it consistently for an entire phase to avoid interrupting your progress.

## THE MOVEMENT

1. Keeping your torso still, pull your elbows down towards your waist while squeezing your shoulder blades back together.
2. You have reached the end of your range-of-motion when your elbows cannot move any further back without your upper back rounding and shoulders rotating inwards.
3. Pause for a moment and focus on contracting (squeezing) your upper back muscles.
4. Reverse the motion, under control, to return to the start position.
5. Repeat for the desired number of reps.

## TRAINER TIPS



- ▶ A common mistake is extending your elbows (like a cable triceps extension) to help finish the movement. The slight bend in your elbows should stay the same throughout the movement.

# EXERCISE GUIDE

## BACK CHEST SUPPORTED DUMBBELL ROW



### Target Muscle Groups

#### Primary

- Upper back (latissimus dorsi, rhomboids, trapezius and teres major)

#### Secondary

- Shoulders (posterior deltoid)
- Arms (biceps brachii & brachialis)
- Forearms (brachioradialis)

### WHAT YOU NEED:

1. Adjustable bench with a 30° Incline setting.
2. Pair of dumbbells.
3. Weightlifting straps.

### NOTES:

- ▶ Use the closest setting possible if you do not have access to a bench with a 30° incline setting.
- ▶ Make sure to use weight lifting straps to stop your grip strength from limiting how much weight you can lift and forearm fatigue distracting you during a set.



## THE SET UP

1. Select your dumbbells and place them on the floor at the head of the bench.
2. Lie face down on the bench, making sure that your chin clears the top edge.
3. Bend your legs and drive your feet into the floor.
4. Pick up the dumbbells one at a time and let your arms hang fully extended by your sides, with your palms facing inwards.
5. Press your hips into the bench, lift your chest up slightly and look at the floor just in front of you.
6. This is the start and finish position for each rep.

## TRAINER TIPS



- ▶ Place your feet on the foot of the bench to help make yourself more stable. If the bench design does not allow for this, try using weight plates or heavy dumbbells as foot supports instead.
- ▶ Getting heavy dumbbells into position can be awkward, especially for people with short arms! Ask your training partner to pass you the dumbbells one at a time.

## THE MOVEMENT

1. Pull your elbows back towards your waist while squeezing your shoulder blades together.
2. Keep your elbows tucked in so that your upper arms brush against your sides throughout the movement.
3. You have reached the end of your range-of-motion when your elbows cannot travel any further back without your shoulders rotating inwards and upper back rounding. Your elbows should not move past the front of your shoulders.
4. Pause for a moment and focus on contracting (squeezing) your upper back muscles.
5. Reverse the motion, under control, to return to the start position.
6. Repeat for the desired number of reps.

## TRAINER TIPS



- ▶ Avoid pulling the dumbbells towards your shoulders as this will shift tension off your upper back muscles and onto your arm muscles. Instead, focus on dragging the dumbbells along the floor and pulling your elbows towards your waist.
- ▶ Your arm muscles will be working, but you should not feel that they are doing more work than your upper back muscles.
- ▶ If the pressure on your chest is too uncomfortable then select an alternative exercise.