



# TRAUMAAWARE 5 DAY UPPER BODY AND CORE SPLIT WORKOUT

BENCH AND FLOOR BASED  
DESIGNED FOR LIMITED LEG FUNCTION  
AND SPINAL SENSITIVITY

FOCUS: STRENGTH, REGULATION,  
CONSISTENCY

EQUIPMENT: BENCH, DUMBBELLS OR  
BAR, OPTIONAL RESISTANCE BAND

SESSION LENGTH: 25 TO 45 MINUTES



# GUIDING PRINCIPLES

- NEUTRAL NECK AT ALL TIMES
- SLOW, CONTROLLED MOVEMENT
  - EXHALE ON EFFORT
- SEATED OR BENCH SUPPORTED WHERE POSSIBLE
- STOP ANY MOVEMENT THAT CAUSES SHARP PAIN OR NERVE SYMPTOMS
- YOU SHOULD FINISH FEELING SETTLED, NOT DEPLETED



# DAY 1 - PUSH AND CONTAIN

## CHEST AND TRICEPS

- CLOSE GRIP CHEST PRESS ON BENCH  
3 SETS X 10-15
- SEATED CHEST PRESS  
3 SETS X 10
- BENCH SUPPORTED TRICEP KICKBACKS  
3 SETS X 12
  - INCLINE PUSH UPS USING FLOOR/BENCH/WALL  
2-3 SETS X 8-12
  - SKULL CRUSHERS ON FLOOR  
2-3 SETS X 8-12



# DAY 2 - PULL AND SUPPORT

## UPPER BACK AND POSTURE

- BENCH SUPPORTED ROWS  
3 SETS X 12
- SEATED DUMBBELL OR BAND ROWS  
3 SETS X 10
- REVERSE FLYS SUPPORTED ON BENCH  
3 SETS X 10-12
- FACE PULLS WITH BAND IF AVAILABLE  
2 SETS X 12
- DIAMOND PUSH UPS USING FLOOR/BENCH/WALL  
2-3 SETS X 8-12



# DAY 3 - CORE AND STABILITY

## NO SPINAL FLEXION

- PLANK SEATED/FLOOR  
3 X 40-60 SECONDS
- PALLOF PRESS SEATED OR SUPPORTED  
3 SETS X 8 EACH SIDE
- DEAD BUG ARMS ONLY ON BENCH OR  
FLOOR  
3 SETS X 6-8 SLOW REPS
- SEATED SIDE BENDS LIGHT WEIGHT  
2 SETS X 8 EACH SIDE
- WIDE GRIP PUSH UPS USING  
FLOOR/BENCH/WALL  
2-3 SETS X 8-12



# DAY 4- SHOULDERS & ARMS

## STRENGTH WITHOUT COMPRESSION

- SEATED SHOULDER PRESS  
3 SETS X 8-10

- SEATED LATERAL RAISES  
3 SETS X 10

- ALTERNATING FRONT RAISES  
3 SETS X 10

- SEATED BICEP CURLS  
3 SETS X 12

- HAMMER CURLS  
3 SETS X 10

### CORE AND CLOSE

- SEATED POSTURE HOLD  
30 SECONDS X 3
- NECK AND SHOULDER RELEASE





# DAY 5 - INTEGRATION AND REGULATION

**STRENGTH PLUS NERVOUS SYSTEM  
SUPPORT**

## WARM UP

- BREATHWORK
- GENTLE UPPER BODY MOBILITY

## CIRCUIT

**2-3 SLOW ROUNDS, REST AS  
NEEDED**

- BENCH SUPPORTED ROW X 10
  - CHEST PRESS X 10
  - REVERSE FLY X 10
  - SEATED CURLS X 12

## CLOSE

- SEATED BREATHING
- MUSIC OR QUIET REST

