



TRAUMA AWARE 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

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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**