

Upper Body Exercises

Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the “work” part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

You will need a firm chair and hand held weights or wrist weights for these exercises.

- Do each exercise _____ times.
- Do these exercises _____ times each week.

☐ Chest press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



☐ Chest pulls

Sit in a chair with your head up and your back straight.

1. Bring the weights to the center of your chest, about shoulder height.
2. Pull your elbows back, bringing the weights out to your shoulders.
3. Return to the start position and repeat.



Upper Extremity Pendulum Hep

Yan Bai



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Elements of Natural Philosophy E. S. Fischer, 1827 **Report of the ... Meeting of the British Association for the Advancement of Science** British Association for the Advancement of Science, 1842 **Report of the ... Meeting of the British Association for the Advancement of Science** British Association for the Advancement of Science. Meeting, 1842 *The Key to Better Golf* John Carl Hackbarth, 1929 Report ... Of The British Association For The Advancement Of Science , 1842 Report of the ... Meeting British Association for the Advancement of Science, 1842 The Forces of Nature Amédée Guillemin, 1873 **Report of the Annual Meeting** British Association for the Advancement of Science. Meeting, 1842 **Diagnosis and Management of Lameness in the Horse** Michael W. Ross, Sue J. Dyson, 2010-10-29

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