

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.



Ohio State University Home Exercise Program

**Rolando T. Lazaro, Sandra G. Reina-
Guerra, Myla Quiben**

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AAOS Essentials of Musculoskeletal Care AAOS,April Armstrong,Mark C. Hubbard,2018-06-26 Essentials of Musculoskeletal Care Enhanced Fifth Edition is a robust educational resource focused on how to evaluate and manage common musculoskeletal conditions This text is used for immediate point of care guidance in decision making and intervention and is a powerful educational product for many health professions dealing with the care of the musculoskeletal system The easy to understand content and crisp presentation appeal to health care professionals and students It is also a powerful tool to help educate patients regarding conditions and treatment *International Cancer Congress* ,1986-08-22

Fitness Through Aerobics and Step Training Karen S. Mazzeo,2002 FITNESS THROUGH AEROBICS AND STEP TRAINING has been thoroughly updated in this third edition Its easy to follow sequential learning order provides methods to achieve total fitness goals Students are able to easily understand the principles and techniques of aerobic dance exercise step training and fitness walking and will be able to structure a complete physical and mental training program that can work for a lifetime

Occupational Outlook Handbook ,2008 Describes 250 occupations which cover approximately 107 million jobs

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Ohio State University Bulletin ,1925 Implementing Health/fitness Programs Robert W. Patton,1986 This book provides the guidance to plan a health fitness facility get it built gear it up and keep it running whatever the setting

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