

# 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.

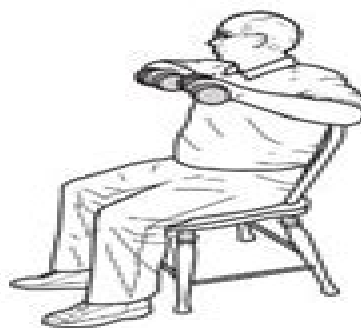
If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

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

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Subcommittee on the Departments of  
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**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 *Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2013* United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2012

**Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2014: Outside witness testimony** United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2013 *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 **Departments of Labor, Health and Human Services, Education, and related agencies**

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