

# 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

**Ian Pickup**



## **Ohio State University Home Exercise Program:**

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 *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**

**appropriations for 1985** United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 1984 **Umphred's Neurological Rehabilitation**

**- E-Book** Rolando T. Lazaro, Sandra G. Reina-Guerra, Myla Quiben, 2019-12-05 Selected for Doody's Core Titles 2024 in Physical Medicine and Rehabilitation Develop problem solving strategies for individualized effective neurologic care Under the new leadership of Rolando Lazaro Umphred's Neurological Rehabilitation 7th Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event This comprehensive reference reviews basic theory and addresses the best evidence for evaluation tools and interventions commonly used in today's clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic Now fully searchable with additional case studies through Student Consult this edition includes updated chapters and the latest advances in neuroscience Comprehensive reference

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**Journal of Health, Physical Education, Recreation** ,1943      **Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 1985: Health (except National Institutes of Health)** United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies,1984      The Public School Journal ,1899      **Research Quarterly for Exercise and Sport** ,1980      **Departments of Labor, Health and Human Services, Education, and related agencies appropriations for 1985** ,1984      *Who's who Among Human Services Professionals* ,1992      *Science* John Michels (Journalist),2005 A weekly record of scientific progress      *Focus* ,1989      **Peterson's Guide to Graduate Programs in the Biological and Agricultural Sciences** ,1991      Dissertation Abstracts International ,2009

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