

Upper Body Exercises



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

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

Ohio State University



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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 *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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This book delves into Ohio State University Home Exercise Program. Ohio State University Home Exercise Program is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Ohio State University Home Exercise Program, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Ohio State University Home Exercise Program
 - Chapter 2: Essential Elements of Ohio State University Home Exercise Program
 - Chapter 3: Ohio State University Home Exercise Program in Everyday Life
 - Chapter 4: Ohio State University Home Exercise Program in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Ohio State University Home Exercise Program. This chapter will explore what Ohio State University Home Exercise Program is, why Ohio State University Home Exercise Program is vital, and how to effectively learn about Ohio State University Home Exercise Program.
 3. In chapter 2, the author will delve into the foundational concepts of Ohio State University Home Exercise Program. The second chapter will elucidate the essential principles that need to be understood to grasp Ohio State University Home Exercise Program in its entirety.
 4. In chapter 3, the author will examine the practical applications of Ohio State University Home Exercise Program in daily life. This chapter will showcase real-world examples of how Ohio State University Home Exercise Program can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Ohio State University Home Exercise Program in specific contexts. This chapter will explore how Ohio State University Home Exercise Program is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Ohio State University Home Exercise Program. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Ohio State University Home Exercise Program.

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