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.

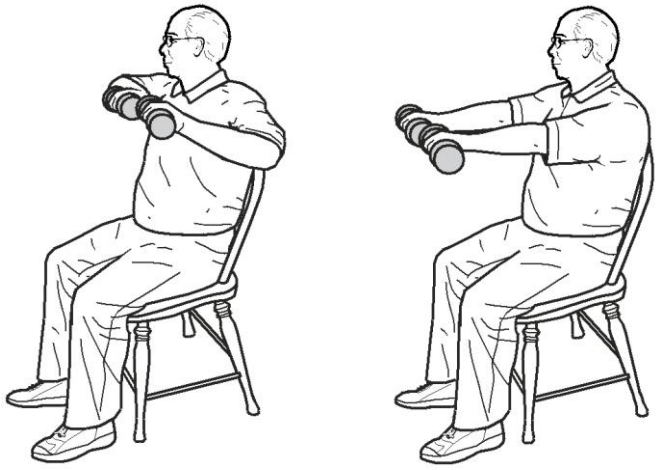
If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

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

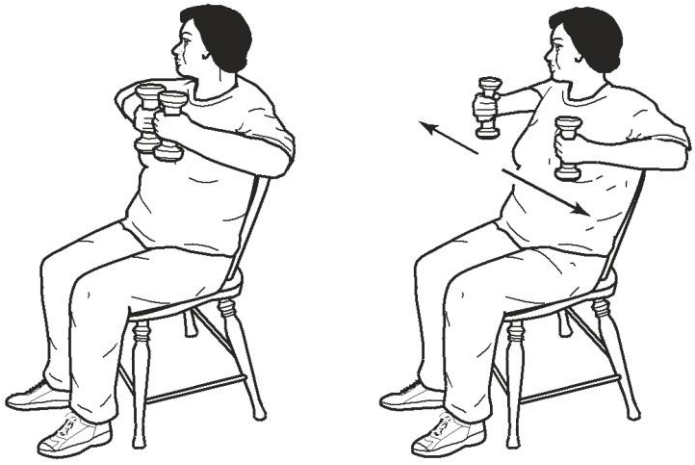
1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



Chest pulls

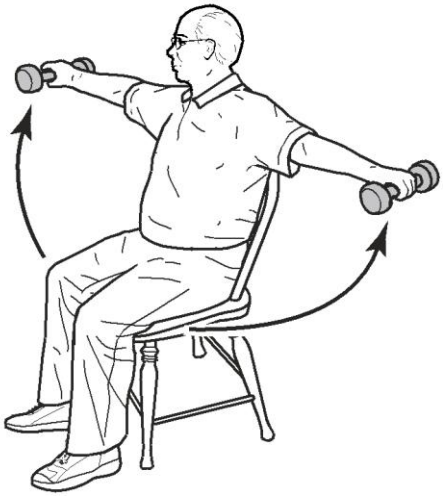
Sit in a chair with your head up and your back straight.

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.



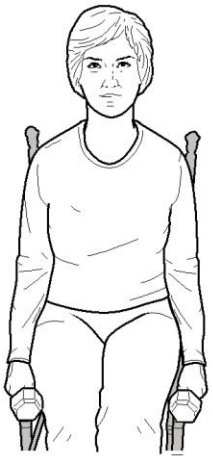
Butterfly wings (lateral raise)

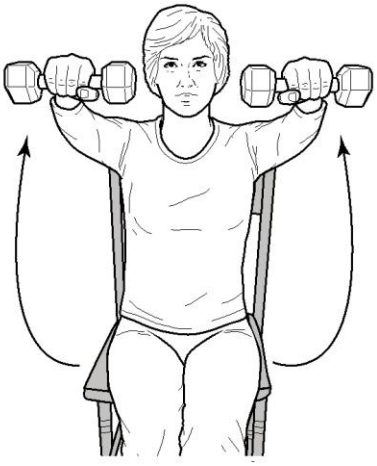
1. Sit in chair with your head up and your back straight.
2. Hold the weight at your sides with your arms straight.
3. Bring your arms straight up at your sides to shoulder height, like a butterfly spreading its wings.
4. Slowly lower your arms back down at your sides.



Front Raise

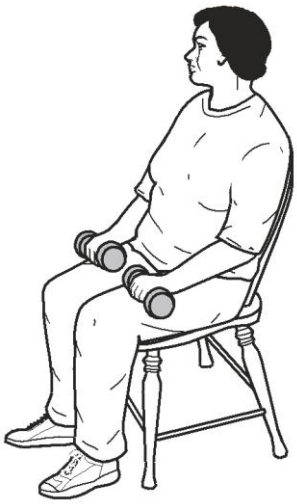
1. Sit in chair with your head up and your back straight. Hold the weight at your sides with your arms straight.
2. Bring your arms straight up in front of you to shoulder height.
3. Slowly lower your arms back down.





Upright row

1. Sit in the chair with your arms in front of you, the weights resting on your knees.
2. Lift the weights by pulling your elbows up and out at shoulder height.
3. Hold and then slowly lower your hands to your sides.

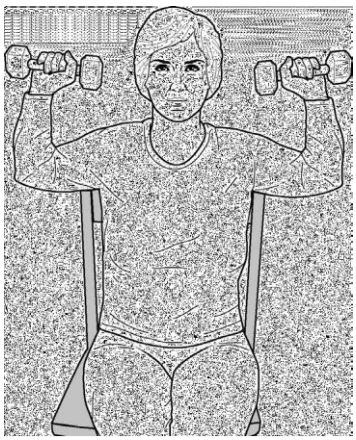


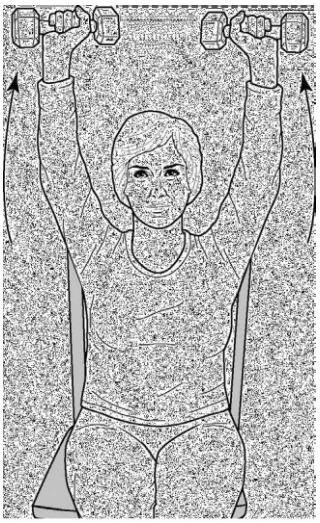
Bicep curls

1. Sit in the chair with your elbow tucked at your sides.
2. Bend your elbow up, bringing the weight up to your shoulder.
3. Slowly bend your elbow back down to your side.
4. Repeat with the other arm.

Overhead press

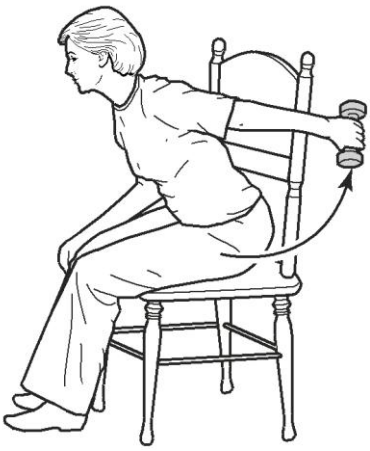
1. Raise your elbows to shoulder height out to your sides.
2. Raise your arms over your head.
3. Hold and then slowly lower your arms to shoulder height.





Triceps extension

1. Sit leaning forward.
2. Bend your elbow to bring it up toward your back.
3. Straighten your arm out behind you.
4. Hold and then slowly bend your elbow back to the starting position.
5. Repeat with the other arm.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu.**

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