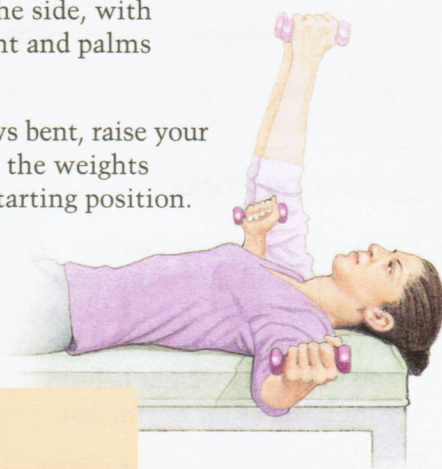


UPPER BODY Exercises

These exercises stretch and strengthen your upper body. Before starting an exercise, read through all the instructions. During the exercise, breathe normally and use smooth movements. Stop if you feel any pain. If pain persists, call your healthcare provider.

❑ Chest Fly

- 1 Lie face up on a flat bench or on the floor with knees bent. Hold a ____ pound weight in each hand. Extend your arms out to the side, with elbows slightly bent and palms facing up.
- 2 Keeping your elbows bent, raise your arms upward until the weights touch. Return to starting position.
- 3 Repeat ____ times.
Do ____ sets ____ times a day.

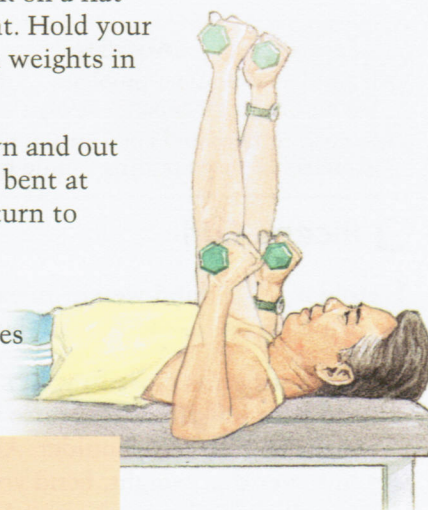


CAUTION

- Work slowly, using controlled movements.
- Keep your knees bent.

❑ Chest Press

- 1 Hold a ____ pound weight in each hand. Lie on your back on a flat bench with knees bent. Hold your arms straight up with weights in line with your chest.
- 2 Lower your arms down and out until your elbows are bent at a 90-degree angle. Return to starting position.
- 3 Repeat ____ times.
Do ____ sets ____ times a day.

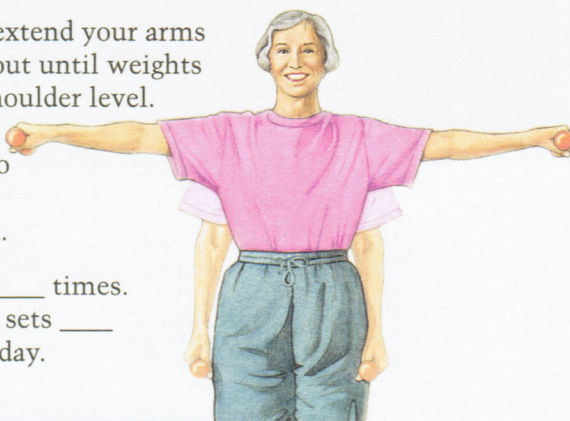


CAUTION

- Don't arch your back.
- Keep your knees bent.

❑ Standing Side Raise

- 1 Stand straight, holding a ____ pound weight in each hand, arms at sides, feet shoulder-width apart.
- 2 Slowly extend your arms up and out until weights are at shoulder level. Slowly return to starting position.
- 3 Repeat ____ times.
Do ____ sets ____ times a day.

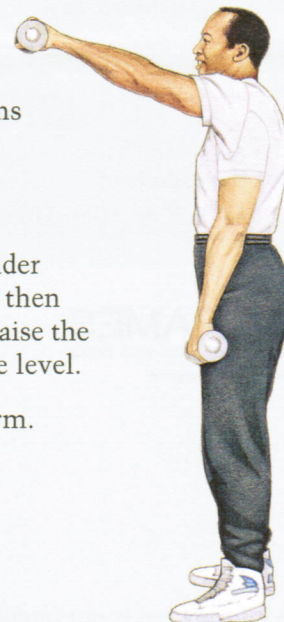


CAUTION

- Don't swing the weights. Use slow, controlled movements.
- Don't raise weights above shoulder level.

❑ Standing Front Raise

- 1 Stand with your legs shoulder-width apart. Hold a ____ pound weight in each hand, with palms facing your body. Extend your arms straight down so the weights touch your thighs.
- 2 Raise one arm upward to shoulder or eye level. Hold for a second, then lower your arm. As you lower, raise the opposite arm to shoulder or eye level.
- 3 Repeat ____ times with each arm.
Do ____ sets ____ times a day.



CAUTION

- Don't swing the weights.
- Use slow, controlled movements.

☐ Shoulder Press

- 1 Hold a ____ pound weight in each hand, elbows at shoulder level, palms facing forward.
- 2 Raise one arm up until it's almost straight. Hold for a second. Lower the weight, extending the other arm up.
- 3 Repeat ____ times with each arm. Do ____ sets ____ times a day.

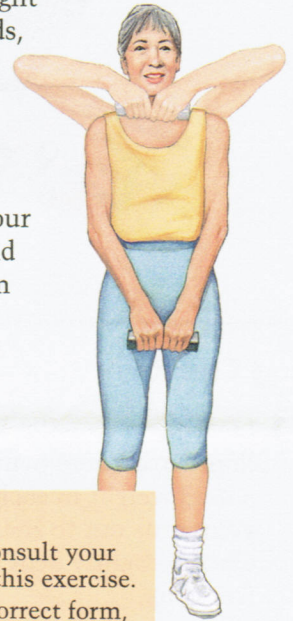


CAUTION

- If you have shoulder problems, consult your healthcare provider before doing this exercise.
- Keep your head and body still during the exercise. Only your arms should move.

☐ Upright Row

- 1 Stand with your feet shoulder-width apart. Grasp a ____ pound weight in front of you with both hands, palms facing down, and elbows straight.
- 2 Keep the weight close to your body. Raise the weight along the midline of your body to your collarbone. Your elbows should extend out to the sides. Return to the starting position.
- 3 Repeat ____ times. Do ____ sets ____ times a day.

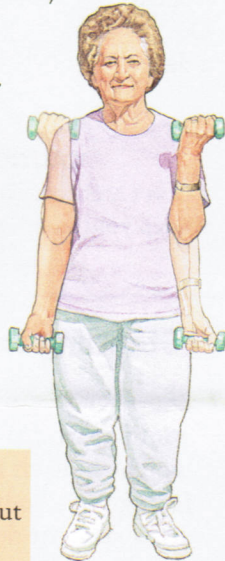


CAUTION

- If you have shoulder problems, consult your healthcare provider before doing this exercise.
- If you have a hard time keeping correct form, use a lighter weight.

☐ Biceps Curl

- 1 Hold a ____ pound weight in each hand, with your palms facing your body.
- 2 Tuck your arms close to your sides. Bend your left elbow and raise the weight to your left shoulder. As you lower that weight, bend your right elbow and raise the weight to your right shoulder. Continue to alternate arms.
- 3 Repeat ____ times. Do ____ sets ____ times a day.

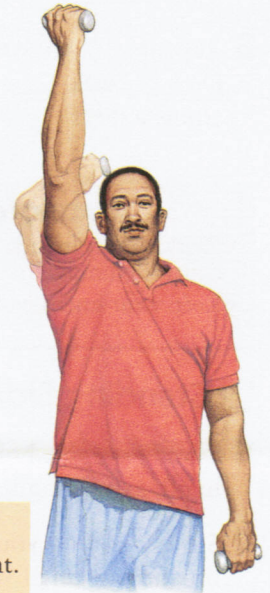


CAUTION

- Keep arms close to your body throughout the exercise.
- Keep your wrists straight.

☐ Triceps Press

- 1 Grasp a ____ pound weight in each hand. Raise one arm overhead. Hold that arm close to your ear. Bend your elbow and lower the weight behind your head, as far as you can.
- 2 Slowly straighten your elbow, extending your arm upward. Return to starting position.
- 3 Repeat ____ times with each arm. Do ____ sets ____ times a day.



CAUTION

- Keep your head still and neck straight.
- Keep your arm close to your ear.
- Don't arch your back.