

CHEST STRENGTHENING EXERCISES

LYING WIDE PRESS

YOU SHOULD FEEL THIS EXERCISE IN YOUR WIDE CHEST

- Lie on your back and do a pelvic tilt
- Start with your hands up toward the ceiling with a dumbbell in each hand and palms facing your feet
- Bring arms out to the side almost to the floor
- Squeeze your wide chest and round and un-round your back as your arms raise in a little
- Exhale as you round your back and squeeze your wide chest
- Find a range of motion rounding and un-rounding where you can feel your upper chest stay the tightest

2 - 3 POUND DUMBBELLS – 2 SETS – 10 REPETITIONS



LYING CLOSE PRESS

YOU SHOULD FEEL THIS EXERCISE IN YOUR WIDE MIDDLE CHEST

- Lie on your back and do a pelvic tilt
- Raise your hands toward the ceiling with a dumbbell in each hand and palms facing forward
- Bring elbows out to the side and squeeze your upper chest and round and un-round your back as you roll your arms in a little
- Exhale as you round your back and squeeze your upper wide chest
- Find a range of motion rounding and un-rounding where you can feel your upper chest stay the tightest

2 - 3 POUND DUMBBELLS – 2 SETS – 10 REPETITIONS



Consult your physician before beginning this or any wellness program
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STANDING CHEST STRETCHING

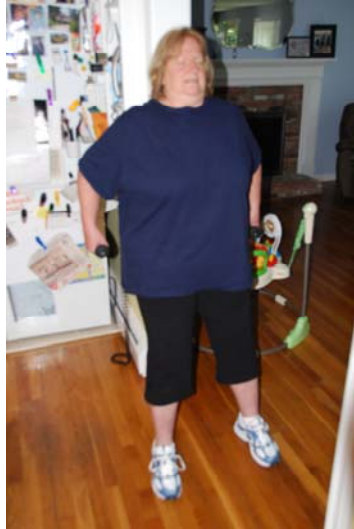


SHOULDER STRENGTHENING EXERCISES

STANDING BACK SHOULDER LIFT

- Stand with feet wide and knees soft with arms elbows raised up toward ceiling
- Raise elbows straight up toward ceiling as high as you can – then drop shoulders and lift elbows higher – 10 times
- Drop arms down ¼ inch- then raise up ¼ inch in line with chest again

2 POUND DUMBBELLS - 2 SETS - 10 REPETITIONS



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STANDING LATERAL RAISE

FEEL THIS EXERCISE ON TOP OF SHOULDERS AND DOWN ARM

- Lean up against door jamb with back, shoulders and head against it
- Stand with your feet wide and knees soft
- Now raise your arms straight out to side in line with middle chest- with arms mostly straight at your elbows
- Drop arms down below chest 1 inch- then raise up 1 inch in line with chest again

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BACK STRENGTHENING EXERCISES

SEATED REVERSE FLY WITH PALMS FACING FLOOR

SHOULD FEEL BACK OF YOUR SHOULDER

- Sit on front edge of chair with feet wide and bow heavily at your waist forward
- Bring arms straight out to the side like you are flying
- Raise almost straight arms up with palms facing the floor and squeeze your wide back shoulder and find a range of motion where you can feel your back of shoulder stay the tightest through a whole range

2 POUND DUMBBELLS – 2 SETS -10 REPETITIONS



SEATED REVERSE FLY WITH PALMS FACING BACK

SHOULD FEEL BACK OF YOUR SHOULDER

- Sit on front edge of chair with feet wide and bow heavily at your waist forward
- Bring arms straight out to the side like you are flying
- Raise almost straight arms up with palms facing behind you and squeeze your wide back shoulder and find a range of motion where you can feel your back of shoulder stay the tightest through a whole range

2 POUND DUMBBELLS – 2 SETS -10 REPETITIONS



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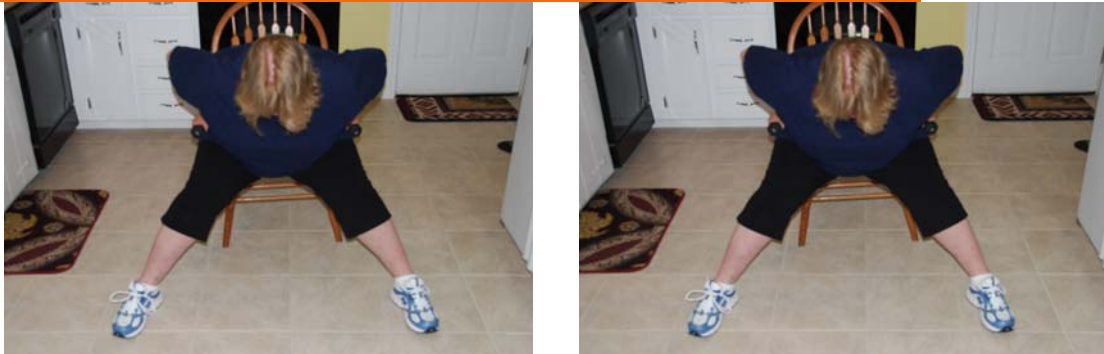
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SEATED ELBOW PINCH

SHOULD FEEL MIDDLE OF YOUR SHOULDER BLADES

- Sit on front edge of chair with feet wide and bow heavily at your waist forward
- Bring elbows in against your sides and lift them up toward ceiling
- Now squeeze your middle back (in between shoulder blades) and find a range of motion where you can feel in between your shoulder blades stay the tightest through a whole range

2 POUND DUMBBELLS – 2 SETS -10 REPETITIONS



UPPER BACK STRETCHING **STANDING UPPER BACK STRETCH**



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BICEP STRENGTHENING EXERCISES

STANDING DUMBBELL CURL WITH PALMS FACING UP

SHOULD FEEL INSIDE UPPER ARM (BICEP)

- Stand with perfect posture
- Grasp dumbbells with palms facing up
- Now curl your hands up to your chest and as you curl up- pinch your elbows against your sides and then lower your hands to your waist- now find a range where you can keep your biceps tight moving up and down

5 POUND DUMBBELLS – 10 REPETITIONS – 2 SETS



STANDING BICEP STRETCH



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BACK STRENGTHENING EXERCISES

PRACTICE PERFECT POSTURE

SHOULD FEEL ON ENTIRE BACK

- Stand with entire upper body (from waist to head) against door jamb
- Do a hard pelvic tilt
- Hold for 30 seconds



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ABDOMINAL STRENGTHENING EXERCISES **UPPER BODY CRUNCH TO MIDDLE**

Should feel tightness in upper abdominals

- Lie on back with your hands behind the back of your neck (support your neck in your hands)
- Lift upper body up off floor high enough where you can feel tightness in upper abdominals
- From where you feel the tightness, then raise and lower a little from there
- Squeeze your abdominals as you raise
- 5 reps to middle



LOWER BODY CURL

You should feel tightness in your lower abdominals

- Lie on back on mat with arms down by your sides
- Flatten your lower back and pull in abdominals (PELVIC TILT)
- Bring your right knee in toward your chest - then your left knee - then cross your feet
- Now roll your hips in toward your chest as far as you can - then hold until you can feel the lower abdominals tighten
- Now roll hips in toward your chest 5 times harder



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UPPER AND LOWER BODY SQUEEZE TO MIDDLE

Should feel tightness in upper and lower abdominals

- Lie on back and flatten your lower back and hold your abdominals in tightly
- Interlock fingers behind the back of your neck
- Bring elbows to middle
- Lift head and shoulders as high to the ceiling as you can
- Bring knees in and cross feet
- Tip your head back and lift your upper body up off floor high enough where you can feel tightness in upper abdominals and roll hips in as far as you can toward your chest
- From where you feel the tightness, then raise and lower a little from there
- Squeeze your abdominals as you raise
- 5 repetitions to the middle



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