

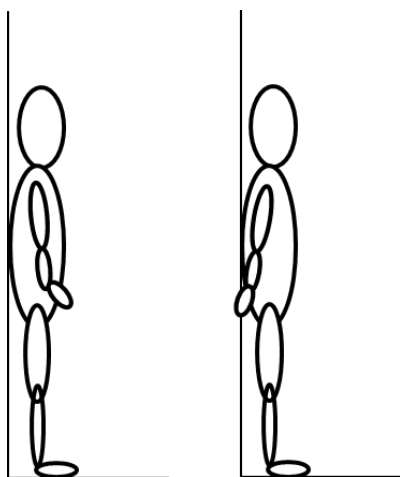
UPPER BODY STRENGTHENING ACTIVITY

Wall Press

Starting Position: Begin standing with back against a wall.

Action: Press shoulder blades, arms and hands against the wall. Do not lift shoulders to ears.

Duration: Do 10 repetitions, relax and repeat 2-3 times.



UPPER BODY STRENGTHENING ACTIVITY

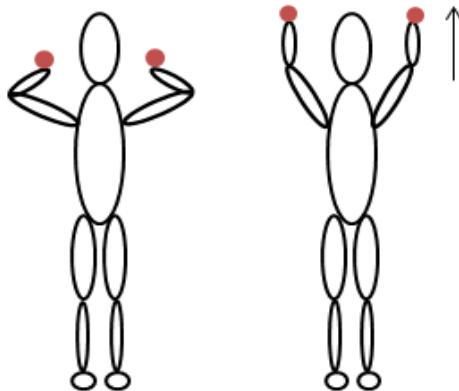
Overhead Press

Starting Position: Begin by standing with weights* in hands about shoulder height. Bend elbows and bring hands up to about shoulder height.

Action: Slowly press the weights overhead and then lower to shoulder height. As you press remember not to bring your shoulders to your ears.

Duration: Do 10 repetitions, relax and repeat 2-3 times.

* Begin with 1-2 pound weights and slowly increase weight by 1-2 pounds if do not feel too tired or that the weights are too heavy.



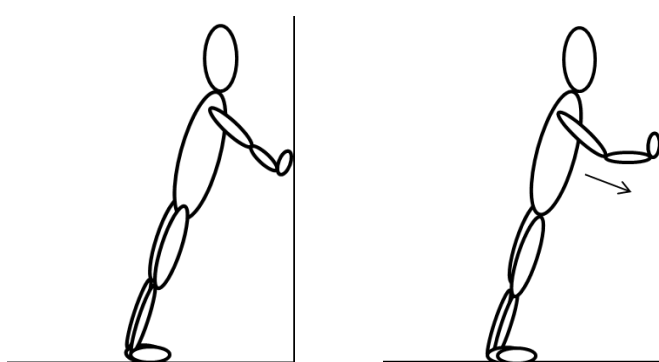
UPPER BODY STRENGTHENING ACTIVITY

Push-Ups on the Wall

Starting Position: Stand facing wall, place hands flat on wall at shoulder level and arms straight. Legs are behind the body on balls of feet.

Action: Lean into wall by bending arms, keeping legs in place. Keep abdominals tight and do not arch back. Keep a straight line with body.

Repetition: Do 10 repetitions, relax and repeat 2-3 times.



* If need additional challenge, complete same push-up motion on the floor.



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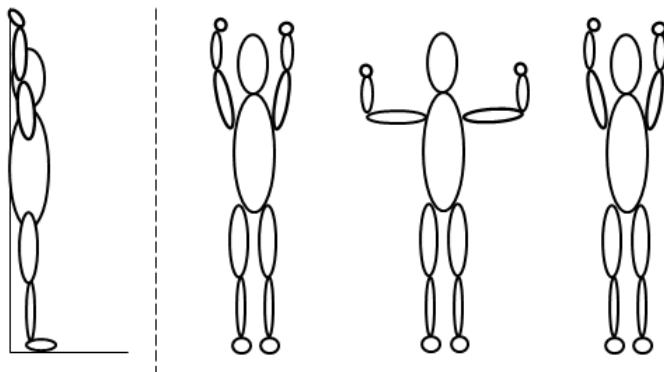
UPPER BODY STRENGTHENING ACTIVITY

Standing Wall Pull-Downs

Starting Position: Begin by standing with head, shoulders, upper back, bottom, legs and heels against wall. Keep abdominals tight and do not arch back.

Action: Raise arms overhead and place hands and arms against wall with palms facing forward. Draw your elbows down to just below shoulder level while keeping arms and hands against the wall. Raise arms back up overhead while continuing to keep arms and hands in contact with wall. As you move arms down and back up, work on pinching the shoulder blades together.

Repetition: Do 10 repetitions, relax and repeat 2-3 times.



UPPER BODY-CORE STRENGTHENING ACTIVITY

Push-Up Holds

Starting Position: Lie flat on stomach.

Action: Raise body to a push-up STARTING position with arms slightly bent, and wrists under shoulders, pushing up on the balls of your feet. Keep abdominal muscles tight by pulling belly button to your spine.

NOTE: If you cannot do this exercise on your toes, then do it on your knees to start.

Duration: Hold position for 30 seconds or as long as you can, relax and repeat 2-3 times.



CORE STRENGTHENING ACTIVITY

Partial Sit-up

Starting Position: Lie on your back on the floor, with your hips and knees bent so your feet on the floor. Keep head on the floor, and place arms straight out in front of you.

Action: Lift your head. Then slowly lift your body with your hands pointing toward the left knee until your shoulder blades leave the floor. Then slowly lower all the way back down, including your head. Repeat the same procedure, but lift with your hands pointing toward the right knee.

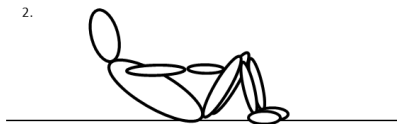
NOTE: Keep breathing while you do this exercise. Blow OUT as you lift up your body, and breathe IN as you lower your body.

Repetitions: Do 10 slow sit-ups, alternating side to side, rest, then repeat 2-3 times.

1.



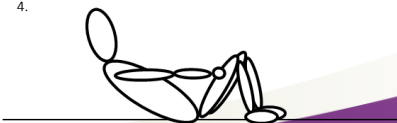
2.



3.



4.



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