

UPPER BODY EXERCISES

- Use dumbbells
- 10 -15 reps each exercise
- Stop any exercise if painful

Chest	Bench Press – lay on back, press up. Butterflies – lay on back, arms out to sides, bring up above chest.
Shoulders	Military Press – sitting, press overhead using light weights.
Back & Shoulders	Bent-Over Rowing – left knee and left hand on bench. Pull up with right arm, then switch sides.
Arms	Bicep Curls – sitting arms to sides then bend both arms at once or one at a time. Triceps Extensions – sitting, with one dumbbell held in both hands. Lower dumbbell behind head, then extend elbows. Or, same position as bent-over rowing, arm bent 90° at side, then extend arm.
Abdominals	Crunches – Knees bent, arms crossed on chest, 10 reps. Knees to left, 10 reps. Knees to right, 10 reps.