Upper Body Strength Exercises

Arm Raise
Strengthens shoulder muscles. Sit in a chair, with your back straight. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold hand weights straight down at your sides, with your palms facing inward. Take 3 seconds to lift your arms straight out, sideways, until they are parallel to the ground. Hold the position for 1 second. Take 3 seconds to lower your arms so that they are straight down by your sides again. Pause. Repeat 8 to 15 times. Rest; do another set of 8 to 15 repetitions.

Summary:
1. Sit in chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Arms straight down at sides, palms inward.
4. Raise both arms to side, shoulder height.
5. Hold position.
6. Slowly lower arms to sides.

Chair Stand
Sit toward the middle or front of a chair with back and shoulders straight, knees bent, and feet flat on the floor. You will begin by leaning just slightly forward, but don’t lean over. Keep your back straight as you come up. You should notice that your weight will be in the middle of your feet, not at your heels. As you bend slightly forward to stand up, keep your back and shoulders straight. Take about 2-3 seconds to stand up, using your hands as little as possible. Take at least 3 seconds to sit back down. Your goal is to do this exercise without using your hands as you become stronger. If you are weak, you may only be able to complete 3 or 5 chair stands in the beginning. That’s OK. Rest for two minutes, and repeat the same number of chair stands if you can. The goal is to be able to do 8 to 15 chair-stands without a rest. It may take several weeks before you can do this. Whatever you can do, stop, Rest for about 2 minutes and then repeat.

Summary:
1. Sit in middle or toward front of chair, knees bent, feet flat on floor.
2. Sit upright, with your back and shoulders straight.
3. Lean slightly forward, your body weight moves to the middle of your foot.
4. Slowly stand up, using hands as little as possible.
5. Slowly sit back down.
6. Keep back and shoulders straight throughout exercise.
**Biceps Curl**

Strengthens upper-arm muscles. Sit in an armless chair, with your back supported by the back of the chair. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold hand weights, with your arms straight down at your side, palms facing in toward your body. Take 3 seconds to lift your left hand weight toward your chest by bending your elbow. As you lift, turn your left hand so that your palm is facing your shoulder. Hold the position for 1 second. Take 3 seconds to lower your hand to the starting position. Pause, then repeat with right arm. Take turns with each arm until you have repeated the exercise 8 to 15 times on each side. Rest, then do another set of 8 to 15 times on each side.

**Summary:**
1. Sit in armless chair, with your back supported by back of chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Hold hand weights at sides, arms straight, palms in.
4. Slowly bend one elbow, lifting weight toward chest. (Turn your palm to face your shoulder while lifting weight.)
5. Hold for 1 second.
6. Slowly lower arm to starting position.
7. Repeat with other arm.

**Triceps Extension**

*(If your shoulders aren't flexible enough to do this exercise, see the "Dip" exercise, on next page.)*

Strengthens muscles in back of upper arm. Sit in a chair, toward the front. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold a weight in your left hand, and raise your left arm all the way up, so that it's pointing toward the ceiling, palm facing in. Support your left arm by holding it just below the elbow with your right hand. Slowly bend your left arm so that the weight in your left hand now rests behind your left shoulder. Take 3 seconds to straighten your left arm so that it's pointing toward the ceiling again. Hold the position for 1 second. Take 3 seconds to lower the weight back to your shoulder by bending your elbow. Keep supporting your left arm with your right hand throughout the exercise. Pause, then repeat until you have done the exercise 8 to 15 times with your left arm. Then put your left elbow up and support it with your right hand. Do the bending and straightening 8 to 15 times with your right arm. Rest; then do another set of 8 to 15 on each side.

**Summary:**
1. Sit in chair, near front edge.
2. Feet flat on floor at shoulder width.
3. Raise one arm straight toward ceiling.
4. Support this arm, below elbow, with other hand.
5. Bend raised arm at elbow, bringing hand weight toward same shoulder.
6. Slowly re-straighten arm toward ceiling.
8. Slowly bend arm toward shoulder again.
Alternative "Dip" Exercise For Back of Upper Arm

Sit in a chair with armrests. Lean slightly forward, keeping your back and shoulders straight. Hold onto the arms of the chair. Your hands should be level with the trunk of your body, or slightly farther forward. Place your feet slightly under the chair, with your heels off the ground and the weight of your feet and legs resting on your toes and the balls of your feet. Slowly lift yourself up, using your arms, as high as you can. This pushing motion will strengthen your arm muscles even if you aren't yet able to lift yourself up off of the chair. Don't use your legs or feet for assistance, or use them as little as possible. Slowly lower yourself back down. Repeat 8 to 15 times. Rest; repeat another 8 to 15 times.

Summary:
1. Sit in chair with armrests.
2. Lean slightly forward, back and shoulders straight.
4. Tuck feet slightly under chair, weight on toes.
5. Slowly push body off of chair using arms, not legs.
6. Slowly lower down to starting position.

Shoulder Flexion

Strengthens shoulder muscles. Sit in a chair, with your back straight. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold hand weights straight down at your sides, with your palms facing inward. Take 3 seconds to lift your arms in front of you, keeping them straight and turning them so that your palms are facing upward, until your arms are parallel to the ground. Hold this for 1 second. Take 3 seconds to lower your arms so that they are straight down by your sides again. Pause. Repeat 8 to 15 times. Rest; do another set of 8 to 15 repetitions.

Summary:
1. Sit in chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Arms straight down at sides, palms inward.
4. Raise both arms in front of you (keep them straight and turn them so palms face upward) to shoulder height.
5. Hold position.
6. Slowly lower arms to sides.