

Upper Body Exercises



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the “work” part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

You will need a firm chair and hand held weights or wrist weights for these exercises.

- Do each exercise _____ times.
- Do these exercises _____ times each week.

☐ Chest press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



☐ Chest pulls

Sit in a chair with your head up and your back straight.

1. Bring the weights to the center of your chest, about shoulder height.
2. Pull your elbows back, bringing the weights out to your shoulders.
3. Return to the start position and repeat.



Upper Extremity Pendulum Hep

Terry C. Jones



Upper Extremity Pendulum Hep:

Whispering the Strategies of Language: An Psychological Journey through **Upper Extremity Pendulum Hep**

In a digitally-driven earth where screens reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and mental nuances hidden within words frequently go unheard. Yet, set within the pages of **Upper Extremity Pendulum Hep** a captivating literary value blinking with raw feelings, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the psychological depths of the touching evaluation, we shall embark upon a honest exploration of the book is core themes, dissect their interesting publishing type, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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