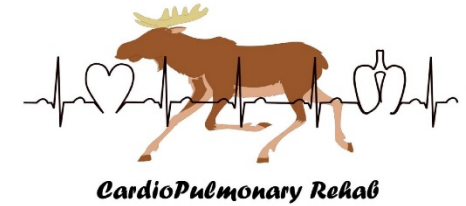


Upper Body Home Routine



Warm Up (use a wall or back of chair as needed for balance)

Step Forward, center, Step Back

X 10 on each leg







Step side, center, step other side x 10



As you get use to the movement and try it with your favorite kind of music!
Once it becomes easy and you have your balance, start incorporating some arm movement
Make it a little dance if you want ☺

Exercise Rules:

- ❖ Do the exercises ONLY if pain free. Note which exercises are painful and specific movement the pain occurs.
- ❖ ALWAYS start with a good base of support (Both feet flat on floor, shoulder width apart; standing tall with good posture.)
- ❖ Keep trunk STILL with each exercise.

<p style="text-align: center;">Biceps Curl</p> 	<p>Have palms forward with elbows straight while holding weights; Bend elbows, then straighten</p> <p>(may also be done sitting)</p> <p><i>Sense the front arm muscles above elbows working</i></p>	<p style="text-align: center;">Overhead Press</p> 	<p>Hold weight at shoulder level.</p> <p>Keep eyes level on the horizon as you extend your arms overhead in a pain free range.</p> <p><i>Sense the top and front shoulder muscles working</i></p>
<p style="text-align: center;">Modified Lateral Raise</p> 	<p>With elbows bent at 90 degrees, lift elbows to “3 o’clock” and “9 o’clock” position, then slowly lower</p> <p><i>Sense the shoulder muscles working</i></p>	<p style="text-align: center;">Weighted Punches</p> 	<p>Start without weight for first week.</p> <p><u>Sternal Precautions:</u> stand squarely on feet, weight balanced.</p> <p>Hold weights at chest level. With smooth motion, extend arm horizontally in front of you at a slight diagonal out to the side.</p> <p><i>Sense the shoulders and arms working</i></p>

For each exercise complete 10 repetitions, rest for 30-60 seconds, and repeat up to 3 times.

Exercise Rules:

- ❖ Do the exercises ONLY if pain free. Note which exercises are painful and specific movement the pain occurs.

- ❖ ALWAYS start with a good base of support (Both feet flat on floor, shoulder width apart; standing tall with good posture.)
- ❖ Keep trunk STILL with each exercise.

For this exercise, choose 1 of the above to complete!

Single Arm Bent Row



To support your back and properly position yourself:
 With the arm + leg on the same side, kneel + hold onto a chair. Bend at the hip so you lift weight vertically.
 Alternative position: Place foot on step or chair and lean arm on the same side on thigh. Position trunk squarely over legs in mini-squat pose. Lift and lower weight while retracting shoulder blades.

Sense the muscles between shoulder blades and muscles on the back of the arms working

OR

Double Arm Bent Row



Stand in a mini squat pose.
 Lift and lower weight while retracting shoulder blades

NOTE: Use lighter weights than used with 1 arm rows or bicep curls

Sense the muscles between shoulder blades and muscles on the back of the arms working




If you have sternal precautions please complete the Single Arm Bent Row.

For each exercise complete 10 repetitions, rest for 30-60 seconds, and repeat up to 3 times.

Exercise Rules:

- ❖ Do the exercises ONLY if pain free. Note which exercises are painful and specific movement the pain occurs.

- ❖ **ALWAYS** start with a good base of support. Both feet flat on the floor, shoulder width apart, and standing tall with good posture.
- ❖ Keep trunk STILL with each exercise.

<p>Wall Plank</p>	<p>Place forearms on wall as shown. Allow shoulder blades to lower down your back (arms will move down wall). Place feet away from wall where you can maintain a straight line from your ears to ankles.</p> <p>Hold for 5 to 20 sec. Focus on drawing your navel up and in toward spine while breathing. 3 to 5 reps.</p> <p><i>Sense the front thigh muscles working</i></p>	<p>Wall Push Up</p> 	<p>Place forearms on wall as shown. Allow shoulder blades to lower down your back (arms will move down wall). Place feet away from wall where ten repetitions of this exercise is a challenge.</p> <p>Slowly bend and straighten elbows.</p> <p><i>Alternate position for wrist comfort: hands at the edge of a counter or window sill.</i></p>
<p>Mountain Climbers</p> 	<p>Place hands on wall slightly above shoulder height. With trunk still and navel pulled in toward spine, slowly bring one knee up no higher than pictured. <u>Slowly</u> lower.</p> <p>Perform ten repetitions on one leg or alternate legs, assuring that trunk does not move during exercise.</p>	<p>Chair Dips</p> 	<p>Holding on to edge of chair, scoot buttocks over edge of chair.</p> <p>Bend elbows slightly to lower trunk a few inches below chair level</p> <p>Straighten arms to return to standing position</p> <p><i>Sense the muscles of the back of your arms working</i></p>

For each exercise complete 10 repetitions, rest for 30-60 seconds, and repeat up to 3 times.