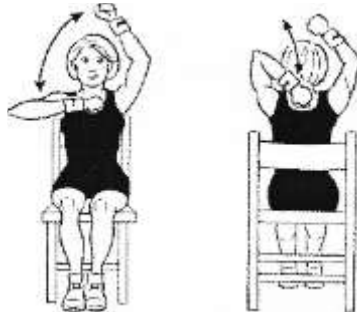




Upper Arm Muscles

- Sit erect in a chair with your arms at your sides. Wrap weights around your wrists, or hold dumbbells.
- Bend one arm at the elbow to lift the weight toward your shoulder.
- Don't move your upper arm or shoulder during the lift.
- Slowly lower your arm to the starting position.
- Repeat with the other arm. Alternate arms with each lift.
- When you can perform eight lifts in good form at a high intensity, increase the weight.



Back Upper Arm

- Sit erect in a chair with your arms at your sides.
- Bring your hands to the front of your chest elbows pointing out.
- Straighten one arm so that the weights are directly over your head.
- Lower your arm to the starting position.
- Repeat with your other arm. Alternate arms with each lift.
- Alternatively:
 - Sit erect in a chair with your arms at your sides and weights wrapped around your wrist, or use dumbbells.
 - Raise your arms straight over your head - then bend your elbow so that your wrist is resting behind your neck.
 - Raise your arm over your head again.
 - Repeat with your other arm. Alternate arms with each lift.



Upper Arms and Shoulder

- Sit erect in a chair with your arms hanging at your sides and weights around your wrists.
- Raise both arms straight out to the side, and try to touch your hands over your head.
- Lower your arms to the starting position and repeat.

Upper Body Exercises