

## UPPER BODY EXERCISES

### 1. PRESS UPS

- If you can't do 10 full press-ups then do as many as you can then move onto doing them with your knees on the ground. Try to build up to doing them all as full press-ups.
- Place your hands just a wee bit further than shoulder width apart
- Keep your head up so that it isn't craned to the sky, but also isn't hanging to the ground
- Feet should be as close together as possible
- Remember to lower yourself ALL THE WAY TO THE GROUND!

### 2. CHAIR DIPS

- Start with arms on chair/bench and legs out straight in front
- Lower as far as you can keeping your shoulders away from your ears
- Straighten and repeat

### 3. BICEP CURL

- Stand with legs in split stance
- Shoulders down and back
- Good posture
- Stomach braced (need to pee!)
- Do normal bicep curl, but now continue by raising elbow to point to the sky
- Lower and repeat. Make sure you change your stance

### 4. RUNNERS ARMS

- Sit on ground with legs straight out in front
- Hold weights (can baked beans) in hands
- Elbows bent to 90°
- Keep core locked as move arms back and forth
- Wrist should come up to chin height
- Elbow should extend out back as far as can go
- Arms should move by your sides and not cross at the front
- Do for 10s intervals with brief pause in between

### 5. ARM RAISES

- Stand with arms by your side
- Core locked
- Keeping arms straight raise arms above your head
- Lower slowly
- If holding weights, make sure they touch at the top

### 6. PULL UPS

- Make sure your palms face AWAY from you
- Take a wide a grip as possible
- Raise yourself so your chin come up over the bar

- Keep your legs crossed under you (avoid swinging them)
- Lower as slowly as you can

## **7. ROTATOR CUFF**

- Stand with good posture
- Arms by your side now bend your elbows to 90° so that your forearms are parallel to each other (like a robot)
- Keeping your shoulders down and back (chin tucked in) move your arms away from each other (keep elbows bent) so that you are now flat with your forearms at 90° to your body at the side. (the rotation comes from the shoulder)
- Rotate them back to the front.
- Do this holding weights.