

Upper body exercises

Exercise made easy by

Equipment:

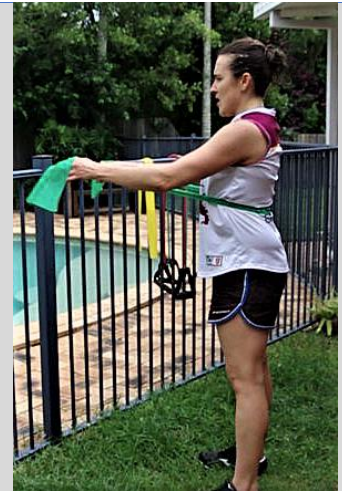
Exercise band and a stable anchor point
Appropriate clothes and non-slip shoes
2 square meters of clear space

Frequency

Aim for 10 repetitions
Rest for 1 minute
Repeat

Triceps press

1. Place the exercise band around your waist and hold one side in each hand, elbows at your side
2. Contract your abdomen muscles, keep your back straight
3. Slowly push forward
4. Straighten your arms by moving your hands forward
5. Pause when your arms are fully extended
6. Slowly return your elbows back to your sides



Bicep curl

1. Place one end of the exercise band under your feet
2. Hold the other end in your left hand, left arm by your side
3. Keep your elbow tucked in and slowly curl your left arm towards your left shoulder
4. Raise your hand until it reaches your shoulder
5. Pause for a count of 2
6. Slowly return hand to your side
7. Do 10 on your left side then 10 on your right



Side arm raise

1. Place one end of the exercise band under your feet
2. Hold the other end in your left hand, left arm by your side
3. Twist your left hand outwards so your left thumb points upwards
4. Slowly raise your arm straight out to the side
5. Raise your arm to shoulder height but no higher
6. Pause for a count of 2
7. Slowly return your left arm to your side
8. Do 10 on your left side then 10 on your right



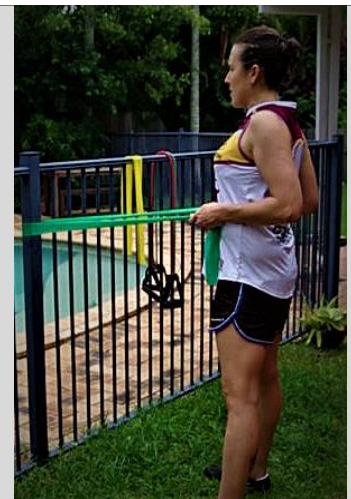
Front arm raise

1. Place one end of the exercise band under your feet
2. Hold the other end in your left hand, left arm by your side
3. Keep your arm straight and slowly raise your arm out in front of you
4. Raise your arm to shoulder height but no higher
5. Pause for a count of 2
6. Slowly return your arm to your side
7. Do 10 on your left side then 10 on your right




Standing row

1. Wrap your exercise band around a stable point
2. Contract your abdominal muscles and keep your back straight
3. Keep your arms tucked in by your sides
4. Draw your elbows backwards, squeeze your shoulder blades together
5. Pause for a count of 2
6. Slowly extend your arms



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<https://myactiveattitude.com.au>

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