Upper Body Strength

GUIDELINES FOR HOME EXERCISE

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Please consult with your fitness professional before performing these exercises.

Frequency
- 2-3 non-consecutive days per week
- 1-2 sets

Intensity
- Rated Perceived Exertion (RPE) 12-14 (somewhat hard)
- 10-15 repetitions
- Rest 60 seconds between each set

Key Aspects:
- Use slow, controlled movements
- Exhale on exertion
- Avoid straining
- Stop training if you have any joint pain during the movement
- Minimize rest between set exercises
- Burning sensation in muscles is normal

Type
- Dumbbells
- Floor or chair

Time
- Should not interfere with cardiovascular training

Progression
- Increase workload when you can complete 15 repetitions with each set.
Upper Body strength exercises – Chest and shoulders

Chest Fly
• Take your weights in each hand (optional).
• Raise your arms to chest level and bend your elbows.
• Make sure your palms are facing each other.
• Bring your elbows together.
• Exercise may be completed sitting or standing.
• Complete 10-15 repetitions.

Lateral raises
• Take your weights in each hand (optional).
• Hold your arms at your side.
• Raise your arms out to your side up to shoulder level.
• Keep your elbows bent throughout the movement.
• Bring your arms back to the starting position.
• Exercise may be completed sitting or standing.
• Complete 10-15 repetitions.

Front raises
• Take your weights in each hand (optional).
• Hold your arms at your side.
• Raise your arms out front to shoulder level.
• Keep a slight bend in your elbows.
• Bring your arms back to the starting position.
• Exercise may be completed sitting or standing.
• Complete 10-15 repetitions.
Upper Body strength exercises – Back

Dumbbell Row

- Take your weights in each hand (optional).
- Check your posture and set your shoulders.
- Let the weights come out just in front of you with your palms facing down.
- There should be a slight arch in your lower back but no leaning forward.
- Bring your arms back and squeeze your shoulder blades together.
- Exercise may be completed sitting or standing.
- Return to the starting position.
- Complete 10-15 repetitions.

Upper Body strength exercises – Biceps and Triceps

Bicep Curl

- Take your weights in each hand (optional).
- Keep your arms fixed at your sides.
- Flex your arm and bend at the elbow bringing the weight to just below shoulder level.
- Keep your shoulders back throughout the movement.
- Exercise may be completed sitting or standing.
- Return to the starting position.
- Complete 10-15 repetitions.

Tricep Extensions

- Take your weights in each hand (optional).
- Lean forward slightly and keep your elbows close to your body.
- Slowly extend your arms back until they are straight.
- Keep your back straight throughout the movement.
- Keep your shoulders down away from your ears.
- Exercise may be completed sitting or standing.
- Complete 10-15 repetitions.
Upper Body strength exercises – Abdominals

Transverse Abdominal Twists
- Stack both weights in your hands.
- Let the weights hang across your body at the level of your waist.
- Slowly raise the weights across your body to shoulder height. pretend that you are placing the weights on a shelf.
- Slowly lower the weights back down across your body to waist level.
- Complete 10-15 repetitions each side.

Abdominal Crunches – Floor/Chair
- Start on the mat.
- Lift your knees off the floor so your legs are at 90 degree angles.
- Place your hands behind your head.
- Push your chest and head up towards the ceiling pushing your lower back flat on the floor.
- Hold at the top of the movement for a second and squeeze hard.
- Return to the starting position and perform 10-15 repetitions.

Reference