

# ARM EXERCISES FOR SENIORS



## Shoulder Rolls

1. Stand straight with your arms by your sides.
2. Roll your shoulders forward, up and backwards. Make big circles. It's good to make bigger circles as you go.
3. Do 20 reps, then reverse direction.
4. Shake your hands or swing your arms at the end to "shake it all out."



## Shoulder Blade Squeezes

1. Stand up straight. You can do this either with your arms by your side or your elbows bent and held close to the body.
2. Draw the elbows back and squeeze your shoulder blades together. Imagine you're trying to make them touch.
3. Hold in the squeezed position for up to 5 seconds then return to the relaxed position
4. Do 1-2 sets of 10-20 reps.



## Shoulder Raise

1. Stand straight with both arms at your side and the dumbbell held in one hand. The palm should face forward.
2. Move the arm away from your body and raise it all the way over your head.
3. Exhale on the upward motion and inhale on the downward.
4. Do about 10 reps with each arm.



## Bent Row

1. Stand with your feet shoulder width apart, with a dumbbell in each hand.
2. Thrust your hips back and bend your knees.
3. Let your upper body fall forward. Ideally, your torso should be almost parallel to the floor, but go only as far as you comfortably can.
4. Squeeze your shoulder blades toward each other, bend your elbow and pull the weights up to your side.
5. Do 1-2 sets of about 10 reps.

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## Triceps Kickbacks

1. Lean over a table or chair. Bend from your hips, not your back. Grip the table or chairback with your “off” arm.
2. Hold the dumbbell in the working arm. The elbow is bent and the weight is close to the body.
3. Straighten your elbow as you push the weight behind you. Go as far as is comfortable.
4. Return to the starting position.
5. Do about 10 reps with each arm.



## Overhead Elbow Extension

1. Sit in a chair with your back against the chair back.
2. Hold a dumbbell in one hand just behind your shoulder. Your elbow is bent and your palm is facing the back of your head.
3. Straighten your arm toward the ceiling.
4. Hold for just a second and return to start.
5. Do up to 10 reps on each arm.



## Seated Biceps Curls

1. Sit up straight in an armless chair. Hold a dumbbell in each hand with the elbows straight and the arms hanging outside your leg.
2. Bending your elbows but keeping your wrists straight, curl the weights up to your chest.
3. Maintain a steady position. Don't let your torso move.
4. Return the weights to the original position.
5. Do 1-2 sets of 10-20 reps.

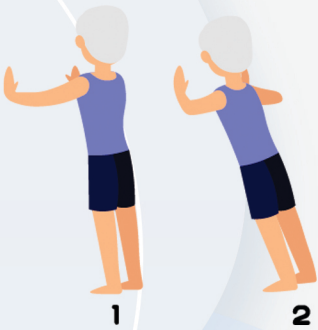


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## Seated Overhead Press

1. Sit with your feet shoulder width apart.
2. Hold a dumbbell in each hand, close to your shoulder, with the elbow bent.
3. Keeping your torso firm, raise your arms straight above your head and straighten the elbows.
4. Return to the starting position
5. Do 1-2 sets of about 10 reps.



## Wall Pushups

1. Stand arm's length from the wall with your feet just more than shoulder width apart.
2. Lay your palms on the wall with your arms straight.
3. Bend your elbows and let your upper body fall toward the wall until your chest is a couple inches away.
4. Push back to your upright position.
5. To get the biggest "bang for your buck," do these slowly, especially on the return trip.
6. Do 1-2 sets of 15-20 reps.



## Seated Isometric Exercises for Seniors

1. Hold your hands in front in "prayer position," palms together, at the level of your breastbone. Push them against each other. This can also be done with the hands in front of your face.
2. With your hands in front at chest level, push the fist of one into the open palm of the other. Alternate hands.
3. With your hands at chest level, one palm up and the other down, curl the fingers and pull four fingers of one hand against four fingers of the other.
4. Make fists with your hands at chest level, one on top of the other. Push down with one and up with the other. This can also be done with the fingers interlocked.
5. Hold your arms in front, both palms down, one palm on the other forearm. Try to raise the lower arm while holding it in place with the upper arm.
6. Grab the sides of your chair and pull up while pressing yourself into the seat.