



UPPER BODY EXERCISES FOR SENIORS

Walk swinging arms

1. Begin with your hands at your sides.
2. Your shoulders should be relaxed.

You will use your arms slightly differently, depending on the style of walking you are doing.

1. If you are walking with some purpose, but not power walking, then keep your elbows relatively straight and allow your arms to swing as you walk.
2. Concentrate on making the movement more deliberate than just swinging naturally.

The alternative is to use your arms actively as you walk. This is more like power walking.

1. Make sure that your arms are deliberately bent, almost at 90 degrees.
2. As you step, pump the opposite arm forwards, so that you are using your leg and your arm deliberately and strongly.



Shoulder rolls

1. Make sure that your back is straight and your head is evenly balanced, looking forwards.
2. Relax your shoulders.
3. Lift your shoulders and move them forwards, down, backwards and then to the starting position again.
4. Repeat the exercise by moving your shoulders backwards to begin with and completing the circle.



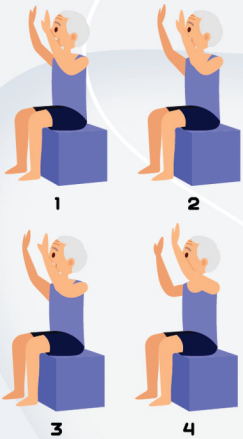
Side Shoulder Raise

1. Begin by standing/sitting up straight.
2. Relax your shoulders.
3. Have your arms comfortably at your sides.
4. Keep your arms straight and raise them to your sides.
5. Hold at the top of the movement, then lower them.
6. A side shoulder raise should be done slowly and steadily.





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Finger marching

1. Sit firmly on a chair.
2. Keep your back straight.
3. Hold your hands in front of you, as though resting on an invisible wall.
4. 'Walk' your fingers up and down the 'wall'.



Biceps curl

1. Either stand firmly, with your feet a little apart, or sit on the edge of a chair, with your feet firmly planted a little apart.
2. Sit or stand up straight.
3. Hold your arm straight down at your side.
4. Keep your arm against your side and bend your elbow, bringing your hand holding the weight towards your shoulder.
5. Return your arm to the starting position.

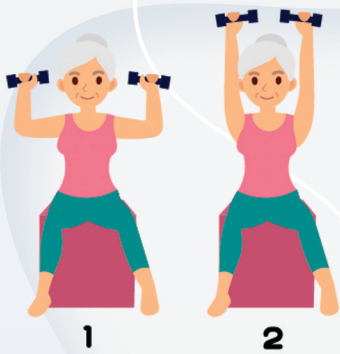


Overhead elbow extension

1. Stand or sit firmly.
2. Hold your arm up, so that your hand is behind your head. (The weight should be behind your head.)
3. Keep your lower arm straight up through the exercise. If you need to, you can use your opposite hand to support your working arm – by pushing gently against your lower arm.
4. Extend your arm, picking up your hand (holding the weight) upwards towards the ceiling.
5. Return to the starting position.

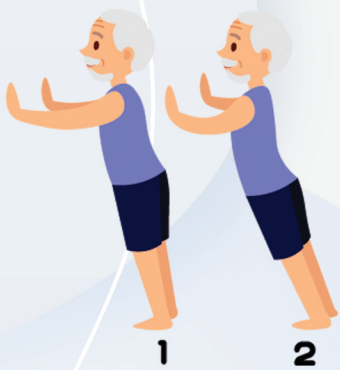


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Overhead press

1. Sit straight up in the chair. Your feet should be firmly on the ground, about shoulder-width apart.
2. Bend your arms, with your hands next to your shoulders.
3. Raise your arms, so they stretch up above you.
4. Keep them straight, next to your head.
5. Lower your arms to the starting position.



Wall push ups

1. Begin by standing about a pace away from the wall.
2. Stand firmly, because your base will be on your feet and legs.
3. Your feet should be about shoulder-width apart.
4. Extend your arms so that they are straight and place your hands on the wall.
5. Keep your arms parallel to the ground and your hands vertical against the wall.
6. Gently push against your hands and allow your body to move towards the wall.
7. Hold that position for a few seconds.
8. Push against your hands again to move your body back to the starting position.



Back arm chest stretch

1. Stand firmly on two feet, which are a little way apart.
2. Interlace your fingers behind you, keeping your arms as straight as possible.
3. Gently pull your arms away from your body and towards the ceiling.
4. Keep your arms straight.
5. Relax and repeat.



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Superman



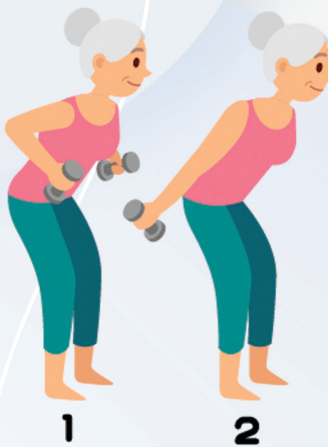
1. Lie on your stomach on a flat surface (mat or bed).
2. Stretch your arms above your head.
3. Lift up your upper body and legs at the same time.
4. Only lift as far as is comfortable. As your back gets stronger, you will be able to lift yourself higher.

Half superman



1. Extend one arm straight up above your head.
2. Lift up that arm and your upper body and the opposite leg.
3. Hold for a few seconds.
4. Lower both your arm and leg.

Triceps kickbacks



1. Stand firmly with your feet a little apart.
2. Bend your knees slightly.
3. Keep your lower body strong and pushed slightly back.
4. Lean slightly forward from your hips.
5. Keep your arms at your sides, with your elbows bent, so that your hands are next to your chest.
6. Keep your upper arms against your sides throughout the exercise.
7. Push your lower arms back until they are straight.
8. Hold that position for a few seconds and then return to the starting position.

Diagonal outward shoulder raise



1. Begin with your arm crossed right across your body, so that your hand is next to your hip on the opposite side.
2. Keep your arm straight and move it up diagonally to the right. Your hand should stretch up to the right at a 45 degree angle to the ground.
3. Keeping your arm straight, move it back to the starting position.
4. Repeat this action on the other side.