

## UPPER BODY EXERCISES for Conditioning and Strengthening

These are just a few exercises. The weight bars are so versatile, you can use them in any upper body exercise in your present strengthening regime. *The limit is your imagination!!!*

Grip the weight bar with hands shoulder-width apart.

### SHOULDER FORWARD PRESS (sitting or standing)

Hold bar with palms DOWN. Exhale as you slowly raise your arms to shoulder level. Maintaining this level, inhale as you bring the bar to your chest. Exhale as you push the bar away. Repeat for desired repetitions.



### OVERHEAD LIFTS (sitting, standing or lying down)

Hold bar with palms DOWN. Keeping elbows slightly bent, exhale as you raise the weight bar over your head. Inhale as you lower bar to starting position. Repeat for desired repetitions.



### FOREARM PRESS (sitting or standing)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows slightly bent, exhale as you raise the bar over your head. Inhale as you lower the bar behind your head resting on the neck, elbows pointing to ceiling. Exhale as you lift the bar overhead until elbows are nearly extend. Repeat for desired repetitions.



### FOREARM CURLS (sitting, standing or lying down)

Hold bar with palms facing UP. Starting with bar resting on thighs, elbows straight. Keep elbows close to your side for this exercise. Exhale as you "curl" bar as close to your chest as you can. Inhale as you lower your arms to starting position. Repeat for desired repetitions.



**WARNING: Consult with your doctor or therapist before starting any rehabilitation or exercise program. Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).**