

## Chair Exercises for Upper Body Strengthening

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### Arm Raise

1. Sit in chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Arms straight down at sides, palms inward.
4. Raise both arms to side, shoulder height.
5. Hold position. Slowly lower arms to sides.
6. Repeat 8 to 15 times. Rest; do another set of 8 to 15 repetitions.



### Alternative "Dip" Exercise for Triceps

1. Sit in chair with armrests.
2. Lean slightly forward, back and shoulders straight.
3. Grasp arms of chair.
4. Tuck feet slightly under chair, weight on toes.
5. Slowly push body off of chair using arms, not legs.
6. Repeat 8 to 15 times. Rest; do another set of 8 to 15 repetitions.



### Shoulder Flexion

1. Sit in chair. Feet flat on floor; keep feet even with shoulders.
2. Arms straight down at sides, palms inward.
3. Raise both arms in front of you (keep them straight and rotate so palms face upward) to shoulder height.
4. Hold position.
5. Slowly lower arms to sides.
6. Repeat 8 to 15 times. Rest; do another set of 8 to 15 repetitions.



### Biceps Curl

1. Sit in armless chair, with your back supported by back of chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Hold hand weights at sides, arms straight, palms in.
4. Slowly bend one elbow, lifting weight toward chest. (Rotate palm to face shoulder while lifting weight.)
5. Hold position. Slowly lower arm to starting position.
6. Repeat 8 to 15 times each arm. Rest; do another set of 8 to 15 repetitions.

