

# HOME WORKOUT

Always make sure to check with your physician before starting an exercise program.

## Upper Body Strength

**Try and set a goal of doing strength training at least 2x a week. Pick 2-3 different exercises each session to keep some variety instead of doing the same routine each time. Aim to complete 3 sets of 10-15 reps.**

### Push Ups

Start in a plank position with your hands just outside your shoulders. Slowly lower your body down keeping your elbows in and close to your side. Push back up keeping your core tight and back flat.

Some modifications include putting your knees down, or using a bench, table, or couch for more support.

If you need to modify to the wall, stand one arm's length away from the wall. Place your hands on the wall in line with shoulders. As you lean towards the wall, keep your body in a straight line and core tight.



If you have any questions about any of the workouts or exercises please contact [afast@brocku.ca](mailto:afast@brocku.ca) or [sradcliffe2@brocku.ca](mailto:sradcliffe2@brocku.ca)

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## Row

Using a chair, couch or something to kneel on, place your knee and arm on the chair for stability. With your opposite arm straight down at your side, pull your elbow straight up to 90 degrees. Try to keep your back flat and limit twisting to the side. If you don't have anything to use for weight, pull up slowly and hold for a 2 second count at the top.

In a chair, sit up tall or lean over slightly with arms extended, pulling elbows straight back, squeezing the shoulder blades together. Keep your elbows in close to your body.



## Lateral Raises

Start with your feet shoulder width apart and arms down at your sides before lifting your arms up to the side, going no higher than shoulder height. You can hold onto weights, bands or any household object you have for added resistance.

This exercise can also be done in a seated position, arms starting at your sides and lifting to shoulder height.



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## Chest Press

Starting with your feet shoulder width apart and hands at chest level on each side, press your arms out to full extension. When standing, make sure you are in a well-balanced position.

For seated chest press, start in the same position and press your arms out to full extension while sitting in your chair. Bands, weight, or household objects can be used for added resistance.



## Overhead Press

Start by standing tall, legs shoulder width apart and with weights on your shoulders, palms facing each other in a neutral position. Press the dumbbells straight up overhead keeping your arms in line with your ears and engaging your core. Focus on getting the full range of motion overhead.

When seated, sit up tall and engage your core before pressing overhead. If this motion is painful or you are unable to get full range of motion overhead, refrain from doing this movement and choose an alternate exercise.



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## Bicep Curl

Stand tall with your feet shoulder width apart, arms down to the side, palms facing out. Flexing at the elbow, bring your hands up towards your shoulders in a slow controlled motion. Make sure when returning to the starting position the arms are extended all the way down.

When seated, start with arms extended down at your side with palms facing forward. Flex your elbow up bringing your hand towards your shoulder and back down to starting position.



## Tricep Kickback

Using a chair, couch or something stable, place one arm down for stability on the chair while keeping your back in a flat position. Place your other arm with your elbow at 90 degrees, extending your hand back to full extension. Your upper arm does not change position, only the elbow extends during this movement.



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