

Upper Body Exercises



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the “work” part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

You will need a firm chair and hand held weights or wrist weights for these exercises.

- Do each exercise _____ times.
- Do these exercises _____ times each week.

☐ Chest press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



☐ Chest pulls

Sit in a chair with your head up and your back straight.

1. Bring the weights to the center of your chest, about shoulder height.
2. Pull your elbows back, bringing the weights out to your shoulders.
3. Return to the start position and repeat.



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Table of Contents Ohio State University Home Exercise Program

1. Understanding the eBook Ohio State University Home Exercise Program
 - The Rise of Digital Reading Ohio State University Home Exercise Program
 - Advantages of eBooks Over Traditional Books
2. Identifying Ohio State University Home Exercise Program
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ohio State University Home Exercise Program
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ohio State University Home Exercise Program

- Personalized Recommendations
- Ohio State University Home Exercise Program User Reviews and Ratings
- Ohio State University Home Exercise Program and Bestseller Lists
- 5. Accessing Ohio State University Home Exercise Program Free and Paid eBooks
 - Ohio State University Home Exercise Program Public Domain eBooks
 - Ohio State University Home Exercise Program eBook Subscription Services
 - Ohio State University Home Exercise Program Budget-Friendly Options
- 6. Navigating Ohio State University Home Exercise Program eBook Formats
 - ePub, PDF, MOBI, and More
 - Ohio State University Home Exercise Program Compatibility with Devices
 - Ohio State University Home Exercise Program Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ohio State University Home Exercise Program
 - Highlighting and Note-Taking Ohio State University Home Exercise Program
 - Interactive Elements Ohio State University Home Exercise Program
- 8. Staying Engaged with Ohio State University Home Exercise Program
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ohio State University Home Exercise Program
- 9. Balancing eBooks and Physical Books Ohio State University Home Exercise Program
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ohio State University Home Exercise Program
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ohio State University Home Exercise Program
 - Setting Reading Goals Ohio State University Home Exercise Program
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ohio State University Home Exercise Program

- Fact-Checking eBook Content of Ohio State University Home Exercise Program
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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



















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