

## HEALTH AND FITNESS INFORMATION

### ARM EXERCISES

#### Helpful hints

- Use a mirror to make sure your arms are at the proper level. Exercises above the shoulder use different muscles than moves below.
- Do this routine at the end of your regular workout when large upper body muscles are fatigued and smaller stabilizing groups of muscles have to do more work.
- This routine alternates straight arm and bent arm moves. Do each move 10 times, slowly and deliberately. Don't swing the weights.

#### Below shoulders

1. \* Straight arm lifts from side - Lift straight arms out from sides to shoulder height, palms down.
2. \* Bicep curl, thumbs up - Hold elbows at sides. Lift weights to shoulders, thumbs up.
3. \* Straight arm lift to front - Lift straight arms out in front to shoulder height, thumbs up.
4. \* Bicep curl, palms up - Hold elbows at sides. Lift weights to shoulders, palms up.
5. \* Straight arm "v" lifts - Lift straight arms out in a V position from your thighs to shoulder height, thumbs up.
6. \* Bicep curl, palms down - Hold elbows at sides. Lift weights to shoulders, palms down.
7. Straight arm lifts from side - Lift straight arms out from sides to shoulder height, thumbs down.
8. Bent arms with elbows at sides - Hold elbows at sides, 90 degrees. Bring palms together and then separate as far as possible. Bring them back together.
9. Upright row - With arms straight down in front of you and the weights touching end to end, bend your elbows and lift weights to chin, bringing your elbows above shoulder level.
10. \* Bent arm lift from side - Bend elbows at 90 degrees. Lift elbows from sides, to shoulder height. Make sure arm, elbow and hand are at same height. Return elbow to side.

## At shoulders

11. With raised arms - From last raised position, raise just the forearms straight up and then back to horizontal position at shoulder height.
12. With raised arms - With straight arms out to sides at shoulder level, palms facing forward, bend arms to ears.
13. With raised arms - With straight arms out to sides and shoulder level, palms facing down, bend forearms in to touch chest.
14. With raised arms - With straight arms out to sides, palms up, bend arms to ears.

## Above shoulders

15. \* Overhead pushup from ears - From last position, hold weights at ears, palms down and thumbs back. Lift weights straight overhead and return to ears.
16. \* With arms straight up - From last straight overhead position, lower straight arms out to sides and palms up, to shoulder level. Lift weights overhead as if clapping. Return to shoulder level.
17. Straight arm drop to front - From straight arms overhead, drop arms out in front with thumbs up, to shoulder height and lift back to overhead.
18. Straight arm drop to shoulders - Straight arms out to sides and palms forward, shoulder level. Lift weights overhead and return to shoulder level.
19. \*Drop weights behind head - Straight arms overhead and palms facing, drop weights behind the head, keeping bent arms close to your ears. Lift weights straight up overhead and repeat.
20. \* Press with twist - Lift hands to mouth, palms toward face. As you raise arms straight overhead, turn palms to away position at full extension. Lower arms, rotating palms back to face.

\* These are beginning moves. Start with 1 pound weights (such as soup cans) in each hand, and do the beginner moves each day for one week. The next week increase to 2 pounds, the next week 3, etc., up to no more than 5 pounds. Then add the remaining moves, one at a time.

**For comments, questions or suggestions . . . please email [Allen](#)**