

## Strengthening Exercises with Weights

### Upper Body Strengthening Exercises



#### **Shoulder Girdle Retraction (Trapezius/Upper Back)**

Sit up straight in a chair or stand with your feet hip-width apart, holding a weight in each hand

Squeeze your shoulder blades together

Hold for 3-5 seconds and then return to the starting position

Repeat 8-12 times.



#### **Shrug (Upper Trapezius/Upper Back)**

Stand (or sit in an armless chair) holding a hand-held weight in each hand at your sides

Elevate your shoulders as high as possible

Lower your shoulders back down to the starting position

Repeat 8 – 12 times



#### **Bicep Curl (Upper Arm Muscles)**

Stand (or sit in an armless chair) holding a weight in each hand, arms down along the side of your body

Flex your elbow to move your lower arm toward your shoulder

Squeeze the ball with your palm into your shoulder

Slowly return to the starting position

Repeat 8 – 12 times



#### **Tricep Kickback (Upper Arm Muscles)**

Stand, feet hip width apart, or sit up straight in a chair, feet flat on the floor

Grasp a weight in one hand

Place the hand close to your hip

Slowly extend your elbow to straighten your arm

Keep your elbow as close to your side as possible throughout the exercise

Repeat 8 – 12 times



### **Upright Row (Lateral Deltoid/Shoulder Muscles)**

Stand, feet hip width apart, or sit up straight in a chair, feet flat on the floor  
Grasp a weight in each hand and hold them in front of your body with your palms facing your legs  
Bend your elbows and lift the weights up towards your shoulders  
Return back to the starting position  
When the weights are raised, your wrists should be in front of or just below your shoulders and your elbows should be out to the sides  
Repeat 8 – 12 times

## Lower Body Strengthening Exercises



### **Sit to Stand (Leg muscles)**

Sit up tall in your chair, feet flat on floor hip width apart, back straight  
Hold the ball close to your body with both hands, elbows tucked into the body  
Hinging from the hips, slowly rise to a standing position  
Return to a seated position, keeping your head up.  
Repeat 8 – 10 times  
Progression: Small squats. Repeat the movement, but stop just short of sitting in the chair.