

Upper Body Exercises

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.



Occupational Therapy Exercise Handouts

AN Whitehead



Occupational Therapy Exercise Handouts:

The book delves into Occupational Therapy Exercise Handouts. Occupational Therapy Exercise Handouts is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Occupational Therapy Exercise Handouts, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Occupational Therapy Exercise Handouts
 - Chapter 2: Essential Elements of Occupational Therapy Exercise Handouts
 - Chapter 3: Occupational Therapy Exercise Handouts in Everyday Life
 - Chapter 4: Occupational Therapy Exercise Handouts in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Occupational Therapy Exercise Handouts. The first chapter will explore what Occupational Therapy Exercise Handouts is, why Occupational Therapy Exercise Handouts is vital, and how to effectively learn about Occupational Therapy Exercise Handouts.
 3. In chapter 2, the author will delve into the foundational concepts of Occupational Therapy Exercise Handouts. The second chapter will elucidate the essential principles that need to be understood to grasp Occupational Therapy Exercise Handouts in its entirety.
 4. In chapter 3, the author will examine the practical applications of Occupational Therapy Exercise Handouts in daily life. This chapter will showcase real-world examples of how Occupational Therapy Exercise Handouts can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Occupational Therapy Exercise Handouts in specific contexts. The fourth chapter will explore how Occupational Therapy Exercise Handouts is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Occupational Therapy Exercise Handouts. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Occupational Therapy Exercise Handouts.

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Occupational Therapy Exercise Handouts Introduction

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