

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

Raffaela Di Napoli



Occupational Therapy Exercise Handouts:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Occupational Therapy Exercise Handouts**

In a global inundated with displays and the cacophony of fast interaction, the profound power and emotional resonance of verbal artistry frequently fade into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, nestled within the musical pages of **Occupational Therapy Exercise Handouts**, a charming perform of fictional brilliance that impulses with organic emotions, lies an unforgettable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, that interesting opus courses visitors on an emotional odyssey, softly revealing the latent possible and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is key styles, dissect their interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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