

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

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Occupational Therapy Exercise Handouts:

Adopting the Tune of Appearance: An Psychological Symphony within **Occupational Therapy Exercise Handouts**

In a global used by monitors and the ceaseless chatter of instantaneous transmission, the melodic splendor and emotional symphony produced by the prepared word usually disappear into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. However, nestled within the pages of **Occupational Therapy Exercise Handouts** a marvelous literary value brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the moving examination, we shall examine the book is key harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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