

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

KJ Lindholm-Leary



Occupational Therapy Exercise Handouts:

Whispering the Techniques of Language: An Mental Journey through **Occupational Therapy Exercise Handouts**

In a digitally-driven world where monitors reign great and immediate connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases usually get unheard. Yet, set within the pages of **Occupational Therapy Exercise Handouts** a interesting literary value pulsing with raw feelings, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the very material of every word. Within the psychological depths of this emotional review, we can embark upon a genuine exploration of the book is key styles, dissect their interesting publishing model, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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