

Weight Exercises

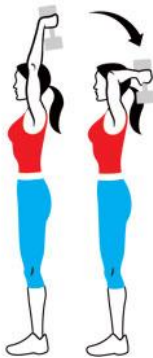
Some Tips:

- Start small! Use a 2-5 lbs weight until you get more comfortable. You can even use a water bottle as a weight!
- Build up! Complete the exercise 8 times (8 repetitions). Rest 1 minute. Then do it again! Total: 2 sets
- Slowly increase to 10 repetitions and 3 sets. Once you don't feel challenged, increase the weight gradually.



Bicep Curl

- can be done seated or standing
- hold weight in hand, slowly bend elbow and bring hand toward you
- return to start position



Triceps Extension

- hold 1 weight in both hands
- raise arms above your head, slowly bend elbows, bringing weight behind you
- return to start position

Or



Triceps Kickback

- align spine parallel to floor
- hold weight in hand, slowly extend elbow
- return to start position



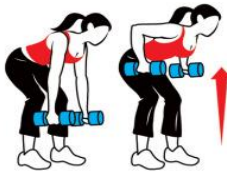
Shoulder Raise

- hold weight in each hand
- slowly raise hands to shoulder height (do not shrug shoulders)
- return to start position



Chest Fly

- lay down on floor (use a mat or towel to make it more comfortable)
- hold weights in each hand
- bring hands out to your sides, keeping elbows slightly bent
- return to start position



Bent Back Row

- can be done standing or with one knee on a bench for added support
- make sure to keep your back straight (do not round the back)
- focus on using your back to pull the weight, not the arms
- return to start position

