

Upper Body Exercises:

1. Triceps dips: a great exercise for your triceps, the muscles in the back of your upper arms. Make sure you keep your back very close to the front of the chair – don't go way out in front.

- Put your hands on the front of a chair. Move your body in front of the chair.
- Slowly bend your elbows and lower your upper body down towards the floor.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.



2. Pushups: The old-fashioned pushup is great for working the chest muscles as well as the arms and core.



- Get down on the hands and knees. Push the knees up so that you're resting on the hands and toes.
- Bend the elbows and lower into a pushup until your elbows are at about 90 degrees. Press back to start and repeat for 1 to 3 sets of 10 to 16 reps.

3. Lateral raises: A great exercise for shoulders.

- Stand and hold light-medium weights (or water bottles filled with sand, or anything a little heavy) at the sides.
- Keeping a slight bend in the elbow, lift the arms out to the sides, stopping at shoulder level. Lower back to start and repeat for 1-3 sets of 10-16 reps.



4. Biceps curls: a traditional exercise targeting the bicep muscles. If you don't have weights, you can use any heavy object around – water bottles filled with sand, book bags, cinder blocks... be creative!



- Stand and hold weights in front of the thighs.
- Squeeze the biceps and bend the arms, curling the weights up towards the shoulders. Keep the elbows stationary and only bring the weight as high as you can without moving the elbows.
- Slowly lower the weights, keeping a slight bend in the elbows at the bottom. Repeat for 1-3 sets of 8-15 reps.