

HEALTHY HINTS

Just for the HEALTH of it!™

Need a RAS + strength and mobility training? Check out the Movement for health class starts March 20th

WEEK Three-FITNESS: Upper Body Exercises

This week's upper body challenge allows you to pick and choose what you do to work out strengthen or stretch your upper body.

Don't know where to start? Below are some examples of upper body exercises.

If you're new to working out or strength training try alternating working different upper body muscle groups and spacing out strength training with a day of stretching or upper body mobility work.

Chest Exercises: Weights aren't need, you could use soup cans, resistance bands or any other weighted object. Modifications can be made to every exercise google them to find modifications!



Arms: Check out this arm video for more ideas:
<https://www.youtube.com/watch?v=Nj6kgsxaU>



Back: For full description of these move go to
<http://www.womenshealthmag.com/fitness/back-exercises>

MOVE 1
Bent-Over Row



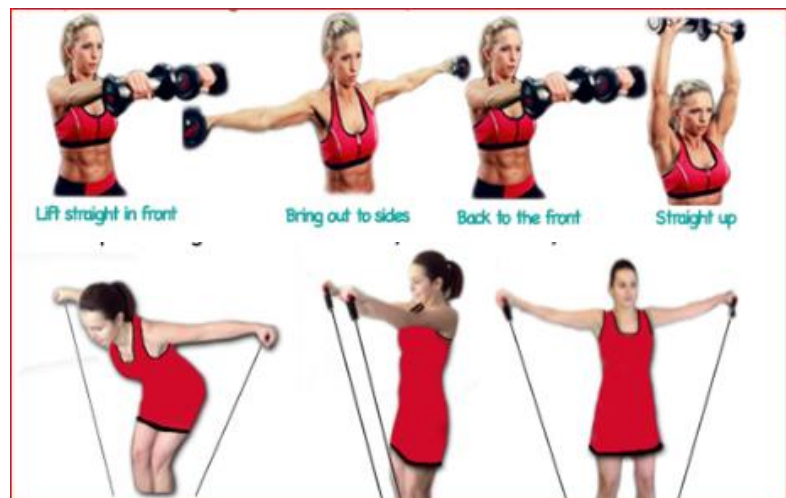
MOVE 2
Bent-Over Lat Pull



MOVE 3
T Extension



MOVE 4
Superman



Shoulders: Front raises, lateral raises and overhead raises. Check out this video for a 10 minute arm workout with instruction: <https://www.youtube.com/watch?v=mgZemTriAM8>