



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## UPPER BODY-Whatcom Family YMCA 6/2020

**SINGLE DUMBBELL CHEST PRESS**-Hold one dumbbell with each hand on one end. Start with the weight near your chest, shoulders relaxed. Press the weight out (ideally as you exhale) until your elbows are almost, but not quite, straight. Return, with control, to your chest for one rep.

### **DELTOID RAISES**

Front-With two hands on one weight, or a dumbbell in each hand, palms facing down and soft elbows, lift the weight(s) from hip to just below the shoulder in front. Lower slowly.

Lateral-Make L-shaped arms down at your sides with your forearms parallel to the floor and your thumbs up. Lift your L up to just below the shoulder joint. Lower slowly. This one is a little more shoulder friendly if you have a glitchy shoulder (or two).

**SEATED ROWS**-Lean forward from your hips, in your chair, and look out in front of your feet so your back is nice & straight. Extend your arms with a weight in each hand, palms in/thumbs up. Thinking about your upper middle back, draw your arms back. Return to start position slowly.

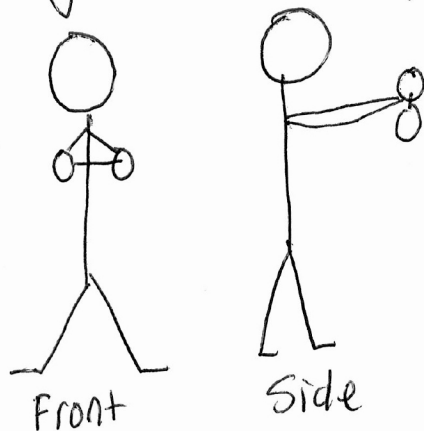
**UPRIGHT ROW**-Standing with your feet apart for stability, your arms hanging down with a dumbbell in each hand, palms facing the front of your legs. Lift elbows up and out to the side. Elbows come to shoulder height. Lower slowly. (Notice a common theme in the directions for lowering?)

**BICEPS CURLS**-Standing & sturdy, your arms are in the down position with weights in each hand and palms facing sides of legs. Your shoulder to elbow stays put while your lower arm lifts and rotates so in the upper position your palms are facing your torso. Reverse that rotation on the way back down (slowly, of course).

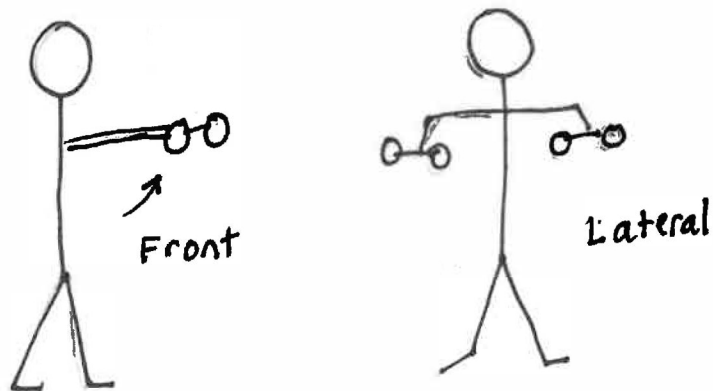
**TRICEPS KICKBACKS**-Seated just like you were for Seated Rows, have your bent arms, weight in each hand, slide back so they are near your waist. Everything holds still except for your lower arm which extends back, then returns to starting position. This is also nice to do one arm at a time.

# UPPER BODY

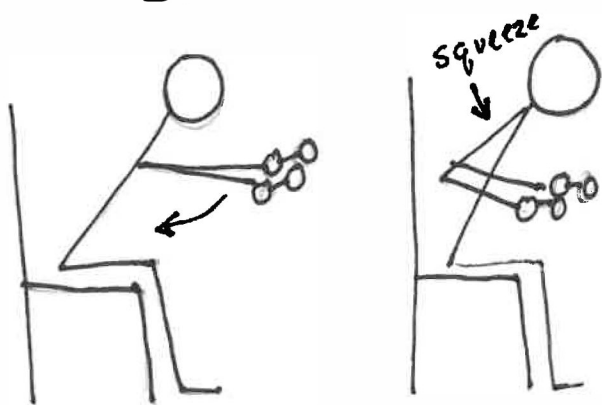
## Single Dumbbell Chest Press



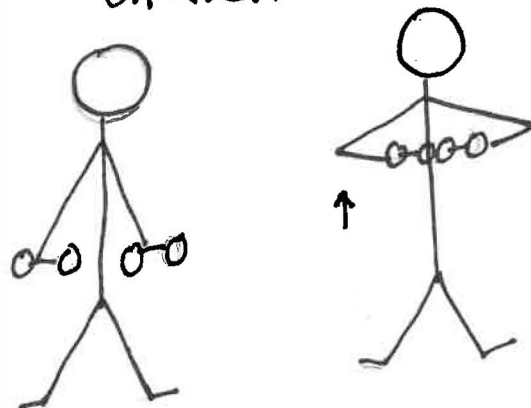
## DELTOID-RAISES



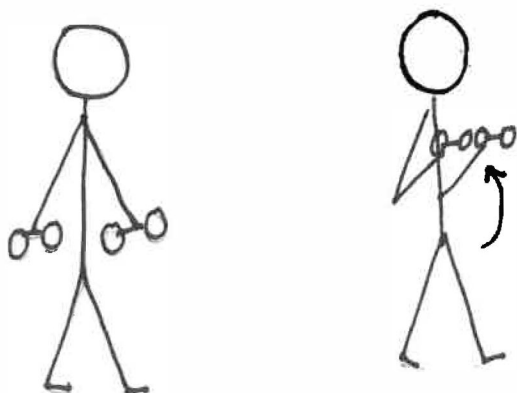
## SEATED ROWS



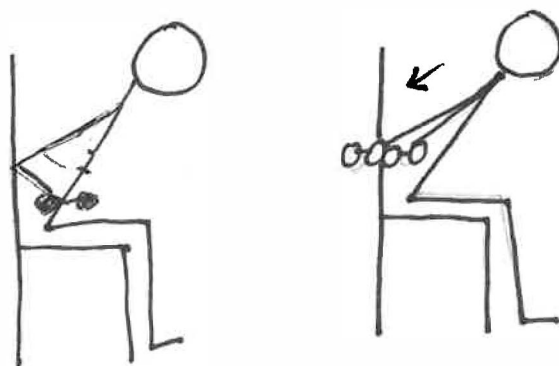
## UPRIGHT ROW



## BICEPS CURLS



## TRICEPS KICKBACKS





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## **LOWER BODY**-Whatcom Family YMCA 6/2020

**SQUATS**-with a dumbbell in each hand, place feet around shoulder or hip width apart with weight in your heels. Initiate the downward motion by hinging from your hips and sitting back over heels with your knees behind the toes of your shoes. You can do a small bend, or up to having your thighs parallel to the floor if your joints, muscle strength and balance allow it. Look at something head-height to help you keep your chest lifted.

**CHAIR STAND**-a nice alternative to squats. Sit toward the front edge of your chair with your feet out front so your knees are right over your ankles. Push into your heels as you stand, then lower yourself down with control. Try not to use your arms.

**LUNGE**-it is a good idea to have something sturdy to hold onto with one hand. Good lunges take strength and balance. Put one leg forward and one back. Bend the front leg with the knee over (not in front of) the toes. Just like squats, you can do a small bend or up to your front thigh being parallel to the floor depending on your joints, strength and balance. Repeat all reps on one leg, or alternate side to side. Pay attention to your form. Lunges go away quickly without concentration.

**HIP ABDUCTION**-moving your leg away from your midline. Holding on to something sturdy, lift a straight leg out to the side leading with the outside of your ankle, toe facing forward. Go nice & slow, with control. Increase challenge by not tapping your foot down or by adding a loop of resistance band above the ankle if your knees are good, or above the knee if not.

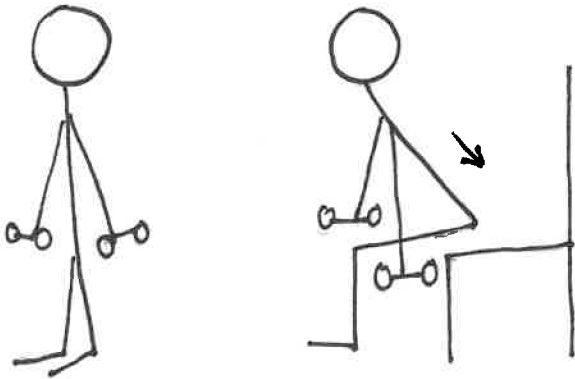
**HIP ADDUCTION**-moving your leg toward your midline. Put a small ball above your knees and squeeze. Most variety stores have a bin of balls or you can borrow one from us.

**CALF RAISES**-holding on to something sturdy, lift and lower your heels with your best range of motion and lots of control. To increase challenge, do it one leg at a time.

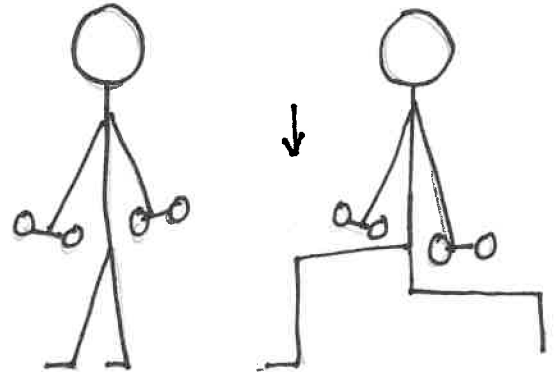
**TOE LIFTS**-Either leaning against a wall (so you don't cheat and use your hips & because lifting your toes pitches your weight back) or seated, lift your toes as high as you can and lower them with control.

# LOWER BODY

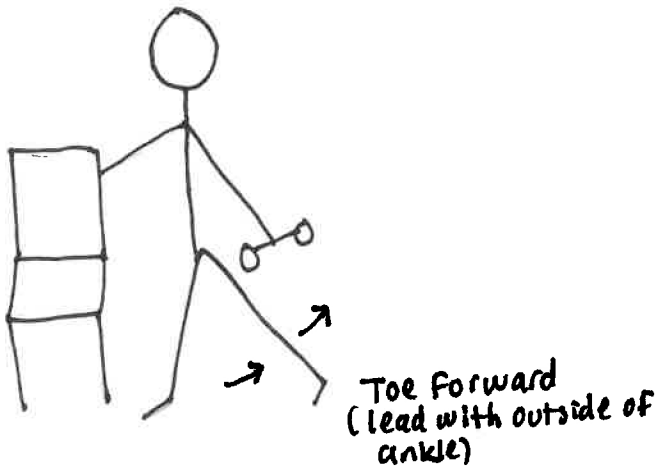
## SQUATS or CHAIR STANDS



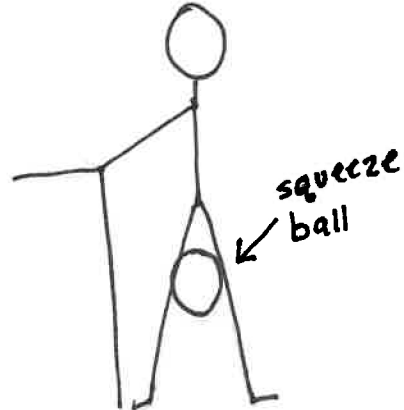
## LUNGE



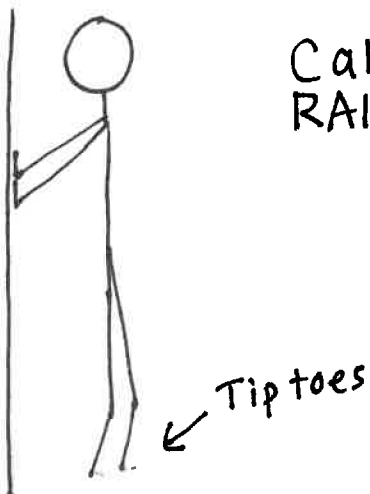
## HIP ABDUCTION



## HIP ADDUCTION



## CALF (HEEL) RAISES



## TOE LIFTS

