

# Best UPPER BODY Exercises

Ready to tone and increase your upper body strength? Do **3 sets of 10-15 reps** of each of these exercises, and you'll be well on your way!

1

**PUSHUPS** Start with hands shoulder width apart and up on you toes, keeping your back as straight as possible. Inhale, bend your elbows and lower chest to 90° at the elbow. Exhale, push up so your arms are straight, but *not locked*.



**Option:** Bend your leg and rest knees on mat for an easier alternative.

2

**CHEST PRESS** If using a machine, sit so feet are flat on floor, knees above ankles, back straight. Grip the handles near your chest, palms facing downward. Exhale and push the handles forward by straightening your elbows, without locking them. Inhale and slowly bend elbows to start position.



**Option:** If you do not have a machine, lie on a mat or Swiss ball, with knees bent and feet hip-width apart firmly pressed against the mat. Start with dumbbells at a 90° at your elbow, palms facing away from your body. Exhale and extend both arms up and in above your chest until dumbbells touch each other. Inhale and lower back to starting position.

3

**DUMBBELL BENT OVER ROW** Stand with feet hip-width apart, knees bent, and butt back. Hold dumbbells with palm facing in, keeping your back flat. Inhale, pull the dumbbell up as high as possible keeping your elbow back and feeling your shoulder blades squeeze together. Exhale, lower dumbbell back down to starting position.



**Option:** Stand in a lunge position (one leg forward, the other leg back), holding the dumbbell in the same hand as the leg that is behind. Complete the same exercise and switch leg position after each set.

Source: <http://www.sparkpeople.com/>



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## SHOULDER PRESS

Stand feet hip-width apart, holding a bar or dumbbell in your hand. Keep your knees slightly bent and core tight. Exhale, push weight overhead until arms are straight and in line with shoulders. Do not lock elbows completely. Inhale, lower arms and return to starting position.

**Option:** Complete exercise while seated on a chair or Swiss ball.

5

## LATERAL RAISE

Stand with feet hip-width apart, knees slightly bent and arms at side. Hold dumbbells, palms facing inward. Exhale and raise the dumbbells at your sides to shoulder level, keeping elbows slightly bent palms facing downward. Inhale, slowly lower arms back to starting position.

**Option:** Raise one arm at a time and alternate between reps as an easier option.



6

## BICEP CURLS

Stand with feet hip-width apart, knees slightly bent and core tight. Hold dumbbells with an underhand grip, palms facing upward. Exhale and curl dumbbells to your shoulders. Inhale and lower arms to starting position.

**Option:** Raise one arm at a time and alternate between reps as an easier option. Or, if you have access to a kettle ball, hold with both hands, palms facing each other.



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## TRICEP DIPS

Place feet on floor in front of you with knees bent. Lift hips and butt up. Position hands with fingertips facing your feet, and elbows straight (but not locked). Inhale, bend elbows at 90° and lower hips toward floor. Exhale and press up until elbows are straight but not locked.

**Option:** Instead of bending knees, extend legs for a more difficult alternative.



Source: <http://www.sparkpeople.com/>