

Upper Body Workout

Need: Chair and dumbbells

Diagonal Cross-Back: Feet hip width apart, hold weight in hand in front of opposite hip. Lift arm diagonally up and back. Pause and return to start. Switch sides and repeat.

Side-Lying External Rotation: Lie on side, elbow under shoulder. Weight in hand, keeping body centered, bend arm 90 degrees, elbow planted at waist. Rotate shoulder moving the weight so that your knuckles point to the ceiling. Return to start. Switch sides and repeat.

Dumbbell Flyes: Lie on floor, feet flat. Dumbbells in hand, palms facing each other, squeeze shoulder blades together and lower dumbbells toward floor keeping slight bend in elbow (visualize a big hug) until elbow reaches shoulder level. Return weight to top and repeat.

Triceps Press-Back: Lie facedown on floor. Extend arms back, palms down. Keep body stationary, elbows soft while raising arms several inches. Return to start.

Triceps Dips: Sit on chair, hands by hips, feet flat on floor. Ease bottom off chair and bend elbows to lower bottom towards floor keeping close to chair front. Stop before elbows reach shoulder level. Return to start.

Concentration Curl: Sit on chair, feet wide. Holding dumbbell with one hand place back of arm just above elbow against inside of your thigh. Bring weight toward chest. Return to start. Switch arms and repeat.

Dumbbell Hammer Curls: Sit on chair, feet together on floor. Hold dumbbell in each hand, palms facing each other. Lift weight by bending elbow. Return to start.

Side Reach: Stand with feet together, holding dumbbell ends in both hands over head. Slowly lean to one side, hold for one count. Straighten and lean to other side for one count.

Pretzel Curl: Lie faceup with knees bent, shins parallel to ground, arms at sides. Straighten left leg and bring right knee in as you curl shoulders up and reach forward to clasp hands palms out being right thigh. Pulse from there for 12 reps, never allowing hands to touch thigh.

Diagonal Cancan: Sit with legs together about a foot off ground, knees slightly bent. Palms on ground at sides for balance and holding feet up, tip knees to one side as you rotate shoulders to the other. Return to start. Switch sides.