

Standing with hand on chair for support, with dumbbells or resistance band

This exercise will strengthen the muscles at the back of your upper arm which you use to straighten your elbow and to push off when getting up.

Instructions

1. Standing upright, one foot in front of the other.
2. Bend the front knee and tilt the upper body forward from the hips.
3. Hold dumbbell in the hand on the side you are working your upper arms. Have your thumb resting on the hip with elbow bent to 90 degrees, pointing backwards.
4. Straighten your elbow behind you, keeping the elbow pointing backwards.
5. Bend your elbow to return to the starting position at your hip.



Tips to help you get the movement right:

- Keep spinal position neutral. This means avoid dropping the head and rounding excessively through the upper back.
- Draw the tummy inwards while keeping your breathing even.
- Exhaling (breathe out) on the extension (when straightening the arm).
- Inhale on the return journey back to the hip.

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