

Mid row

Seated, with or without resistance band

This exercise will help to strengthen the muscles between the shoulder blades. These muscles help to pull your shoulders back. This helps you to stand more upright by counteracting forward flexion of the spine and may improve posture.

However, as osteoporosis or arthritis in the spine are common, there may not be a change in your alignment. You can still strengthen the muscles in your back.

Instructions:

1. Sit tall on a chair away from the back rest.
2. Stabilise the shoulders by drawing shoulder blades back and down.
3. Draw/pull elbows back, squeeze through the mid back.
4. Start with no resistance to get the movement right, then add a resistance band, holding one end in each hand.



Tips to help you get the movement right:

Do not flex or extend the wrist.

Keep tummy muscles switched on and shoulders relaxed.

If using bands, make sure the band is secured around the arch of the shoe or around a solid pole.

Pay attention to your shoulders. Don't let them tense. Allow them to relax and draw away from the ears.

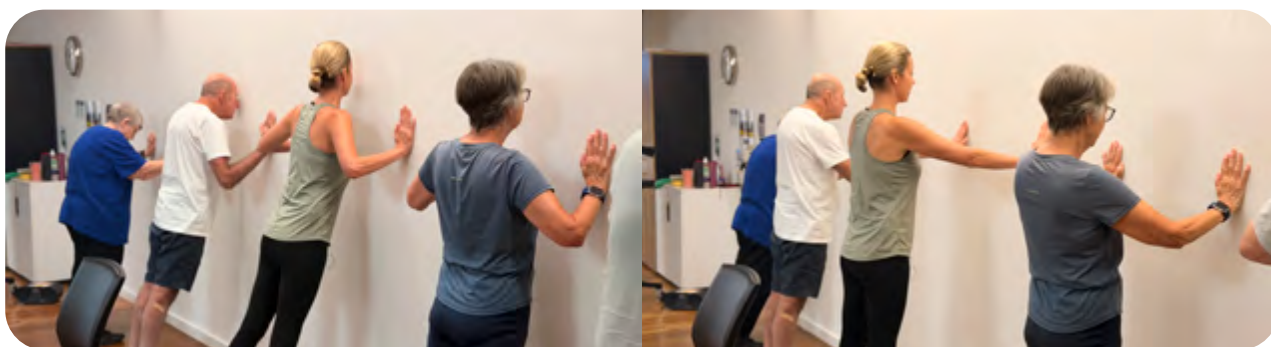
Wall or floor push up

Standing or on hands and knees on a mat

These exercises will help to strengthen the muscles across the front of your chest and shoulders.

Wall push up

1. Stand facing a wall, with feet shoulder-width apart and parallel. You should be just under an arm's length away from the wall.
2. Place palms flat on the wall, shoulder-width apart at chest height.
3. Lower your chest towards the wall by bending your elbows, keeping them wide.
4. Slowly straighten the elbows, moving your chest away from the wall.



Kneeling floor push up

1. Kneel on the floor on your hands and knees.
2. Have palms flat down, fingers pointing forwards.
3. Have hands placed directly under shoulders with near full extension of elbows.
4. Keep back straight, no arching.
5. Slowly bend your elbows, lowering your chest to the floor.
6. Slowly straighten your elbows to near full extension, returning to the kneeling position.

Important: Ensure hands are not further up/forward than shoulders.

Biceps curl

Seated or standing, with dumbbells

This exercise will strengthen the upper arm muscles which bend your elbow.

1. Sit up straight in the chair or stand upright with feet hip-width apart, knees slightly bent, and arms by your side.
2. Hold 1 weight in each hand, palms facing upwards.
3. Bend both your arms at the elbows, bringing dumbbells toward your shoulders. Keep your elbows in by your side.
4. Ensure your wrists remain in a neutral position.
5. Lower your weights to the starting position.



Tips to help you get the movement right:

Sit upright in the chair, do not lean forward.

Avoid swinging your elbows or using your shoulders to lift the weights.

Ensure palms remain facing upwards. Do not flex/extend the wrist.

Keep tall, with abdominals turned on, shoulders back and down.

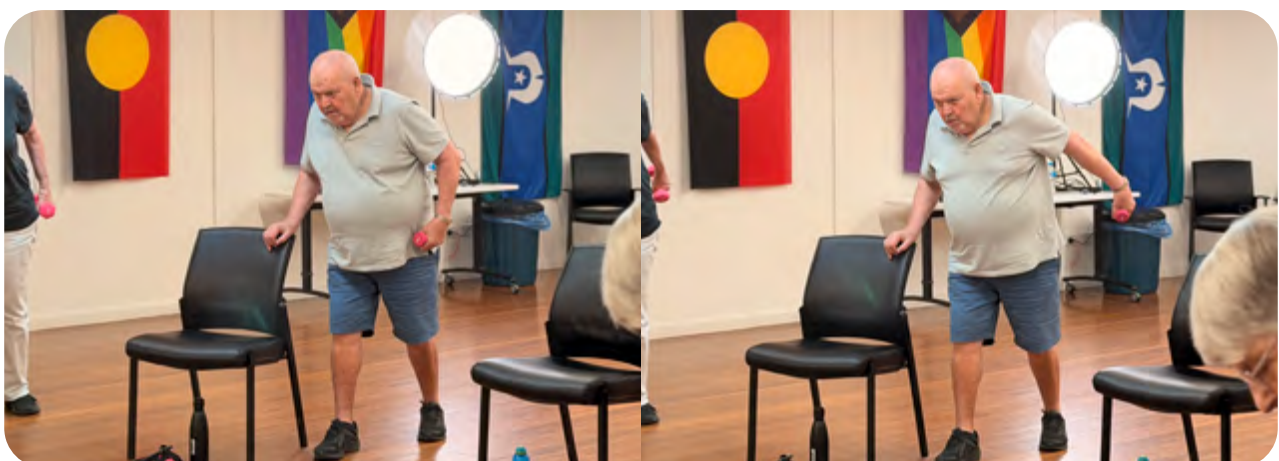
Triceps kickback (single)

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. Stand upright with 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 your hip. Have 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.

Exhale (breathe out) on the extension (when straightening the arm).

Inhale on the return journey back to the hip.

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