

Upright Row

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Shoulders, Upper arms

Stand with feet shoulder width apart. Holding appropriate weight in each hand, start with arms in front of body, weights resting on front of thighs. This is the starting position. Raise your elbows toward the ceiling, always keeping them above your wrists, and then return to the starting position in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.