



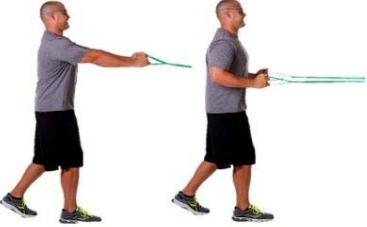



**Exercise Program – Age friendly exercise park, Priors Creek  
Upper Limb Strengthening**

- ❖ Ensure you begin and end your work out correctly. This includes a warm up (slow walk, mini squats, cycle, small leg swings and some light stretching) and cool down (see stretch station sign for ideas as well as a light walk);
- ❖ Consult with your Doctor or exercise specialist prior to commencing exercises;
- ❖ You are reminded that it is your responsibility to use the Fitness Park in a safe and responsible manner exercising all due care. It is a term and condition of the use of this equipment that Council and its servants or agents accept no liability of whatever description for any loss or injury which may occur with this facility, however caused.

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Bench press</p> 	<ul style="list-style-type: none"> <li>• Lie down on your back on the bench and place hands on the handles</li> <li>• Breathe out as you push against the bars and extend your elbows but avoid locking out the elbows into full extension</li> <li>• Bend the elbows and return back to the start position</li> </ul> <p><b>Purpose</b> → upper body strength</p>	2-3	12-15	<p>Bench press machine</p> <p>Increasing the speed will increase the difficulty</p>
<p>Wall push ups using parallel bars</p> 	<ul style="list-style-type: none"> <li>• Place your hands shoulder width apart on 1 of the parallel bars</li> <li>• Engage your core by drawing your belly button in towards your spine – this will provide protection to your lower back</li> <li>• Keeping your back straight, bend your elbows and bring your chest towards the bar</li> <li>• Breathe out as you slowly extend the elbows and return to the start position</li> </ul> <p><b>Purpose</b> → upper body strength, core strength and stability</p>	2-3	12-15	<p>Body weight + 1 parallel bar</p>

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
Shoulder press 	<ul style="list-style-type: none"> <li>• Sit comfortably on the chair and hold onto to the handles</li> <li>• Breathe out as you extend the arms up above your head but avoid locking out the elbows into full extension</li> <li>• Bend the elbows and return back to the start position</li> </ul> <p><b>Purpose</b> → overhead upper body strength</p>	2-3	12-15	Shoulder press machine  Increasing the speed will increase the difficulty
Tai chi wheels 	<ul style="list-style-type: none"> <li>• Stand in front of the tai chi wheels with 1 hand on each</li> </ul> <p>Movement options:</p> <ul style="list-style-type: none"> <li>○ Both hands in a clockwise manner</li> <li>○ Both hands in an anti-clockwise manner</li> <li>○ Right hand clockwise, left hand anti-clockwise</li> <li>○ Left hand clockwise, right hand anti-clockwise</li> <li>○ Stand on right leg and use left hand only</li> <li>○ Stand on left leg and use right hand only</li> </ul> <p><b>Purpose</b> → shoulder flexibility and mobility, cognitive challenge, general upper body strength, stability</p>	1-2	1 minute/ movement	Tai chi wheels equipment
Theraband rows 	<ul style="list-style-type: none"> <li>• Tie your theraband around a vertical post and grab hold of each end of the band</li> <li>• Position your feet in a split stance</li> <li>• Relax your shoulders down away from your ears</li> <li>• Breathe out, and row your arms back, bringing your hands beside your ribcage and squeeze your shoulder blades together</li> <li>• Slowly return back to the start position</li> </ul> <p><b>Purpose</b> → shoulder strength and range of motion, postural strength</p>	2-3	12-15	Theraband

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Theraband bicep curls (this can be performed either standing or sitting)</p> 	<ul style="list-style-type: none"> <li>• Choose your position, either standing or sitting, and anchor the band underneath your feet</li> <li>• Hold the ends of your theraband in each hand</li> <li>• Tuck your elbows close in by your ribcage to isolate the bicep muscle</li> <li>• Breathe out, bend your elbows and bring your hands towards your shoulders</li> <li>• Slowly extend the elbow and return to the start position</li> </ul> <p><b>Purpose</b> → functional upper body strength</p>	2-3	12-15	Theraband

*Acknowledgement and thanks to Carla Barletta, FNQ Health & Fitness, Atherton for developing this exercise program.*

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