Shoulder Moves

1. ***Position:*** Partners stand facing each other, about 12 inches apart. Partner A's arms are extended outward to the side, shoulder height, elbows straight, palms down.
2. ***Part 1:*** Partner B places hands on top of A's wrists and presses down with near maximum force. Partner A resists, but allows arms to be forced down to sides in 10 counts. Rest for 10 seconds.
3. ***Return motion:*** Partner A raises arms while Partner B resists, but allows arms to return to shoulder height in 10 counts. Rest for 10 seconds.
4. ***Reverse:*** Partner B extends arms while Partner A's hands are on top. Repeat the exercise.
5. Move the arms to shoulder level in front of the body and repeat the same moves.

From *Fitness for Life Activity and Vocabulary Cards, Fifth Edition CD-ROM,* by Karen McConnell and Charles B. Corbin, 2005, Champaign, IL: Human Kinetics

Elbow, Flex and Extend

1. ***Position:*** Partners stand facing each other, arms at sides, elbows bent to right angles, palms down.
2. ***Part 1:*** Partner B places hands on top of A's hands and presses down. Partner A resists, but allows elbows to extend until arm is straight. Rest for 10 seconds.
3. ***Return motion:*** Partner A flexes elbow while Partner B resists, but allows elbows to bend to right angle in 10 counts. Rest for 10 seconds.
4. ***Reverse:*** Partner B flexes elbows while Partner A's hands are on top. Repeat the exercise.

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Neck, Flex and Extend

1. ***Position:*** Partner B sits on a bench, and Partner A stands behind B. Partner A holds both ends of a towel, looping the middle of it around B's forehead.

2. ***Part 1:*** Partner B sits erect and flexes the neck, chin to chest. Partner A resists, but allows the motion. Partner A should keep the towel perpendicular to the neck. Rest for 10 seconds. Repeat the motion and rest again.

3. ***Part 2:*** Partner A moves in front of and faces Partner B, looping the towel around the back of B's head. B's head is down, chin on chest. Against A's resistance, B extends the head and neck to an erect position. B's head should not pull back farther than a straight-up position. Rest for 10 seconds. Repeat the motion and rest again.

4. ***Part 3:*** Partner A moves to the left of Partner B, looping the towel around the right side of B's head. B's head is straight up. Against A's resistance, B bends the head and neck to the right. Rest for 10 seconds. Repeat the motion and rest again.

5. ***Part 4:*** Partner A moves to the right of B, looping the towel around the left side of B's head. B's head is straight up. Against A's resistance, B bends the head and neck to the left. Rest for 10 seconds. Repeat the same motion and rest again.

6. ***Reverse:*** Change places so that Partner A sits and Partner B holds the towel. Repeat all four neck exercises.

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Knee Flex

1. ***Position:*** Partner B lies facedown on a bench or mat, with knees hanging over the edge. If on a mat, B's left knee should be bent to a 45-degree angle. Partner A kneels at B's feet, looping a towel over B's left ankle, with the ends downward. Keep towel pull perpendicular to the leg.
2. ***Part 1:*** Partner A maintains resistance on the towel as B flexes the left knee as far as possible. Rest for 10 seconds and lower the leg.
3. ***Part 2:*** Repeat with the right leg. Repeat again on each leg and rest again.
4. ***Reverse:*** Change places and repeat all knee exercises.

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Hip, Sideward Moves

1. ***Position:*** Partners sit on mat, facing each other, legs spread wide. Partner A's ankles are outside and touching B's.
2. ***Part 1:*** Partner B resists as Partner A squeezes legs together. B pushes outward, but allows movement. Rest for 10 seconds.
3. ***Return motion:*** B pushes legs outward against A's resistance. Partner A allows movement to spread position. Rest for 10 seconds.
4. ***Reverse:*** Change leg positions and repeat in and out exercises.

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Shoulder Rotation (Elbow Wrestle)

1. ***Position:*** Partners lie facedown on mat, feet pointing in opposite directions. Grasp right hands, bend right elbows, and place them on same straight line. Forearms are straight up. Use left arm across mat in front of chest for balance.
2. ***Part 1:*** Partner A pushes B's hand to the mat. B resists but allows the movement. Rest.
3. ***Return motion:*** B pushes arm up from mat while A resists. Rest. Repeat with B pushing down A's hand.
4. ***Reverse:*** Change sides and repeat using left arms.

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Hand Tussle

1. ***Position:*** Partners stand facing each other with hands clasped in handshake position.
2. ***Action:*** On a signal, push or pull one or both hands, trying to get your partner off balance. Person who moves one or both feet loses.

   Caution: Don't get rough. This activity is just for fun and exercise.

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Noses

1. ***Position:*** Partners stand facing each other. Put your right hand over your nose and your left hand on your partner's right wrist.
2. ***Action:*** On a signal, try to pull your partner's hand away from the nose. If one or both feet move, or if a hand leaves a nose, that person loses.

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Seated Overhead Press

Weights: Barbell, dumbbells

Spotting: Requires two spotters. Spotters stand by lifter's shoulders on either side of bench. Keep your hands palms-up under the bar. Be ready to take bar if lifter loses control, especially at top of lift if barbell begins to move backward or if lifter begins to tremble.

1. Sit on the end of the bench in front stride (split-foot) position.
2. Hold the barbell at chest height in preparation for pushing the bar vertically. Grasp the barbell with your hands facing away from your body, hands slightly wider than your shoulders.
3. Tighten your abdominal, back, and arm muscles. Tip your head back slightly.
4. Push the bar straight up, directly overhead, keeping your arms perpendicular. **Caution: Do not let the bar go forward or backward. Do not lock your elbows. Do not arch your back.**
5. Lower the barbell to the starting position.

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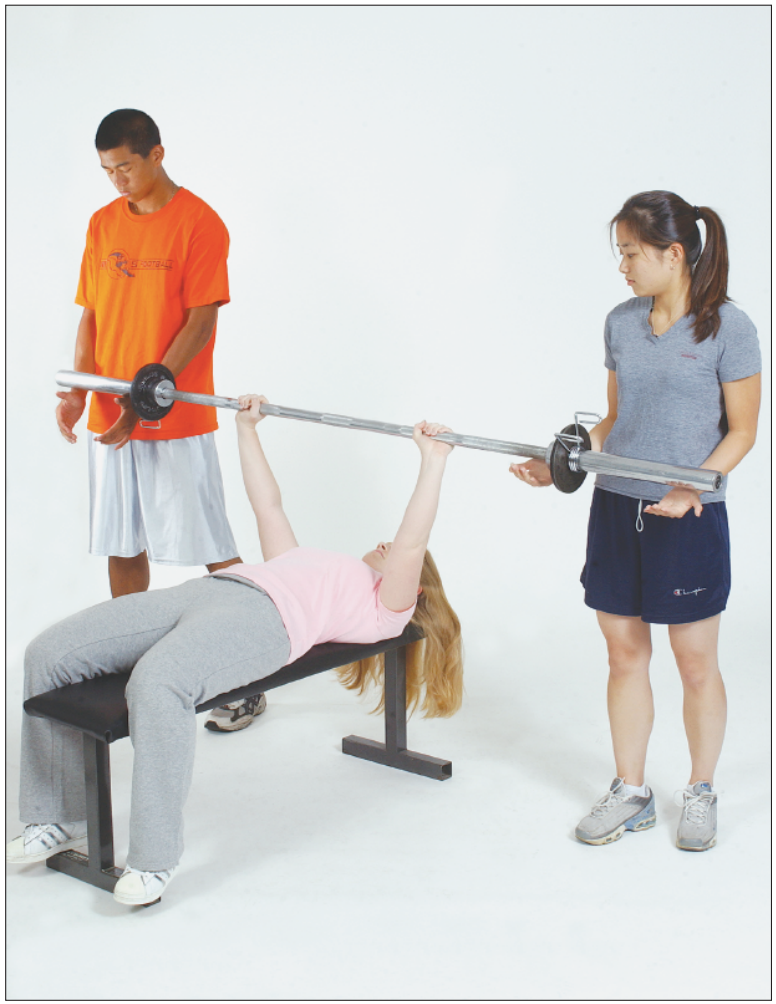
Bench Press



Weights: Barbell, dumbbells

Spotting: Requires two spotters. Spotters stand by lifter's shoulders on either side of bench. Place bar in the palms-up hands of lifter. Keep your hands palms-up under bar. Be prepared to take it if lifter loses control.

1. Lie on your back on a bench with your feet on floor, lower back flat. Extend your arms perpendicularly to the floor, into the "up" position.
2. Grasp the bar with a palms-up grip, hands slightly wider than shoulder-width, elbows straight, bar approximately over your collarbones. **Caution: Do not lock your elbows.**
3. Lower the bar until it touches your chest, even with a line just below your armpits. When the bar touches your chest, your forearms should be perpendicular to the floor and your elbows should point neither at your feet nor out to the side but halfway in between (45 degrees).
4. Push the bar up to the starting position, arms perpendicular to the floor. The bar follows a slightly curved path. **Caution: Do not bounce the bar off your chest. Do not arch your back or lift your hips. Do keep your arms perpendicular to the floor. If the weight gets in front of or behind your arms, you will lose control and get pinned.**

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Knee Extension

Weights: Weighted boot or ankle weight

Spotting: One person can assist the lifter to put on the boot or ankle weight.

1. Put the weight on one foot or ankle. Sit on a bench, with your lower leg hanging over the edge. Grasp the bench with your hands.
2. Lift the weighted boot by extending your knee until your leg is straight. **Caution: Do not lock knees when you extend and do not kick the leg upward—lift slowly.**
3. Repeat the exercise on the other leg.

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Half Squat

Weights: Barbell, dumbbells

Note: This exercise can only be done if a squat rack is available.

1. Stand in a side-stride position with your feet shoulder-width apart or slightly wider, toes straight ahead or slightly turned out. Keep your head up and your back straight.
2. Hold the barbell across the back of your shoulders at the base of your neck, hands slightly wider than your shoulders, palms facing away from your body. Elbows point toward the floor, and forearms are perpendicular to the floor.
3. Squat until knees are at a right angle. Then rise. Keep heels flat on floor. Do not let knees come ahead of the toes. Focus on a spot on the wall slightly higher than standing height. Remain looking at this spot for the duration of the lift, when lowering and straightening. **Caution: Do not round the back. Do not lean too far forward at the hips or let knees get in front of toes. Do not squat too deeply.**

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Hamstring Curl

Weights: Weighted boot or ankle weight

Spotting: One person can assist lifter to put on the boot or ankle weight.

1. Put the weight on one foot or ankle. Lie facedown on a bench, with your kneecaps hanging over the edge. Grasp the bench with your hands.
2. Lift the weighted boot by flexing your knee to a right angle.
   Caution: Do not lock knees when you extend.
3. Repeat on the other leg.

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Biceps Curl

Weights: Barbell, dumbbells

Spotting: Spotters are not required but can place barbell in lifter's palms-up hands.

1. Stand erect, feet in side-stride position. Tighten your abdominal and back muscles.
2. Grasp the bar with palms up, hands slightly wider than your shoulders.
3. Keep your elbows close to your sides and lift the weight by bending your elbows only. Raise the weight to near your chin, then return. **Caution: Do not move other joints, especially in the back.**
4. You can repeat this exercise with your palms down to work the weaker elbow muscles.

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Heel Raise

Weights: Barbell, dumbbells

Spotting: Requires two spotters. Spotters stand by lifter's shoulders, one on each side.

1. Stand with balls of feet on a 2-inch board, toes turned in slightly.
2. Rise on your toes, then lower to starting position. **Caution: Keep your spine straight.**
3. Advanced lifters may also try toes out and toes straight ahead.

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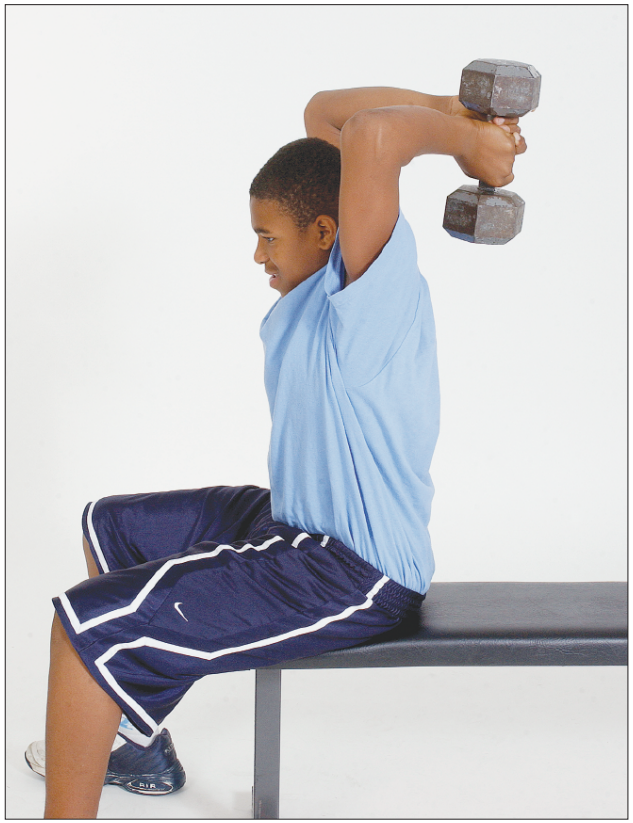
Seated French Curl

Weights: Dumbbell

Spotting: Requires one spotter.

1. Sit on end of bench, arms extended overhead, palms facing away.



2. Hold one end of a dumbbell in both hands above and behind the head; tighten abdominals and back muscles. Slowly lower the weight toward the back of the neck until the elbows are fully flexed. Keep the elbows high.
3. Slowly return to the starting position. Only the elbows move.

   Note: The equivalent machine exercise is the Triceps Curl.

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Bent Over Dumbbell Row

Weights: Dumbbell

Spotters: None needed

1. Hold dumbbell in one hand and rest the free hand on a bench to support the weight of the trunk and protect the back.
2. Pull the dumbbell upward until it touches the side of your chest near the armpit and the upper arm is horizontal with the floor.
3. Slowly lower the weight.
4. Repeat exercise with other arm.

   Note: The equivalent machine exercise is the Seated Row.

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Back Extension Exercise (Trunk Lift)

1. Lie facedown on a padded bench or a bleacher with a towel on it (16 to 18 inches high). Your upper body (from the waist up) should extend off the bench.
2. Have your partner hold your ankles.
3. Place one hand over the other on your forehead with the palms facing away and your elbows extended to the sides.
4. Start with the upper body lowered and with the hands and elbows on the floor. Lift up slowly so that the upper body is even with the bench. Hold the position for a count of 10.
5. Score 1 point if you can lift the trunk even with the bench. Score an additional point if you can hold the upper body even with the bench for a count of 10.

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Abdominal Exercise (Curl-Up)

1. Lie on your back with your knees bent and your feet close to your buttocks.
2. Hold your hands and arms straight in front of you and curl your head, shoulders, and upper back off the floor.
3. Slowly roll back to the starting position.
   Caution: Your feet should not be held while doing a trunk curl.

   Note: As you improve, you might hold your arms across your chest. When you become very good, you might place your hands on your cheeks.

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