

## Employee Health & Well-Being

# Free Weights – Upper Body Workout

Free weights simultaneously work targeted muscle groups and the stabilizing muscles that are used to balance the weight. This allows for overall muscular toning of the body. Free weights are inexpensive, can be utilized at home, mimic everyday patterns of movement, and have a multitude of exercise options with just one small piece of equipment.

### Weight lifting tips:

- Anytime you are standing, keep the feet shoulder width apart and knees slightly bent.
- Breathe evenly; inhaling and exhaling with each movement.
- Use slow and controlled movements.
- Engage your core muscles to maintain good posture during each exercise.
- Chose a weight that you can lift 10 but not 11 times.
- All exercises can be done one arm at a time or both arms together.
- Complete 2 sets of 10 repetitions for each exercise.

## Triceps

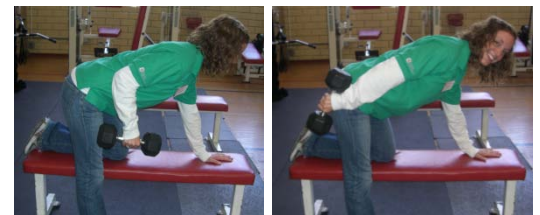
### Overhead triceps press

Standing upright, bend the arms at the elbow so that they point to the ceiling and the weight is behind the head. Extend the arms at the elbows, pushing the weight straight overhead. Keep your head and neck in line with your spine. Avoid jutting your head forward.



### Triceps kick back

Grab the dumbbell with one hand and position the opposite hand and knee on a flat bench. Align the upper arm parallel with the trunk of your body. Slowly extend your arm to a straight position and lower the arm back to the starting position. It is important that in both of these exercises the upper arm and elbow stay in a fixed position.



## Biceps

### Standard bicep curl

Standing upright, hold weights in either one or both hands with the palm(s) facing upward. Position the elbow(s) against the body and at the waist. Flex the arm at the elbow, bringing the weight towards the shoulders and then return to the starting position.

### Hammer curl

Repeat the directions above, but with the palm(s) facing inward.

# Back

## Reverse fly

Stand with the feet shoulder width apart, knees bent, and the upper body parallel with the floor. Grasp weights in both hands and hold them in front of the legs. Raise the weights to shoulder height keeping the elbows slightly bent and then lower them back to the starting position. Keep your back straight throughout each repetition.



## Bent over row

Grab the dumbbell with one hand and position the opposite hand and knee on a flat bench. Make sure the supporting arm is directly under the shoulder. Fully extend the arm holding the weight at the side. Bend the arm at the elbow, raise to shoulder height, and return back to the starting position, keeping the elbow out to the side.



# Shoulders

## Seated shoulder press

Sit on the end of a flat bench and grasp weights in both hands. Start by holding the weights at the shoulders and the palms facing outwards. Press the dumbbells straight overhead toward the ceiling and return them back to the shoulders.



## Front and lateral raise

Hold each weight in your hands and stand upright with the weights hanging by your side. Slightly bend the elbows and simultaneously raise the weights to shoulder height and return back to the starting position. This can be done out to the side (lateral raises) or in front of the body (front raises).

# Chest

## Pull over

Using a bench, lie flat on your back, extend your arms towards the ceiling, and hold one dumbbell with both hands. Keeping the elbows straight, slowly lower the dumbbells back behind the head until it is parallel with your body and the return back to the starting position. Be sure to keep your back flat on the bench during the entire movement.



## Chest fly

Lay on your back on a flat bench holding dumbbells in each hand with the arms extended over your chest, towards the ceiling, palms facing each other. Let your hands fall out wide to the sides of your body until they are level with the shoulders and return the dumbbells to the

