

Exercise 4. Backward Press

This exercise helps to maintain arm strength

What do I need?

1 Chair

Optional, 2 Hand Weights or Cans of Food



1. Sit tall, with a straight back and neck.
Place feet hip distance apart.
Rest hands on thighs.

2. Raise hand towards shoulder by bending the arm.
TIP: Use weights or canned food to increase intensity.



3. Straighten arm, reaching behind you.
Repeat this sequence 4 times, for each arm.