

Exercise 17. Upper Back Strengthenener

This exercise helps strengthen the back and increase mobility in the arm.

What do I need?

1 Chair

2 Hand Weights or Cans of Food



1. Sit Tall with a straight back and neck.

Place feet hip distance apart.

Hold weights with palms towards the sky.

Tuck elbows in towards the body.

2. Raise hands above elbow height

Keep elbows tucked into the body.

TIP: Use canned food if you don't have weights



3. Rotate hands in an outward motion.

Bring hands back to center and lower.

Repeat exercise 4 times.