

# Upper Body Fitness

Upper body strength and endurance is important in performing your everyday tasks.

Upper body exercise - perform one set of 8 to 12 repetitions, increasing the amount of sets when it becomes too easy.

**Push-Ups**

**Chin-Ups**

**Chest / Bench Presses**

**Shoulder Presses**

**Dumbbell Rows**

Various household chores such as painting, cleaning, gardening, moving furniture, vacuuming carpets, shoveling snow, etc. are all activities that help strengthen your upper body.