

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.