

Upright Row

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: shoulders, upper arms

Sit in a sturdy chair with feet flat on the floor, knees and hips bent at 90°, with the middle of the resistance band flat and secure under both feet. Grasp an end of the band in each hand so it is resting, not overstretched or loose at rest, arms down at the sides with thumbs on the thighs. This is the starting position. Inhale, then exhale and raise the elbows straight up to shoulder height and wrists to chest height. Inhale and return to the starting position for one repetition. Remember to maintain good posture and tight abdominals, and always keeping the elbows above the wrists.

Repeat for 2-3 sets of 8-15 reps.

