



# Upper body exercises we have been working on in class

Remember: Straight hips, nose/chin to floor, 90 degree angle at elbows (upper arm parallel to the floor).



## Push-ups

\* Use for you 1<sup>st</sup> exercise choice on your "plan" or if these are too hard, use **knee push-ups**



## Knee Push-up

\* easier, less weight to lift – do these when/if you cannot do regular push-ups



## Flat Tire Push-up

\* Lay flat on ground with arms at your side. Push yourself off the ground without using your knees. Rise into push-up position.



## Crab Walk or Bear Walk

\*Around the house, race a family member... measure in seconds



## Partner Push-ups

\*add a push-up between to make more challenging



## Push-up with a clap

\*Very Challenging



## Wheel Barrow Walk

\*or push-up to make more challenging, ... measure in seconds