

Hand weight Exercises

Perform each exercise slowly, with control. Try 5 – 10 repetitions of each, or less if your body feels fatigued.

- 1.) **Bicep Curls:** Stand tall with your belly button gently pulling in towards your spine. Hold a weight in each hand, arms by your side, palms facing away from your body. Slowly curl your hands up towards your upper arms, bending at the elbows. Just as slowly, lower the hands back down.
- 2.) **Tricep Pushbacks:** Lean forward slightly, and engage the abdominal muscles by pulling the belly button in. With arms at your sides, bend your elbows and keep the arms tucked into your sides. (Think of a chicken wing!) Slowly push the hands back until the arms are extended, then bring the weights back to the starting position. Move with control, and keep the upper arms still.
- 3.) **Shoulder Press:** Hold the weights and bring the hands to or near your shoulders. Press up and slightly forward until your arms are extended overhead, then pull the weights back to the starting position.
- 4.) **Chest Press:** Hold your arms out at shoulder level, fully extended. Make a 90 degree angle by bending at the elbow (weights are now aimed at ceiling). Press the arms in towards centre, trying to touch the forearms together. Then push the arms back out to the starting position.
- 5.) **Side Bends:** Standing tall, strongly pull your belly button towards your spine. Your arms are resting at your sides as you hold your weights. Bend sideways from the waist, as you reach one arm down the leg, toward your knee. Pull back up to centre, then repeat on the other side.
- 6.) **Tricep Boxing:** Bring both hands in front of you, with elbows bent. Make small, quick punching motions in front of you, then start punching up towards the ceiling. Alternate between punching in front, and punching upwards.
- 7.) **Side Arm Raises:** Stand tall and engage abdominal muscles. Slightly bend each elbow as the arms hang by your sides. Raise one extended arm up to shoulder level, then lower. Repeat on the other side. Perhaps try raising both arms out to the sides at the same time.
- 8.) **Dead Lift:** Stand tall and rest the weights on the front of your legs. Inhale and pull the belly button in; exhale and bend forward from the waist, keeping the back flat. The weights lower towards the floor. Carefully straighten up and squeeze the buttocks.