

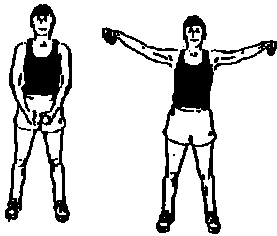
EATON CHIROPRACTIC

UPPER BODY STRENGTHENING

Proper body alignment is an important component of strength training. When standing, feet should be shoulder width apart with knees slightly bent. Movement should be slow and controlled. At the beginning of lift, use the 4 count system with a pause and then return to starting position.

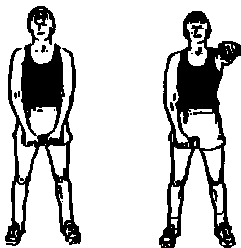
Proper breathing techniques are essential when training. Never hold your breath. Inhale at the beginning of the lift and exhale during the release of each weight.

1. SIDE SHOULDER RAISE



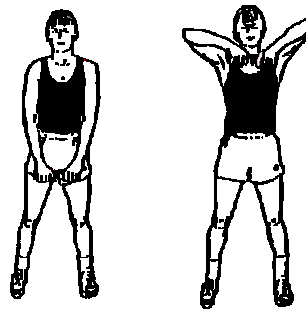
Start with arms hanging in front of thighs, elbows slightly bent, and palms facing each other
Raise both dumbbells outward simultaneously to shoulder heights, keeping elbows slightly bent
Lower dumbbells to starting positions and repeat

2. FRONT SHOULDER RAISE—for front portion of the shoulders



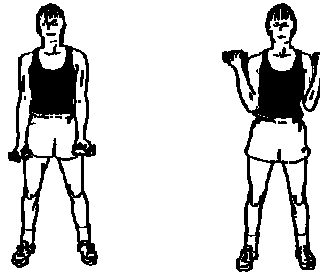
Begin with arms hanging in front of thighs and palms facing thighs.
Raise one dumbbell straight in front of you to shoulder height
Lower dumbbell to starting positions and repeat using other arm
Alternate arms.

3. UPRIGHT ROW



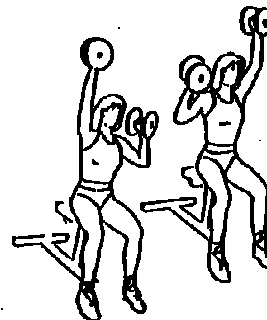
Stand with arms hanging in front of thighs, palms facing thighs, and dumbbells close together
Keeping palms close to the body, raise dumbbells simultaneously to the chin
Lower dumbbells to starting position and repeat

4. BICEPS CURL



Commence the exercise with arms hanging at sides and palms facing away from your body
Keeping the elbows close to your sides, curl both dumbbells upward to the shoulders
Lower and repeat

5. ALTERNATED DUMBBELL PRESS



Raise dumbbells to shoulder height, palms and elbows in
Press one dumbbell straight up to arm's length
Lower to starting position and press other dumbbell up
Keep body rigid; do not lean from side to side
Do all work with shoulders and arms
Inhale up, exhale down