Straighten Up
Upper Body Series

- Presented by
  - Peter A. Gratale DC, CSCS
A simple series of movements for the upper body and torso

- 7 different movements
- Can be done anywhere
- Minimal equipment needed
- Can increase resistance with the use of weighted objects, dumbbells, balls, bands, etc.
- Targets the upper back, shoulder girdle, chest, back, upper arms, core strength and grip strength
Upper Body Program

- Make sure you get clearance from a health professional before beginning any new exercise program.
- As desired, increase the time for each exercise slowly until you can do it for 30 seconds.
- 7 exercises X 30 seconds = 3-4 minute routine.
- As you get stronger you may increase intensity by:
  - increasing resistance with heavier objects
  - add a second or third 3 minute set
  - work up to 60 to 90 seconds per exercise.
You’ll need…

- An uncluttered area to do the exercises standing.
- A form of resistance whether it be a weighted ball, dumbbell, barbell plate, resistance band or even a grip friendly brick, rock or bottle of water.
- The closer you keep the weight to your body, the easier the exercise.
The Seven Exercises

- Scarecrow (warm up)
- Chest press
- Full Body Circles
- Front Raise
- Hammer Throw / Wood Chop
- Steering
- Arm Circles (cool down)
Creating a stable stance

- These exercises should be all done standing with feet slightly wider than shoulder width and knees slightly bent but strong.

- Keep your torso firm at all times by mildly contracting (bracing) the abdominal muscles as if preparing to punched in the stomach.

- Keep your gaze forward and head level at all times to prevent neck strain. Where possible keep shoulders down.

- Only move within a range of motion that is pain-free and comfortable for you. If you experience joint pain or sharp or radiating pain do not perform the exercise.
Scarecrow warm up

- Arms shoulder level with elbows locked at 90 degrees, slowly rotate the arms to point hands towards ceiling then slowly reverse in opposite direction with hands pointing towards floor.
- Only move within a range that is comfortable for your shoulders and keep head level to prevent neck strain.
Chest Press

- Hold ball at shoulder level and press straight forward with a little upper lift.
- The stronger you are, the more you can try to straighten your elbows.
Hold ball at arms length with a bend in the elbows and make a complete circle around the front of your body.

Reverse direction midway through set.
Front raise

- Squat down while keeping your upper body erect as far as is comfortable with weight between legs.
- In one smooth motion, raise ball forward up over head while straightening knees.
- Lower slowly as you squat back down.
Hammer throw / wood chop

- With slight squat, bring ball low to right and lift diagonally and extend to upper left. Slowly and in control, return to starting position.
- Reverse direction midway through set.
Steering

- Hold the ball at arms length (closer to your body if needed) and pretend you’re steering a car right and left.
- Make the rotations slow and controlled.
Arm Circles Cool Down

- Hold arms out to sides and a little bit forward (15 degrees)
- Circle arms backwards in a small circle
- Midway through set, reverse direction.