

HOMework

EXERCISE SHEET

Working with **weights** creates **resistance** that is great for bone building.

Lying on back: always **maintain control** of the load and never let the arms fall with gravity. Keep a small distance away from the ground and feel safe in the shoulder sockets during these movements.

Lying on front: holding weights in the **length position** will challenge your arms more and focus on the movement from the shoulder instead of the wrist as commonly occurs.

All these movements can be done **without** weights if you are struggling with the load.

Exercise repetitions: 8-10 times each

ARM ARCS WITH WEIGHTS

SET UP: all movements begin with arms vertical

Scissor arms: Exhale as one arm moves backward and the other moves forward. Inhale them back to the start and switch sides.

Chest widener: Inhale arms open to the side in line with chest, exhale to return.

Double arm arcs: Exhale arms behind to be in line with your ears, inhale to lower arms to your sides.

AVOID: ribs flaring; arching into back; producing neck tension; losing control of load.



DART WITH WEIGHTS

Keep nose just off the mat to begin. Exhale to peel the shoulders off the mat and then raise the arms in a straight line away from the mat. Inhale to lower arms and allow body to fully rest. Do 10 reps of just the arms and then include the dart variation.

DART: Exhale to roll the chest away from the floor and then reach the arms alongside the body. Inhale to return to the mat

AVOID: tilting neck back too much; hinging in lower back; shoulders lifting to ears.

