A Fabulous Upper Body

Who Can Resist?

Don Janson, Certified Fitness Instructor at Eisenhower Renker Wellness Center, shows a patient the correct weight lifting form.

As we age our body loses muscle, bone mass and strength. Fortunately, we can combat these inner signs of aging with strength training. No matter what your age, strength training is what your body craves to build and maintain muscle strength, improve balance and stability, reduce the risk of osteoporosis, reduce risk of injury, decrease blood pressure, burn calories and improve your ability to do everyday activities.

Upper Body Strength Exercises —

Training your upper body — your back, chest, shoulders and arms — has gone far beyond the pushup and bicep curl. There are a number of exercises that can effectively sculpt your upper torso. Consult a personal trainer, the Eisenhower Renker Wellness Center, a workout DVD or online resource for exercises and proper form.

Reps and Sets —

Start off slowly. If you are a beginner, do one set (10 to 15 repetitions) of each exercise. As you advance, do two to three sets of each exercise.Work your upper body two or three days a week, and be sure to allow your muscles to recover and rest at least 48 hours between your exercise sessions.

Equipment —

Use light hand weights, dumbbells, resistance bands or commercial gym equipment.Make sure the weights/bands are not too light or too heavy, and gradually increase intensity and pace as you become more adept at each exercise.

Proper Form —

Proper form is very important in strength training.Moving your arms in an uncontrolled manner will not be effective. Controlled movements done with concentration will yield the best results. Remember to exhale on every exertion, relax your shoulders and neck, maintain correct posture to avoid back stress, and rest between exercises and sets.

Don’t Forget —

Be sure to do a five to 10 minute warm-up before strength training, and as always, check with your doctor before beginning any exercise program

Can’t Resist? The Eisenhower renker Wellness Center can help you create a safe and effective upper body strengh training program. Call 760-773-2030 for more information

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