

Elbow
Complete Every Day

Bench Push Up

Stand leaning against a strong base like a bench, do **not** use a chair unless it is very heavy/secure.

Leaning slightly forwards, arms straight, bend your elbows and slowly lower your chest down.

Then slowly straighten your arms until return to starting position. Keep back and trunk straight, don't bend forwards.

Repeat 10 times.



Punching

Sit slightly forwards in a chair so you can sit upright.

Place both your hands at chest level with elbows bent.

Straighten one arm and punch straight in front of you.

Bring arm back to chest and repeat with the other arm.

Repeat 10 times for each arm.



Chair Push-up

Sit in a chair with sturdy base and arm rests.

Place both hands on arm rests, legs bent, feet together.

Straighten arms and push bottom off chair.

Try to only use your arms, not your legs.

Repeat 10 times



Elbow
Complete Every Day

Elbow Bends

Stand holding dumbbell in one hand.

Bend elbow and bring up towards shoulder.

Keep your elbow tucked into side, only your lower arm should move.

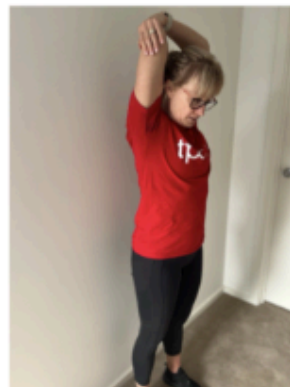
Repeat 10 times each arm.



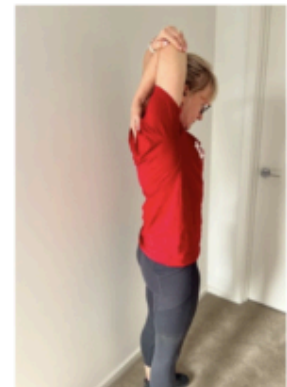
Back of Arm Stretch

Standing or sitting. Place arm up over your head – aiming to reach your hand to your opposite shoulder blade. Gently use the other hand to pull down on your elbow.

Hold for 15 seconds. Repeat 2 times, each side.



FRONT VIEW



BACK VIEW