

**Module 4: Personal Fitness Plan**  
**Topic 5 Content: Upper-Body Exercises Notes**

**Introduction**



Upper-Body Exercises

Click **NEXT** to begin.

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**Instructions**



**Arms**  
Bicep Curl  
Bench Dip

**Chest**  
Dumbbell Bench Press  
Push-Up

**Shoulders**  
Front Raise  
Reverse Shoulder-Fly

**Back**  
One-Arm Row  
Pull-Up

Click each upper-body exercise to learn how it is performed.

Upper-body strength is important for a variety of tasks in your everyday life, as well as many sporting activities. In this interactivity, click each upper-body exercise to learn how it is performed.

## Module 4: Personal Fitness Plan


### Topic 5 Content: Upper-Body Exercises Notes

#### Arms - Bicep Curl

### Bicep Curl

You will need a weighted barbell or a set of dumbbells to complete the bicep curl. If you have never lifted weights before, you should start with a lower weight that you are comfortable lifting. Try a 10 pound barbell or 5 pound dumbbells.

To perform a bicep curl, stand up with your feet shoulder width apart and knees slightly bent. Hold the weight with your palms facing up. Exhale and slowly bend your elbows toward your chest. Hold briefly at the top of the motion, before slowly lowering to the starting position.



*Click play to view a bicep curl.*

00:00 / 00:02

Video source: [Everkinetic](#)

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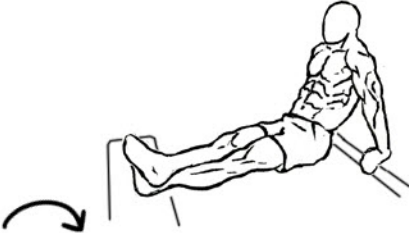
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#### Arms- Bench Dip

### Bench Dip

You will need a sturdy chair or bench to complete the bench dip. To perform this exercise, sit on the edge of a chair or bench and place your hands next to your sides with your fingers facing forward. Place your feet slightly in front of you and lift your body off the chair or bench. Inhale as you lower down toward the floor, stopping when your arms are at a right angle. Hold yourself for about three seconds, then exhale and slowly press yourself back up away from the floor. Do not lock your elbows at the top.



*Click play to view a bench dip.*

00:00 / 00:02

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#### Shoulders – Front Raise

## Front Raise

You will need a weighted barbell or a set of dumbbells to complete the front raise. If you have never lifted weights before, you should start with a lower weight that you are comfortable lifting. Try a weight lower than 15 pounds to begin.

To perform the front raise, stand with a dumbbell in each hand. Have the back of your hands facing forward. Exhale and lift your arms to the front of your body. Only lift to the point where your arms and body form a right angle. Hold briefly at the top, then slowly return to the starting position.



*Click play to view a front raise.*

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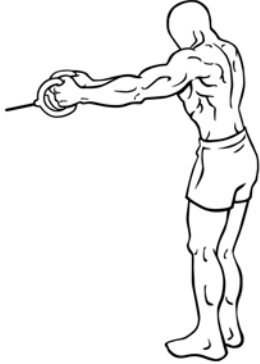
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**Shoulders – Reverse Shoulder-Fly**

**Reverse Shoulder-Fly**

You will need a resistance band to complete the reverse shoulder-fly. This exercise can also be done with dumbbells. If you have never lifted weights before, you should start with the lowest resistance band.

To perform the reverse shoulder-fly, secure the resistance band around a stable object. Stand facing the secured object. Keep your palms facing each other and your arms parallel to the floor. Exhale and move your hands apart so that your arms go out to the sides. Briefly hold this position and squeeze your shoulder blades together before slowly returning to the starting position.



*Click play to view a reverse shoulder-fly.*

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**Chest – Dumbbell Bench Press**

**Dumbbell Bench Press**

You will need a set of dumbbells (or a weighted barbell) and a flat surface to lay on to complete the dumbbell bench press. If you have never lifted weights before, you should start with a lower weight that you are comfortable lifting. Try a weight lower than 10 pounds to begin.

To perform the dumbbell bench press, lie on a flat bench or surface with your arms straight and the dumbbells over your chest. Inhale and slowly lower the dumbbells toward your chest. Pause for a brief second at the bottom, but not touching your chest, and then exhale and press up to the starting position.

*Click play to view a dumbbell bench press.*



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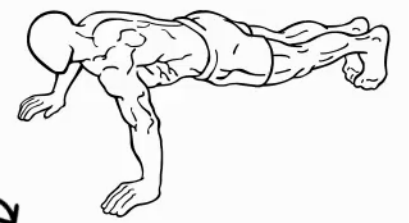
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#### Chest – Push-Up

## Push-Up

You will need a flat surface to complete a push-up. To perform a push-up, lie on your stomach. Put your arms underneath your shoulders, and push your body off of the ground, keeping your body in a straight line. Then, lower yourself until your arms are bent in a ninety-degree angle, and push yourself back up. Do this for ten repetitions and then rest. Repeat the exercise two or three more times.



*Click play to view a push-up.*

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#### Back – Pull-Up

### Pull-Up

You will need a pull-up bar to complete a pull-up. To perform a pull-up, hold onto the bar and pull yourself up until your head is completely above the bar. Then, slowly lower yourself to the starting position. Try to do this exercise for ten repetitions.



*Click play to view a pull-up.*

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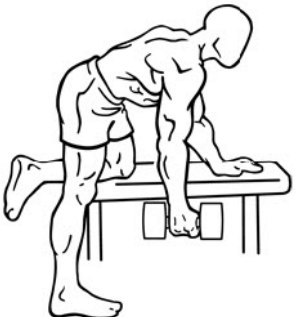
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#### Back – One-Arm Row

### One-Arm Row

You will need a dumbbell and a flat bench to complete the one-arm row. If you have never lifted weights before, you should start with a lower weight that you are comfortable lifting. Try a weight lower than 10 pounds to begin.

To perform the one-arm row, hold one dumbbell in your hand and place your opposite hand on a bench. Place your knee on the bench to help stabilize your back. Exhale and bring the dumbbell towards the ceiling. Hold this position and then slowly lower to the starting position. Make sure to keep your lifting elbow close to your body throughout the exercise.



*Click play to view a one-arm row.*

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