

# *upper* Body Exercises

## **Arm Curl:** for bicep strength

*Do after writing a long email or charting for a patient.*

- Sit up tall with your right hand on your thigh facing up.
- Make a fist and curl it to your shoulder.
- Reach your fist straight up over your head.
- Lower your fist back down to your shoulder.
- Curl it back down to your thigh.
- Repeat 15 times on each arm.
- For an extra burn, do this exercise while holding a water bottle.



## **Water Bottle Tricep Raise:** for tricep strength

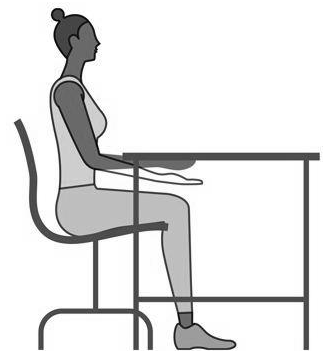
*Do before taking a sip of water.*

- Sit tall. Hold a water bottle in your right hand.
- Raise it over your head.
- Bend your elbow at your ear to lower the water bottle behind your head.
- Lift the water bottle back over your head.
- Repeat 15 times on each arm.

## **Table Press and Push:** for bicep strength

*Do while on a conference call.*

- Put your hands under a table, palms facing up.
  - Squeeze your stomach as you press your hands up under the table as if you are trying to lift it up.
  - Hold for 8 seconds.
  - For an extra burn, do with one hand at a time.
- \*Be careful not to lift the table up. Don't forget to breath!*



## **Table Push:**

- Put your hands on top of a table, palms facing down.
- Squeeze your stomach as you press down on top of the table.
- Hold for 8 seconds.

**For questions about wellness, contact  
(212) 432-8494 or [wellness@chnnyc.org](mailto:wellness@chnnyc.org)**

Photos taken from Google images.

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## **Arm Chair Press:** for chest and shoulder strength

*Do after taking a bathroom break.*

- Place both hands on the arms of your chair.
- Slowly lift your butt off of your seat.
- Slowly lower yourself back down but don't sit down.
- Hold for 5 seconds.



## **Desk Push-Ups:** for chest and arms strength

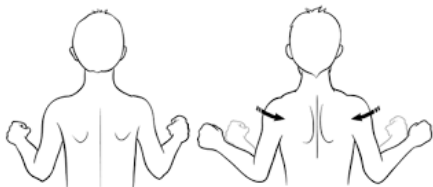
*Do when there is a lull in your work or patient flow.*

- Place both hands shoulder-width-apart on the edge of your desk.
- Take a few steps back so that your body is in a straight line, like a plank.
- With your shoulders over your wrists, lower down slowly by bending your elbows.
- Push off of your desk until your arms are straight again.
- Repeat 10 times.

## **Wall Lean Extension:** for tricep, chest, and upper back strength

*Do before eating your lunch.*

- Lean up against a wall with your arms out to your sides and elbow bent so that your hands are by your head, palms are facing out.
- Take a small step forward so only your upper back and arms are touching the wall.
- Using your forearms and chest muscles, lift your upper back off of the wall by bending your elbows. Only your forearms should be touching the wall.
- Repeat 10 times.



## **Shoulder Blade Squeeze:** improves posture

*Do while you are waiting to clock-in.*

- Roll back your shoulders until your shoulder blades are touching.
- Hold for 10 seconds.
- Release.
- Repeat.

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