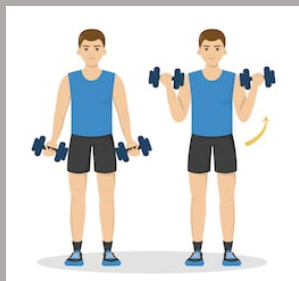
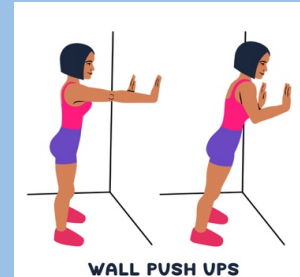


# STAY ACTIVE AT HOME

## Afternoon Upper Body Exercise

### WALL PUSH-UPS

Pressing against a stable wall, as you bend your arms, bring your chest towards the wall and move chest back as you extend your arms.  
Complete 10 Pushups and repeat sequence 3 times.

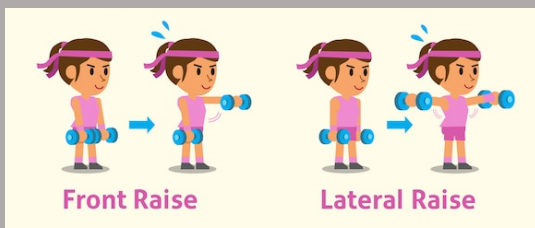
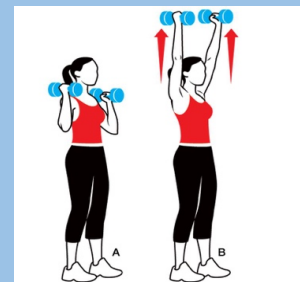


### BICEP CURL

Don't have dumbbells?  
Grab a couple of canned goods.  
Start in a standing position arms to your side, curl arms up towards chest and lower back down.  
Complete 10 Bicep Curls and repeat sequence 3 times.

### SHOULDER PRESS

Begin with arms up 90° over shoulder. Fully extend arms up over head and lower back to 90°.  
Complete 10 Shoulder Presses and repeat the sequence 3 times.



### FRONT & LATERAL RAISE

Standing tall, alternate lifting your arm straight to eye level forward. Standing, lifting both arms straight out from your side to shoulder level. Complete the movement 10 times for each arm. Repeat sequence 3 times.

Remember to take pictures and post them to our SSAFC Facebook Page!!!

**#ssafcathome**