**Cardiac Rehab Upper Limb Strength Exercises**

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Sit or stand holding your hands on your chest with kg weights in your hands.  Alternating arms lift the weights from your chest straight up and bring back down.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Stand or sit holding your hands on your chest with kg weights in your hands.  Briskly lift both arms from your chest straight up and bring back down.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Stand leaning with one hand against a table. Hold a kg weight in the other hand.  Let the arm hang relaxed straight down, then lift the weight up backwards keeping the elbow straight. Lower the weight back down.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Stand with feet slightly apart. Hold  a kg weight in both hands.  Bend your elbows and bring them up to shoulder level. Your elbows should point slightly forwards.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Standing. Take support from a table with one hand  and hold a kg weight in the other hand.Lift that  hand sideways.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Stand with arms hanging down. Hold kg  weights in both hands and turn your palms forward.  Bend alternate elbows towards shoulders briskly.  Repeat x | |

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| |  |  | | --- | --- | | ©PhysioTools Ltd | Sit or stand holding  a kg weight in one hand.  Bring the arm to be exercised up with the elbow pointing to the ceiling. Support the elbow with the other hand. Straighten the arm holding the weight.  Repeat x | |