


Back:

Exercise:	Muscles primarily worked:	Description	Comments
Gym exercises:			
 <p>Figure A: Lat Pull Down [1] (Bodycraft, 2020)</p>	Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).	The seat needs to get adjusted to the lowest position. The lat bar gets attached to the high pulley. While the person sits by facing the machine and locks their knees beneath the pads provided on the	This exercise can be performed with one arm at a time, using the single handle, instead of a straight bar.

exercise machine. The grip needs to be held tight on the lat bar while the body remains still and pulls straight down, returning to start position quickly.

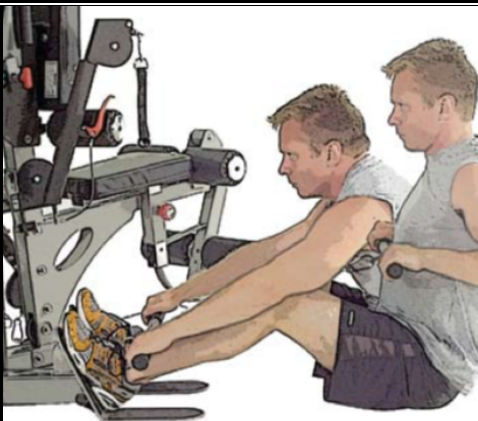


Figure B: Low Cable Row [1]
(Bodycraft, 2020)


Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders),

The straight bar is to be attached to the low pulley with the person seated on the floor with feet placed on the foot

Both single handlers can be attached for a narrow and neutral grip.

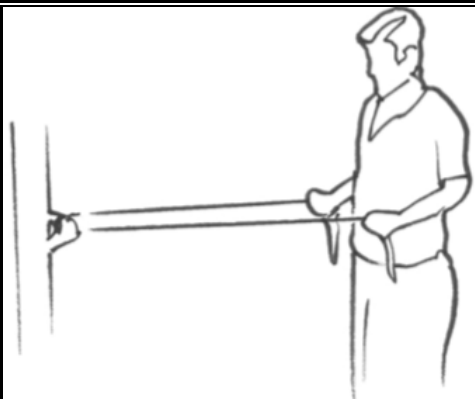
Biceps (front of arm).

plate.
While the upper torso stays still, the straight bar can be pulled to midsection with shoulder bars remaining squeezed together, eventually returning to the start position. This exercise is crucial is the intention is work out the mid back muscles, upper back muscles,

		rear shoulders and the biceps.	
 <p>Figure C: Mid Row [1] (Bodycraft, 2020)</p>	<p>Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).</p>	<p>Again, this is a gym exercise which requires the arm to be pressed into its furthest rear position as shown in Figure C. The seat is to be adjusted so it is aligned with the shoulders. Once the seat is adjusted as far back as possible, the handles</p>	<p>Underhand grip can be used.</p>

need to be held on to tightly and pushed back so that the person pulls as far back as possible. Keeping the shoulders tightly squeezed, we return back to start position slowly.

At home exercises:



Latissimus dorsi and biceps brachii.

Starting with flexed shoulders the elbows need to extend outwards

Trunk cannot move when completing the exercise.

***Figure D: Standing
Row [2] (Cancer
Council WA, 2020)***

with the
exercise
letting the
shoulders
extend and
elbows
flex.

Breathing
out when
pulling the
resistance
are
important
as well as
ensuring
that the
trunk does
not move
while
completing
the
exercise.

This is an
exercise
which will
simply
require a
rubber
material

strip
allowing
some
resistance
while
completing
the
exercise.

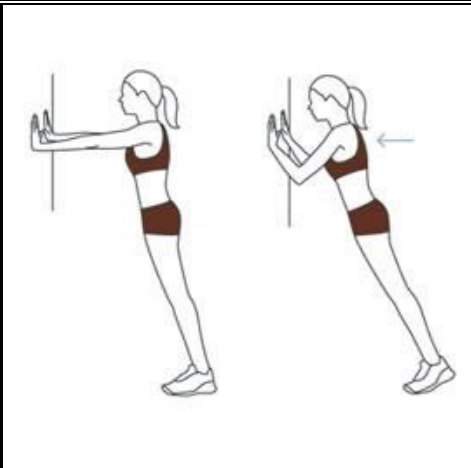


Figure E: Standing push up [3] (Lee, 2014) & [2] (Cancer Council WA, 2020)

Triceps
brachii,
Pectoralis
major,
anterior
deltoids. [2]

While this
exercise
shares a
focus on
the chest,
back and
arms, it can
be
completed
at home,
without
equipment.
The elbows
need to
extend
with the
shoulders
pushing the
body
towards
the wall

with
horizontal
abduction.
Coming
back up to
start
position,
the return
needs to be
controlled.
This
exercise
works out a
combination
of the
back
muscles,
chest
muscles as
well as the
arm
muscles.
[2]

References:

[1] Bodycraft - Exercise Guide | Bodycraft 2020 | Exercise Guides: The Art and Science of

Movement | Figure A – Figure C exercises | Available online at:

<https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf>

| Accessed 18 March 2020

[2] Cancer Council Western Australia | Guidelines for implementing exercise programs for cancer patients | Figure D exercise | The Cancer Council WA

<https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/HANDI/Guidelines-for-implementing-exercise.pdf> | Accessed 19 March 2020

[3] Real Simple | Stronger Triceps in 15 Minutes | Photo: Jason Lee | 03/09/2014 | Available online

at: [https://www.realsimple.com/health/fitness-exercise/workouts/triceps-](https://www.realsimple.com/health/fitness-exercise/workouts/triceps-workout?crlt=%5Bobject+Object%5D&crlt.pid=camp.U6Jzvy4urAD7&slide=114735#114735)

[workout?crlt=%5Bobject+Object%5D&crlt.pid=camp.U6Jzvy4urAD7&slide=114735#114735](https://www.realsimple.com/health/fitness-exercise/workouts/triceps-workout?crlt=%5Bobject+Object%5D&crlt.pid=camp.U6Jzvy4urAD7&slide=114735#114735) | Accessed 17 March 2020