

Arms:

Exercise:	Muscles primarily worked:	Description:	Comments:
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Gym exercises:



Figure A:
Cable Arm
Curl [1]
(Bodycraft,
2020)

Biceps (front of arm),
Brachioradials (fore- arms).

The main focus of this exercise is on the arms, both the fore-arm and the front of the arm. This exercise requires the seat to be adjusted to an upright position with the training arms to come down to their lowest position. The trainee sits on the seat in an upright position with

This is a cable oriented exercise and can be performed with one arm at a time.

the elbows and upper arm remaining stationary. While the handles are curled upwards, the bicep muscles are used. By lowering the training arms, the trainee can return back to start position.



***Figure B:
Triceps
Extension
from High
Pulley [1]
(Bodycraft,
2020)***

Biceps (front of arm),
Brachioradials
(fore- arms).

The straight bar needs to be attached to the high pulley. While the trainee sits by leaning to the forward, the straight bar is held. The upper arm gets held in a horizontal position while

This exercise can be performed with one arm at a time using a single handle than a straight bar.

the lower arm is extended at the elbow. Return back into the original position slowly. This exercises focuses solely on the arms, working the fore arm and front of arm muscles.



Figure C:
Triceps
Pushdown [1]
(Bodycraft,
2020)

Brachioradialis (forearms) and Triceps (back of arm).

The chain needs to be attached to the high pulley with the straight bar attached to the end of the chain. Standing in front of the high pullet, the straight bar is held with the overhand grip. The bar is

This exercise can be performed using an underhand grip.

pulled down to where the elbow is locked to the sides. While the flexing occurs at the elbow, the trainee needs to push downwards returning to starting position slowly.

At home exercises:



***Figure D:
Seated Chest
Press [2]
(Cancer
Council WA,
2020)***

Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps brachii (back of arm).

This exercise focuses on the chest and arms. It starts at the elbows aligning in a 90 degrees position which eventually extend the elbow joint. The exercise needs the participant to sit in an

upright position to ensure the back has proper support. This is an exercise that can be repeated a few times in about 3-4 reps. While the chest and arms are the main focus of this exercise, it works out muscles through the shoulder, chest and back of the arm.

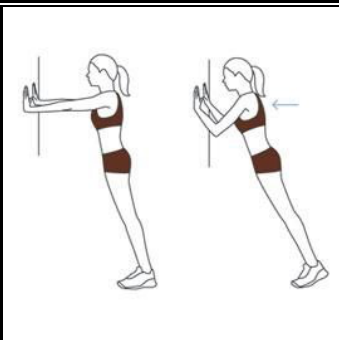


Figure E:
Standing
push up [3]
(Tanebaum,

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

This exercise focuses on the chest, back and arms as well. The arm muscles focused on are the Triceps

Breathe out when pushing up.

**2018) & [2]
(Cancer
Council WA,
2020)**

brachii. 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 B 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 C – 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 | Get Stronger Abs in 15 Minutes | Figure D | Sharon Tanenbaum | 06/06/2018 | Available online at:

<https://www.realsimple.com/health/fitness-exercise/workouts/stronger-abs-in-fifteen-minutes> |

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