

WEEK 4: Wall Sit with Bicep Curls and Overhead Press

Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.

Wall Sit with Bicep Curls and Overhead Press:

- Begin with your back against a wall with your feet shoulder width apart.
- Walk your feet out about 12 inches away from the wall and slide down into a squat position, keeping your back against the wall.
- Holding the squat position, make fists with your hands and rotate your palms facing out away from you.
- Bend your elbows and raise your hands toward your shoulders, performing a bicep curl. (Your palms are now facing you).
- At the top of your bicep curl, rotate your fists so your palms are facing away from you again.
- Pulling your shoulder blades and down and back, lift your arms overhead. (Don't let your shoulders hike up toward your ears).
- Gently reverse the overhead press by lowering your arms and bending your elbows.
- Then reverse the bicep curl by turning your palms in to face you and lowering your hands to your sides.
- If you're able, hold the squat and perform 10 reps without pause.

For added resistance, hold weights or water bottles as shown.

Perform two sets of ten repetitions.

Perform this exercise two times a week in addition to the other moves you've learned.



At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of core strength. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.