

# Hand Contusion

## Weeks 1 and 2

STEP 1



STEP 2



### Seated Finger DIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by gently pinching the end of your finger at the last knuckle.

**Movement**

Slowly bend the end of your finger using your other hand.

**Tip**

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



### Seated Finger PIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by gently pinching your finger at the middle knuckle.

**Movement**

Using your other hand, slowly bend your finger at this middle knuckle.

**Tip**

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



### Finger MP Flexion Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting upright in a chair with your elbow resting on a table.

**Movement**

Grasp the lower section of your finger and gently bend it down as far as you can, then bring it back up and repeat.

**Tip**

Make sure to keep your finger relaxed during the exercise.

STEP 1



STEP 2



### Seated Wrist Flexion Extension PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting with your arm resting on a table or surface at your side and your wrist straight. Grasp this hand with your other hand.

**Movement**

Using your supportive hand to control the motion, gently bend your involved wrist upward and then downward.

**Tip**

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



### Hand Towel Scrunching

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

**Movement**

Scrunch the towel with all of your fingers.

**Tip**

Make sure to keep your movements controlled.



### Finger Extension with Wrist Flexion Caregiver PROM

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

**Setup**

The patient should be lying on their back in a comfortable position. The caregiver should be stabilizing the patient's palm, and their other hand should be grasping their fingers evenly, finger pad to finger pad.

**Movement**

The caregiver should then gently bend the patient's wrist forward and fingers backward, then repeat.

**Tip**

The patient should stay as relaxed as possible during the exercise.



### Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

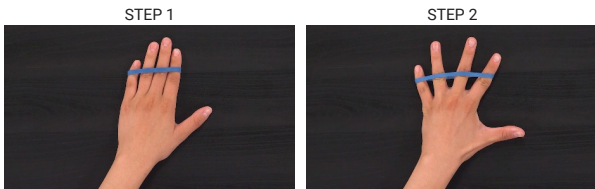
Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

**Movement**

Gently squeeze the towel with your hand.

**Tip**

Make sure to keep your forearm and wrist still.



### Finger Abduction with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

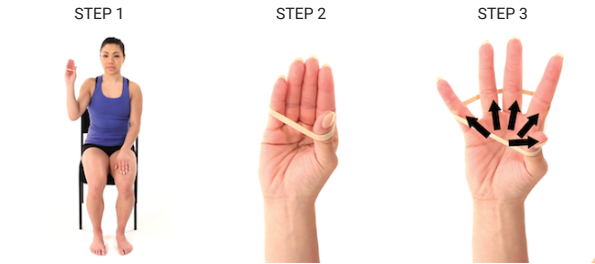
Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

**Movement**

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

**Tip**

Make sure to keep your movements slow and controlled during the exercise.



### Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

**Movement**

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

**Tip**

Make sure to keep your fingers and wrist as straight as you can during this exercise.



### Putty Squeezes

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting with your hand in a comfortable position, holding putty in your palm.

**Movement**

Gently squeeze the putty using all of your fingers equally, and repeat.

**Tip**

Make sure to keep the rest of your arm relaxed during the movement.



STEP 1



STEP 2

### Lumbrical Strengthening with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting upright with your elbows supported on a table and a rubber band looped around the base of your fingers. Use your other hand to hold the rubber band behind your involved hand.

**Movement**

Keeping the middle and end joints of your fingers straight, bend the bottom joints of your fingers, pulling against the resistance. Slowly return to the starting position and repeat.

**Tip**

Make sure to keep your movements slow and controlled during the exercise.



STEP 1



STEP 2

### Standing Plank on Wall

REPS: 3 | SETS: 1 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

On fingertips.

**Setup**

Begin in a standing upright position facing a wall.

**Movement**

Place both hands flat on the wall in front of you, then step your feet back into a plank position and hold.

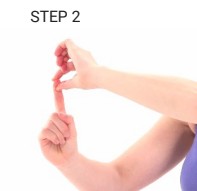
**Tip**

Make sure to tighten your abdominal and buttock muscles and keep your body in a straight line. Do not shrug your shoulders during the exercise.

## Weeks 3 and 4



STEP 1



STEP 2

### Seated Finger DIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by gently pinching the end of your finger at the last knuckle.

**Movement**

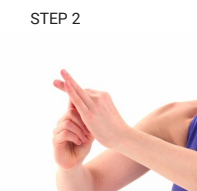
Slowly bend the end of your finger using your other hand.

**Tip**

Make sure to only move through a pain-free range of motion.



STEP 1



STEP 2

### Seated Finger PIP PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

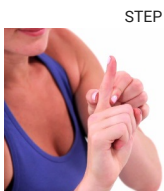
Begin by gently pinching your finger at the middle knuckle.

**Movement**

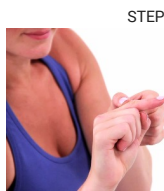
Using your other hand, slowly bend your finger at this middle knuckle.

**Tip**

Make sure to only move through a pain-free range of motion.



STEP 1



STEP 2

### Finger MP Flexion Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting upright in a chair with your elbow resting on a table.

**Movement**

Grasp the lower section of your finger and gently bend it down as far as you can, then bring it back up and repeat.

**Tip**

Make sure to keep your finger relaxed during the exercise.

STEP 1



STEP 2



### Seated Wrist Flexion Extension PROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting with your arm resting on a table or surface at your side and your wrist straight. Grasp this hand with your other hand.

#### Movement

Using your supportive hand to control the motion, gently bend your involved wrist upward and then downward.

#### Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



### Hand Towel Scrunching

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright with your arm resting on a table and your hand face down on a towel.

#### Movement

Scrunch the towel with all of your fingers.

#### Tip

Make sure to keep your movements controlled.

STEP 1



STEP 2



### Finger Extension with Wrist Flexion Caregiver PROM

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

#### Setup

The patient should be lying on their back in a comfortable position. The caregiver should be stabilizing the patient's palm, and their other hand should be grasping their fingers evenly, finger pad to finger pad.

#### Movement

The caregiver should then gently bend the patient's wrist forward and fingers backward, then repeat.

#### Tip

The patient should stay as relaxed as possible during the exercise.

STEP 1



STEP 2



### Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

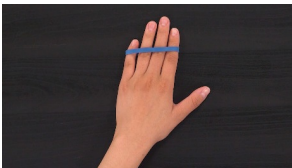
#### Movement

Gently squeeze the towel with your hand.

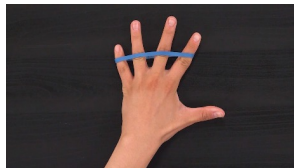
#### Tip

Make sure to keep your forearm and wrist still.

STEP 1



STEP 2



### Finger Abduction with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright your hand flat on a table, palm down, with a rubber band looped around your fingers.

#### Movement

Spread your fingers apart, pressing against the resistance. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your movements slow and controlled during the exercise.

STEP 1



STEP 2



STEP 3



### Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

#### Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

#### Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

STEP 1



STEP 2



STEP 3



### Putty Squeezes

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting with your hand in a comfortable position, holding putty in your palm.

#### Movement

Gently squeeze the putty using all of your fingers equally, and repeat.

#### Tip

Make sure to keep the rest of your arm relaxed during the movement.

STEP 1



STEP 2



### Lumbrical Strengthening with Rubber Band

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright with your elbows supported on a table and a rubber band looped around the base of your fingers. Use your other hand to hold the rubber band behind your involved hand.

#### Movement

Keeping the middle and end joints of your fingers straight, bend the bottom joints of your fingers, pulling against the resistance. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your movements slow and controlled during the exercise.

STEP 1



STEP 2



### Standing Plank on Wall

REPS: 3 | SETS: 1 | DAILY: 1 | WEEKLY: 7

On fingertips.

#### Setup

Begin in a standing upright position facing a wall.

#### Movement

Place both hands flat on the wall in front of you, then step your feet back into a plank position and hold.

#### Tip

Make sure to tighten your abdominal and buttock muscles and keep your body in a straight line. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



### Wall Clock

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Complete with ball instead of towel.

#### Setup

Begin standing upright facing a wall. Place your hand flat on a towel on the wall at shoulder height.

#### Movement

Slide your arm along the wall out to the different times of a clock, returning to the starting position between each repetition.

#### Tip

Make sure to gently squeeze your shoulder blade down and back during the exercise.

STEP 1



STEP 2



### Ball Toss with Eye Tracking

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin standing upright with your feet shoulder width apart.

**Movement**

Toss a tennis ball from one hand and catch it with your other hand, watching the ball with your eyes.

**Tip**

Make sure to move both your head and your eyes while watching the ball.

STEP 1



STEP 2



STEP 3



### Farmer's Carry with Kettlebells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Utilize 1-2 pound weight.

**Setup**

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

**Movement**

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

**Tip**

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



STEP 2



### Full Plank

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Complete plank on fingertips. Begin with a 30 second hold and gradually increase to a 60 second hold.

**Setup**

Begin on all fours with your arms directly underneath your shoulders.

**Movement**

Extend your legs backward so your body is in a plank position, and hold.

**Tip**

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Complete push up on fingertips.

**Setup**

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

**Movement**

Slowly lower your body to the ground then push yourself back up and repeat.

**Tip**

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

## Weeks 5 and 6

STEP 1



STEP 2



### Wrist Flexion with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting tall with your hurt arm resting palm up on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

**Movement**

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

**Tip**

Make sure to only move your wrist during the exercise.



### Wrist Extension with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting tall with your hurt arm resting palm down on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

#### Movement

Gently bend your wrist, lifting the weight up towards the ceiling, then lower it back to the starting position and repeat.

#### Tip

Make sure to only move your wrist during the exercise.



### Standing Tricep Extensions with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head.

#### Movement

Straighten your elbows, pulling against the resistance band, then slowly bring them back to the starting position and repeat.

#### Tip

Make sure to keep your elbows tucked at your sides and move your arms slowly.



### Standing Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

#### Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

#### Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.



### Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.



### Shoulder PNF D2 with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is looped around the opposite foot.

#### Movement

Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

#### Tip

Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.

STEP 1



STEP 2



### Standing Bicep Curls Supinated with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

#### Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

#### Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Full Plank

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin on all fours with your arms directly underneath your shoulders.

#### Movement

Extend your legs backward so your body is in a plank position, and hold.

#### Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Standing Shoulder Shrugs with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with a dumbbell in each hand and arms resting at your sides.

#### Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

#### Tip

Make sure to maintain a gentle chin tuck throughout the exercise and keep your arms relaxed.

STEP 1



STEP 2



### Standing Upright Shoulder Row with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position holding both ends of a resistance band that is looped under your feet.

#### Movement

Pull up on the band, keeping your hands close to your body and bending your elbows until your hands are at your chest, then lower them back down and repeat.

#### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

#### Movement

Slowly lower your body to the ground then push yourself back up and repeat.

#### Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.



# Weeks 7 and 8

STEP 1



STEP 2



STEP 3



## Farmer's Carry with Kettlebells

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Can utilize dumbbells instead of kettlebells.

### Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

### Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

### Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



## Bench Press

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Can also utilize dumbbells instead of a barbell. Make sure you have a spotter when completing the exercise.

### Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

### Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

### Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.

STEP 1



STEP 2



## Supine Chest Flys

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

### Setup

Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

### Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

### Tip

Make sure not to arch your back as you move your arms.

STEP 1



STEP 2



## Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

### Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

### Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



## Push Up

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

Staggered hands during exercise.

### Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

### Movement

Slowly lower your body to the ground then push yourself back up and repeat.

### Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



## Full Plank with Shoulder Taps

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

### Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

### Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



STEP 3



## Farmer's Carry with Kettlebells

**REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7**

Can utilize dumbbells instead of kettlebells.

### Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

### Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

### Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



## Bench Press

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

Can also utilize dumbbells instead of a barbell. Make sure you have a spotter when completing the exercise.

### Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

### Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

### Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.

STEP 1



STEP 2



### Supine Chest Flys

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

#### Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

#### Tip

Make sure not to arch your back as you move your arms.

STEP 1



STEP 2



### Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

#### Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Staggered hands during exercise.

#### Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

#### Movement

Slowly lower your body to the ground then push yourself back up and repeat.

#### Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Full Plank with Shoulder Taps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

#### Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

#### Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



### Floor Tricep Dips

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting on the floor with your knees bent and arms backward supporting your body. Your palms should be flat on the floor with fingers facing forward.

#### Movement

Carefully bend your elbows, lowering your body backward, then push yourself back up to the starting position.

#### Tip

Make sure to keep your back straight during the exercise.