





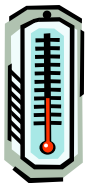
Before you begin Exercise:

 Always stretch


 Be aware of your surroundings

Wait! Stop! Look!

 Exercise in the proper temperature. Exercise in a place that has air-conditioning or a fan.



66-76°

 Wear proper clothing (Tennis shoes, T-shirt, Workout pants)



Hi, my name is Savannah Nobles. I am on the track team at the University of South Alabama my event is the hammer throw. Before I started participating in track I was a gymnast for 10 years at Planet Gymnastics. Right now I am working towards a degree in Health.



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Exercises for Arms I



We do not own this picture

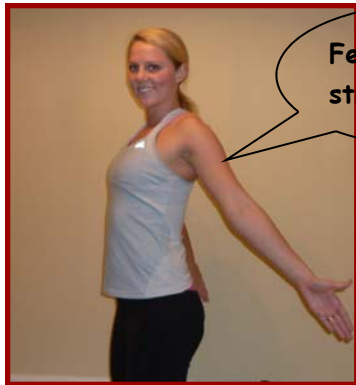
Stretching and Strength

Use common sense when exercising, if it hurts, stop. When performing these exercises, you are responsible for yourself. Use caution and be safe.

Arm Stretches!

***IMPORTANT!!-** Hold all stretches for 15-30 seconds or 3-5 slow breaths.

Bicep Stretch with Arms Behind



Feel the stretch here

Sit or stand. Reach arms behind body with elbows straight. Feel the stretch in the biceps.

Biceps Stretch with Arm in Front



Relax your shoulders

Have good Posture. Keep your back straight.

Sit or stand. Reach one arm forward with elbow straight and your palm up. Support arm with opposite hand.

Triceps Stretch with Arm Overhead



Feel the stretch here

Sit or stand. Reach one arm overhead and bend your elbow with your hand reaching down your back.

Triceps Stretch with Arm in Front



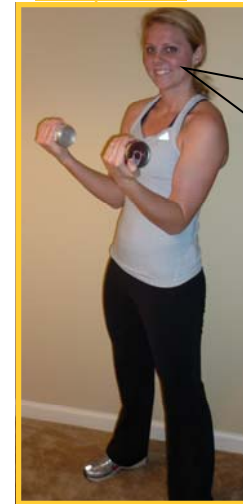
Keep your back straight and your belly tight.

Sit or stand. Cross one arm in front of your body and bend the elbow with your hand reaching over the opposite shoulder. Use your other hand for support.

Arm Exercises!

2 sets of 8

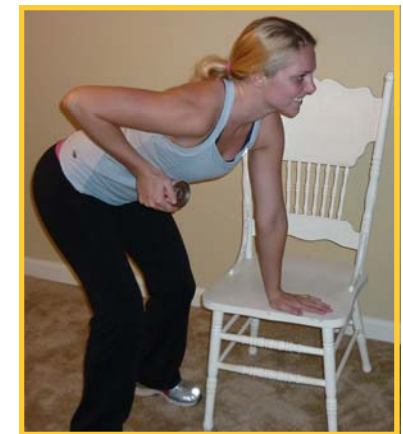
Bicep Curls



Breathe out when you curl the weight up.

Stand with your palms facing outward. Slowly (1-3 seconds) curl the weight to your chest.

Tricep Mower Pulls



Bend over keeping your back straight. Use one hand for support. Slowly bend the elbow pulling the weight by your side.