

# P-SARP EXERCISES FOR POST-70'S MEN & WOMEN

THE C L U E PROGRAM Core • Lower • Upper • Egg

## UPPER EXAMPLES



### BICEPS ELASTO TENSION

Right arm in upper curl position  
Left hand grips front of right wrist  
Push out the left arm while pulling in with right arm  
Swing both arms side to side slowly in a 20 degree arc  
Hold 5 seconds each side  
5 rotations / 2 SETS

### SWITCH ARM & REPEAT

(strengthens biceps, neck, pecs, shoulder)



### OVERHEAD ELASTO COMPRESSION

Hands over head (or on forehead)  
Place fist of one hand in palm of other  
Push fist into the other hand, building compression  
Hold and slowly rotate at waist, 5 seconds each side  
Repeat 5 times

### 2 SETS

(opens chest, strengthens biceps, tones core)



### “PRAYER” ELASTO PULL

Both arms down in front, hands joined over belly  
Tighten stomach and core muscles  
Pull hands, as if apart; rotate slowly 10 degrees each side for 10 seconds per rotation  
5 rotations

### 2 SETS

(strengthens pecs, arms, abs)