

Monkey Bars



- Monkey bars are a great resource for building strength, but it takes some time to build up to working with them. You may find it is easier to use some gloves when you begin to limit strain on your hands
- Find a playground/swing set with parallel bars or monkey bars that are high enough to allow you to hang from your extended arms
- Jump up to the bars, holding on to them at a distance that is just inside shoulder width
- There are many exercises you can do on the bars, here are some ideas
 - Try swinging from arm to arm to build strength and coordination in your arms and back
 - Use the inside bars to do a pull up: hold the bars with your palms facing each other. You can bring your knees to your chest and lean further back to work the muscles between your shoulder blades
 - Pull your body from side to side by flexing your arms one at a time. This is a bit easier than a pull up, but is still a great workout on your arms
 - If these strengthening exercises are a bit challenging, try a slow stretch by hanging from your hands, feeling the stretch through your chest, back, and arms

- For best results, find an exercise that allows you to do 8-12 repetitions for 1-3 sets. Don't let pain ruin your workout; the goal is fatigue, not injury!

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
