

Upper Body Wand Exercises

Here are four very versatile and effective upper body exercises using an Exercise Wand (JO-staff), that can help you do a very decent upper body workout. A proper length and thickness broomstick handle could be substituted for the Wand if necessary.

Shoulders Exercise:

Hold the Wand above your head at shoulders width, and try to "compress" it with all your force. While keeping the tension, move your arms in arcs to your left and to your right so that one arm is trying to move while the other is trying to resist. After a few reps you will feel your delts burning.

Lats Exercise:

With exactly the same position and motion as the shoulders exercise, try to "stretch" the Wand instead of "compress" it. Besides your lats, your triceps get a very good isometric workout.

Chest Exercise:

Hold the Wand in front of you and try to "compress" it, while moving your arms in arcs to your left and to your right. By changing the height at which you hold the Wand you hit different parts of your chest. The higher you hold it, the more the upper chest is engaged, while the lower you hold it, the more the lower chest is used. Your biceps also get an excellent isometric workout.

Delts Exercise:

With exactly the same position and motion as the chest exercise, try to "stretch" the Wand instead of "compress" it. Depending on the height you hold the Wand, you will use your rear or middle delts, and the romboids or middle traps in your back.