

EXERCISE BAND STRENGTH TRAINING

Start by doing 5-8 repetitions of each exercise, 2-3 times week on non-consecutive days. Gradually increase the number of repetitions building up to 10-15 repetitions of each exercise 2-3 times week.

CHEST PRESS

- Sit tall and wrap the band behind your back, coming underneath the arms
- Hold band in each hand with palms facing DOWN, hands below the shoulders
- Keeping shoulders down, away from the ears, press arms forward
- Press until arms are straight without “locking” the elbows, keep a slight bend in the elbow as you extend your arms
- With control return to the start position



SEATED SHOULDER PRESS

- Sit tall in a chair
- Sit on the band, or for more resistance, place band under the seat of the chair, or your feet
- Holding each end of the band, bring hands up near your shoulders with palms facing forward and elbows pointing down
- Press arms upward to straighten, keeping a slight bend in the elbows
- Slowly lower down to shoulders/starting position



EXTERNAL ROTATION

- Sit or stand tall
- Hold band in each hand with palms facing UP, hands about 3-4 inches apart
- Keep elbows at 90 degree angle and close to your body
- Keep elbows in same position and pull hands away from one another until they are straight forward
- With control return to the start position

SEATED ROW

- Sit tall
- Band wrapped around one or both feet; holding one end in each hand
- Pull elbows back keeping wrists straight



SEATED LEG PRESS

- Sit tall; same as Seated Row exercise
- Wrap band around one foot; holding one end in each hand
- Lift foot off ground and press leg away until it is fully extended
- Keep foot off ground bringing knee back toward chest and repeat
- When all reps are completed, switch to other leg



CHAIR SQUAT

- Stand tall and step on the band with both feet
- Hold band in each hand and bring hands up to hip height (or higher if you want more resistance)
- Engaging your abdominals, sit back towards the seat of the chair, without touching it
- Keep your knees behind your toes
- Lower down, hovering above the seat of the chair, or slightly touch if needed
- With control, pressing with your feet, stand back up to the start position



SIDE LATERAL RAISE

- Stand tall
- Step on one end of the band (the shorter the band, the harder the resistance) and hold the other end in one hand
- Keeping shoulders down, away from your ears, and a slight bend in your elbow, raise your arm out to the side – NO HIGHER than shoulder height
- In a controlled manner, lower arm back down and repeat
- Switch to other arm when all reps are done



ARM CURLS

- Stand tall
- Hold ends of band in each hand with center stirrpped under one or both feet
- Place elbows close to body and hold position
- Bring hands to shoulders and then lower to start position



ARM EXTENSION

- Stand tall
- Hold ends of band in each hand with center secured at head level or above
- Start with arms raised to about shoulder level and keep arms straight at elbows
- Bring arms down to your sides of thighs/hips

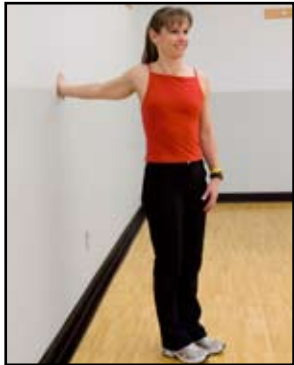


STRETCHING EXERCISES

Practice correct form illustrated in the pictures. Do each stretch 1-2 times, holding for 15-20 seconds.

WALL CHEST STRETCH

- Place the palm of your hand on a wall at shoulder height or lower, with fingers pointing behind you
- With your arm straight, and palm on the wall, turn your body away from the wall until you feel a stretch in your chest
- Stand tall, keeping your hips under your shoulders
- Repeat on other side



SHOULDER ROLLS

- Sit or stand tall
- Bring shoulders to ears
- Pull back and depress down
- Relax and repeat



SHOULDER STRETCH

- Sit or stand tall
- Move one arm across body at low chest height
- Take other arm and gently hug the arm on your chest into your body



FIGURE 4

- Sit tall in a chair with hips and knees at about 90 degree angle
- Cross one leg over the other
- Keep back straight and lean forward
- Modification: allow bottom leg to remain straight at the knee and cross stretching leg onto shin



SEATED DIVE

- Sit tall in a chair with hips and knees at about 90° angles and knees wide OR
- Place hands on thighs and lean head forward

- Go further by sliding hands down to lower leg & continue to roll upper body down
- If comfortable, go further with hands resting on floor and head directed down

- As you roll up, pause at each of above positions for a breath



CHAIR HAMSTRING STRETCH

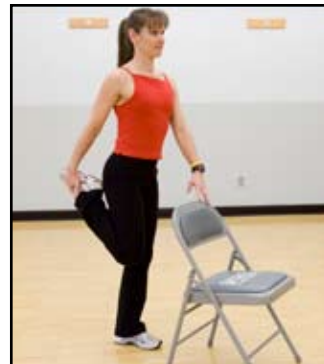
- Place your heel on the back of the chair or floor behind the chair
- Keeping your hips parallel to the chair, gently lean forward until a stretch is felt in the back of your thigh
- Keep your back as straight as you can and abdominals lifted
- Option: sitting in the chair with leg out in front of you



QUADRICEP STRETCH

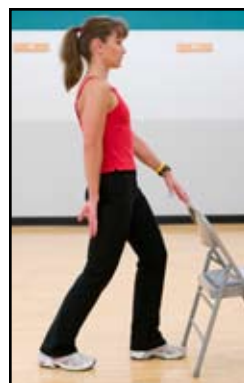
- Stand tall, holding onto the chair for balance
- Bend your knee and reach back to hold your foot, pant-leg, sock, or shoe

- Tuck your tailbone slightly and be sure your knee points to the ground
- Hold a slight bend in the knee of the standing leg
- Option: place the foot of your bent leg on the seat of the chair if holding it is too much



CALF/FRONT HIP STRETCH

- Stand with one foot forward and the other back (both feet point forward)
- Calf: keep heel on the ground; body has a straight line from shoulders through heel
- Hip: Press the hip of the back foot forward by tucking your tailbone under you



STANDING SIDE LEAN

- Stand tall – make yourself long
- Reach one arm straight to the sky, trying to keep shoulder low & neck relaxed

- Lean in the direction opposite of the raised arm
- Repeat with opposite arm

