

## Resistance Band Workout

These resistance exercises are recommended to be done with 8-12 repetitions per exercise, for 2 sets, twice per week



### 1. Chest Press

- Position the band behind your back and under your arms.
- Bring your elbows up and out to the sides.
- Press your hands forward until your elbows are nearly straight.



### 2. Pec Fly

- Bring your arms in front of you to shoulder height, palms facing in.
- Move your arms wide to the side then back in front of you.
- Squeeze your elbows together when they are in front of you.



### 3. Lat Pull Down

- Grip the band in each hand, about 6 inches apart.
- Hold the band above your head, just slightly in front of you.
- Widen your hands to pull against the band as you lower it below your chin.
- Bring your hands together as you bring the band back above your head.



### 4. Reverse Fly

- Grip the band in each hand, shoulder width apart, in front of you.
- Keeping your arms straight, pull on the band until your hands are out by your sides.
- Bring your hands back to the center slowly.



### 5. Single Arm Shoulder Press

- Grab the resistance band at one end with your left hand, bring your elbow out to the side with the band behind your arm.
- Grab the dangling band with your right hand underneath your left arm.
- Keep your right hand in the same position to stabilize the band.
- Press your left hand up toward the ceiling until it is almost straight.
- Repeat on the other side.



### 6. Side Bend

- Place the band under one foot, step your feet hip-width apart and slightly bend your knees.
- Hold the resistance band with your left hand, gripping it at knee-height.
- Lean away from the band and then lean back toward the band.
- Keep your abdominal muscles braced during this exercise to protect your back.
- Repeat on other side.



#### Voluntary Participation Statement:

"Participating in the following activity, demonstration, game, etc. is purely voluntary. You have the choice to either participate or remain seated. If you are not currently active, it is recommended you see your doctor before starting any type of physical activity"

#### Band Safety:

Before beginning your resistance band workout, check the band for any rips or tears. Always make sure to have two points of contact with the band. Remember to always breathe, never hold your breath while exercising.

\*Most of these resistance band exercises can be done seated or standing.

\*To change the difficulty of the exercises, change the slack of the band between the two points of contact with the band.

\*Complete all movements at a slow, steady pace.

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## 7. Single Arm Tricep Extension

- Hold one end of the band in your left hand.
- Place the other end on the floor and step on it with your left foot. Make sure the band is securely under your shoe.
- Step your right foot forward and bend your knee. Place your right hand on your right knee for extra stability.
- Make sure your back is straight and your abdominal muscles are held tight.
- Bring your left elbow up toward the ceiling until it is aligned with your shoulder.
- Extend your hand away from you making your arm straight and slowly bring your hand back down until your elbow makes a 90 degree angle.
- Make sure to hold your elbow by your side, parallel with your shoulder, just the lower part of your arm should move during this exercise.
- Repeat on other side.



## 8. Stationary Lunges

- Grab the band on each end, making a loop.
- Place the loop on the ground, making a flat space, and step onto the flat part of the band with your left leg.
- Step your right leg back.
- Slowly lower your body straight down, keeping your knee behind or above your ankle.
- Only go as low as is comfortable for you.
- Push yourself back up, pressing into your front heel to come back to a straight-leg position.
- Repeat on the other leg.



## 9. Squats

- Grab the band on each end, making a loop.
- Place the loop on the ground, making a flat space, and step onto the flat part of the band with both feet. Make sure it is securely under your feet — in the middle of your shoes.
- Stand up straight, with the ends of the band in your hands.
- Slowly bend your knees and lower yourself toward the floor — sitting back like you are going to sit in a chair, keeping your knees behind your toes.
- As you come back up, breathe out and press your heels into the floor.



## 10. Upright Row

- Grab the band on each end, making a loop.
- Place the loop on the ground, making a flat space, and step onto the flat part of the band with both feet. Make sure it is securely under your feet — in the middle of your shoes.
- Stand up straight, with the ends of the band in your hands.
- Raise your elbows until they become even with your shoulders. Keep your hands down by your waist.



## 11. Bicep Curls

- Grab the band on each end, making a loop.
- Place the loop on the ground, making a flat space, and step onto the flat part of the band with both feet. Make sure it is securely under your feet — in the middle of your shoes.
- Stand up straight, with the ends of the band in your hands.
- Keeping your elbows tucked to your side, raise your hands up toward your shoulders. Slowly lower your hands down to your sides and repeat.

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