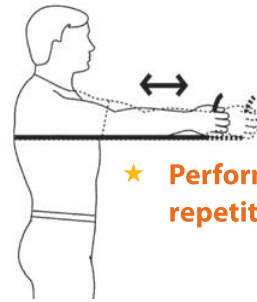


Exercise Band Workout

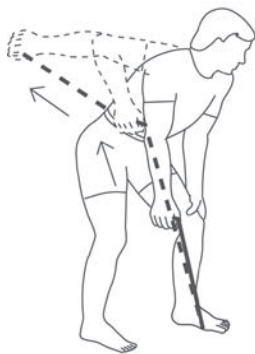
Exercise bands are effective for increasing muscular strength and endurance and are widely used for both physical rehabilitation and fitness. **Follow the tips below and concentrate on performing each one in a slow and controlled manner.**

Chest Press

- Stand or sit (if standing keep knees soft) with your feet shoulder width apart, posture erect and abdominals tight.
- Hold one end of the band in each hand and place it behind your back, under the arms at chest level.
- Extend your arms straight in front of the body. Do not lock the elbows.
- Hold for 3 seconds.
- Slowly return to starting position.



★ **Perform 2 sets of 20 repetitions.**



★ **Perform 2 sets of 20 per side.**

Triceps Kick Back

- Place one end of the band under left foot.
- Hold other end of the band in the right hand.
- Bend slightly over so that your back is flat.
- Support upper body with left arm as shown.
- Pull upward raising elbow to shoulder height.
- Fully extend arm behind you, contracting triceps.
- Slowly return to starting position.

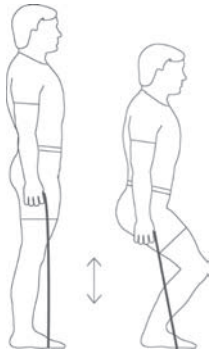
Arm Curl

- Place one end of the band under the right foot.
- Hold other end of the band in the right hand.
- Pull upward, bending at elbow.
- Keep elbow close to your side.
- Slowly return to starting position.



★ **Perform 2 sets of 20 per side.**

- over -



★ **Perform 2 set of 10 repetitions.**

Squat

- Stand with feet shoulder width apart.
- Place the band under both feet holding the ends of the bands in each hand at hip level.
- Sit straight down as though you are sitting down into a chair.
- Keep chest up and abdominals tight.
- Your weight should be through your heels.
- Rise back up to start position.

Lunge

- Stand with one foot on the center of the band holding one end of the band in each hand, arms at chest level.
- Keep chest up and abdominals tight.
- Take a step backward with your other leg, bending both knees to lower body downward.
- Slowly extend your arms down.
- Slowly return to the upright position, curling arms back up to chest level.



★ **Perform 2 set of 10 repetitions per side.**



★ **Perform 2 sets of 10 repetitions for each leg.**

Seated Leg Extension

- Sit on a chair, feet flat, back straight and abdominals tight.
- Place the band under your foot holding the ends of the bands in each hand.
- Left leg to where knee is at waist level making certain band is taut.
- Extend leg fully downward without locking the knee, then slowly bend leg back. Do not rest foot on floor.

Workout Tips

- If you have any questions or concerns before beginning an exercise program please consult your physician.
- Always check band for any rips or tears.
- Warm up the muscle groups before exercising.
- Use caution when securing the exercise band under your feet.
- Breathe normally. Exhale during the most difficult phase and inhale during the easiest.
- Exercise bands vary in style and tension with each option providing a slightly different type of workout.

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