

MUSCLE STRENGTHENING EXERCISES with a Resistance Band

Use a loop resistance band or tie a TheraBand in a knot.

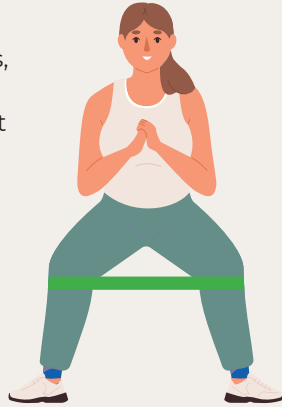
Perform 3 sets of 10 repetitions of each exercise. Rest 20 secs between sets.

Keep your back elongated and abdominals engaged during exercises, exhale on exertion.

BUTTOCKS AND LEGS

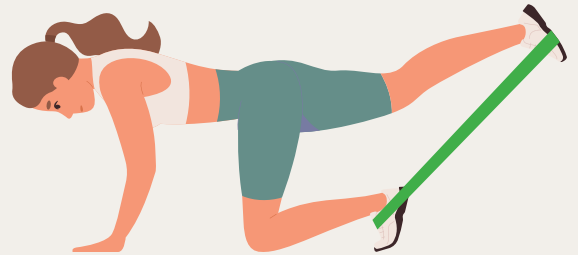
1 BANDED SQUATS

Place a band around your thighs, just above your knees. Stand with your feet hip-distance apart and your arms out in front of you. Tightening your glutes and core, sit into a squat, pushing your butt back and down. Work against the resistance of the band to drive your knees out. Keeping your weight in your heels, firmly press them down on the ground to stand back up.



2 TABLETOP GLUTE KICKBACKS

Place a band around the arches of your feet and get into tabletop position with your hips directly over your knees and shoulders over your wrists. Squeezing your glutes and core, kick your left foot directly behind you, forming a straight line from your heel to the top of your head. Return to start position. Repeat on the right leg.



3 GLUTE BRIDGES

Lie on your back with knees bent, hip width apart and a band above your knees. Lift your hips toward the ceiling, squeezing your glutes at the top. Lower to start position.



3 FRONTAL LEG LIFTS

Lying on your back. Place a band around your ankles. Tightening your glutes and thighs, lift your left leg towards the ceiling, tightening the band as much as you can without shifting your hips. Moving with control, bring your left foot back to the starting position. Repeat on the right side. This exercise can also be done standing on one leg.



4 SIDE LEG LIFTS

Lying on your side. Place a band around your ankles. Tightening your glutes and thighs, lift your left leg towards the ceiling, tightening the band as much as you can without shifting your hips. Moving with control, bring your left foot back to the starting position. Repeat on the right side. This exercise can also be done standing on one leg.



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You can do it!



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UPPER BODY

6 SEATED BAND ROW

Sit on the floor with both of your feet out in front of you. Wrap the resistance band securely around both of your feet and grab the band in each hand. Keeping your back straight, shoulders back, core engaged, and the head and chest up, pull your arms back, squeezing the shoulder blades together. Slowly extend the arms back out, releasing the tension in the band with control, allowing your elbows to straighten to return to the starting position. Can also sit on a chair with straight legs.



7 BAND PULL-APART

Sit with feet hip-width apart. Place the band just below both elbows. Lift the bent elbows in front of you at chest height, palms facing you. Pull the band apart by squeezing the shoulder blades together while keeping the ribs down and neck relaxed. Engage the core. The elbows move to sides of your body maintaining chest height. Return to start position.



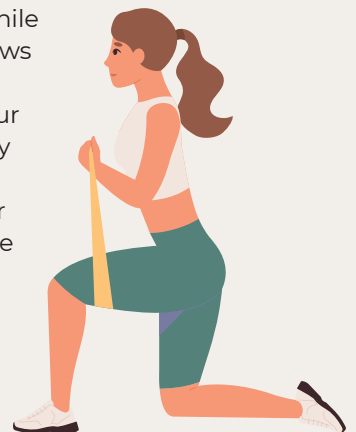
8 LATERAL RAISE

Sit or stand up straight with your feet together. Place the middle of the band under the feet. Hold the ends of the band in each hand so the band is tight. Start with your arms slightly bent by your sides with your palms facing towards you. Raise your arms straight out to the sides until they're at shoulder height. Slowly move your hands back down to your sides.



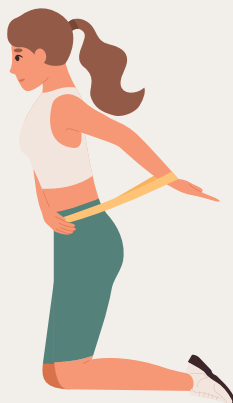
9 BICEP CURL

Sit with feet hip-width apart or kneel. Place the band under one thigh. From straight arm position, slowly curl your hand up to your shoulder with your palm facing upwards while keeping your elbows next to your sides and squeezing your upper arms. Slowly release your arm back down to your side. Repeat on the other side.



10 BACKWARD ARMS

Kneel or sit. Hold the band with right hand on left hip and hook the left hand in the band. Keeping your back straight, shoulders back, core engaged, and the head and chest up. With palm facing backwards, raise the left arm behind the body, keeping arms straight. Return to start position. Repeat on the other side.



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