



Resistance Band Exercises

Recommendations

Strength training is an important way to keep your body moving and in optimal health. Strengthening your muscles also helps your body perform everyday activities with ease and comfort. Current guidelines recommend adults incorporate strength training exercises at least 2 times per week.

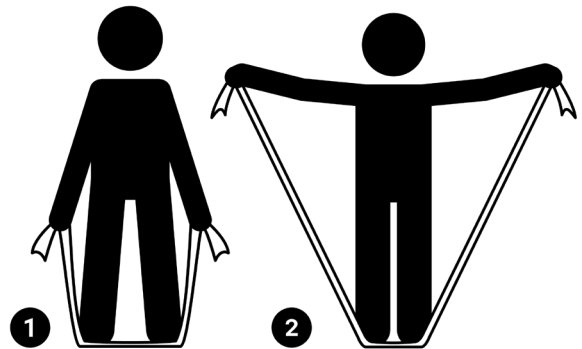
- 2-4 sets of each exercise will help improve strength and muscle tone;
 - 8-12 repetitions to improve strength and power
 - 10-15 repetitions improve strength in middle-aged and older individuals just starting to exercise
 - 15-20 repetitions to improve muscular endurance
- Adults should wait at least 48 hours in-between strengthening sessions for adequate muscle recovery
- To make the exercises more difficult, hold the band tighter or closer together or switch to a higher resistance band

Equipment

Resistance Band or Resistance Tubing with Handles and Looped Resistance Band (or tie a knot into standard resistance band to create loop).

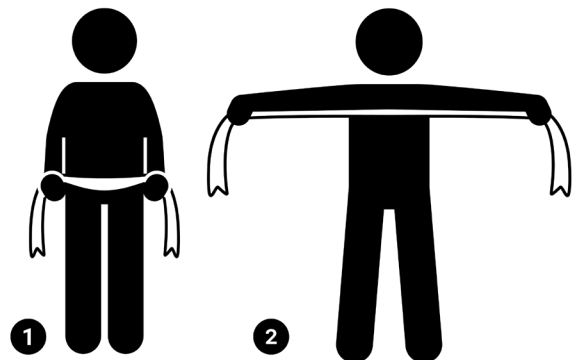
Chest Flys

Start by placing the band underneath your feet, shoulder width apart. Grab onto the band, at waist height, and make an upward movement outward so your body forms a 'T' shape by straightening your arms parallel to the ground. Slowly return arms to starting position.



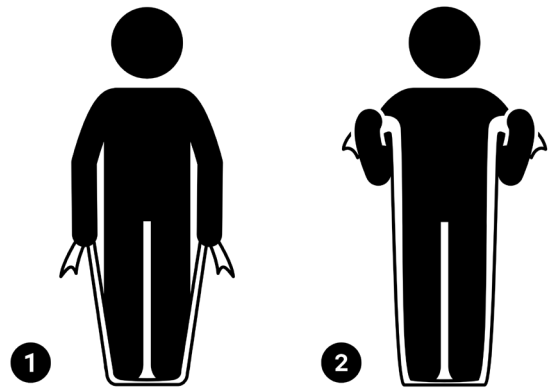
Chest Pull Apart

Start by holding the band directly out in front of you, hands shoulder width apart, and palms facing down. Arms should be straight at chest level with a slight bend in the elbow. Feet can be shoulder width apart or in a split stance. To begin the exercise, pull the hands apart by pushing outwards while arms remain straight, forming a 'T' shape with the body. Slowly move wrists closer together to get back to the starting position.



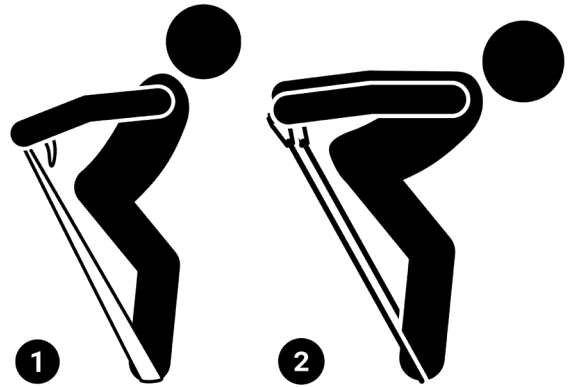
Bicep Curls

Start by standing on the center of the band and grabbing the ends of the band, positioning your hands palms up. Feet should be shoulder width apart for stability. With a slight bend in the knee and arms to begin, lift your arms up together hinging at the elbow until it is near your shoulder. Your arm should stay closely aligned to your body the whole time.



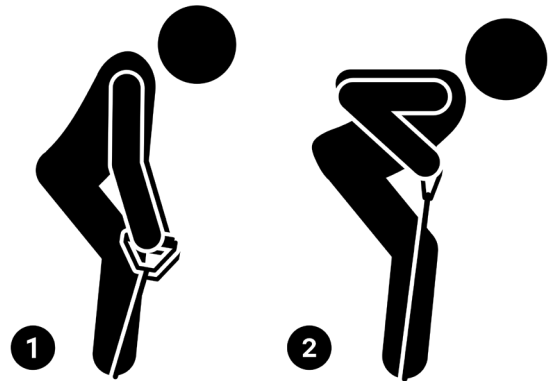
Tricep Kickbacks

Start by standing on the center of the band and grabbing the ends of the band. With a slight bend in the knee and body bent at the hips towards the ground. Begin with hands, gripping the band, by the hip, extend arms backward, hinging at the elbow and straightening the elbow behind the body.



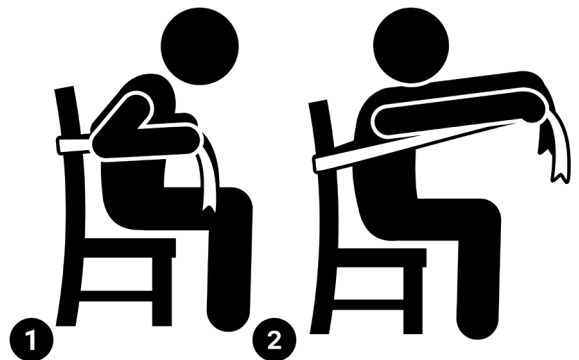
Bent-Over Row

Start by standing on the center of the band and grabbing the ends of the band. With a slight bend in the knee and body bent at the hips towards the ground. Begin with hands, gripping the band down by the knees, pull arms upward towards the chest. Return arms to the starting position and repeat.



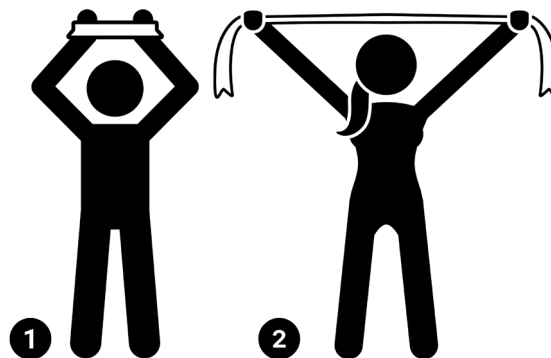
Seated Chest Press

While seated in a chair, place the band behind the chair at mid-chest level, grabbing the ends of the band and extend your arms out in front so arms are parallel to the floor, slowly return to the starting position and repeat.



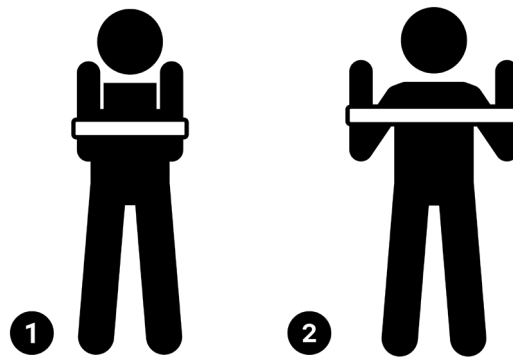
Overhead Pull-Aparts

While standing shoulder width apart, grasp the resistance band overhead with bent elbows, then extend arms outward, making a 'Y' shape with your arms. Gently return arms to the starting position overhead and repeat.



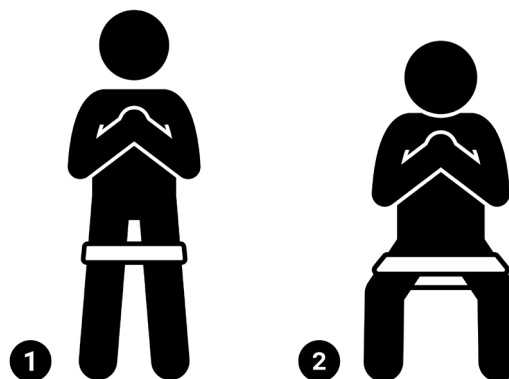
Arm Pulses

Place the looped band at the center of your forearms. Straighten your arms out in front, palms facing each other and lift them to shoulder level. Gently pulse your arms by pulling the band out to the sides and then back. Pulse the band for approximately 15-20 seconds, this is one set. *This exercise can be repeated by moving the band closer to your wrists and performing the same movement.



Squat

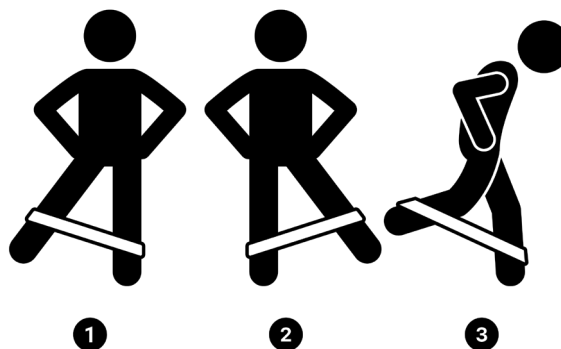
This movement can be done 2 ways, either by looping the band just above both of your ankles or just above the knees and stand with feet about shoulder-width apart. Gently bend your knees pushing hips back, weight in your heels, as you lower down into a squat position (imagine you are sitting back into a chair). Return to a standing position and repeat.



Standing Hip Abduction & Kickbacks

Place the resistance band just above the ankles and while balancing on one leg (hang onto a chair or the wall for support if needed) extend the opposite leg outward. Repeat on both sides.

For the kickbacks, extend the leg behind the body with a slight bend in the knee. Repeat on both sides.



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