

Resistance Band Exercises



Upper Body

Muscle Group	Instruction	Picture	Safety Cues
Chest	Standing: 1. Band is behind the middle of the back. 2. Slowly, push the weight forward while focusing on bringing your elbows together. At the top of the movement, your wrists should be parallel or in line with your armpits. 3. Stop just before your elbow joints are straight. 4. Slowly, return to starting position & stop when your elbow joints are in line with your shoulders.	Chest Press: 	Keep your abdominal muscles tight, shoulders down and chest up.
Biceps	Standing: 1. Center of band under 1 foot or both (depending on desired resistance). Wrap band around hands. Elbows are glued to your sides and palms facing out. 2. Slowly, raise palms up to shoulder level and lower down to starting position.	Bicep Curl: 	Knees slightly bent. Back and head straight in a neutral position. Only the elbow joint should be moving. Shoulders are stabilized.
Shoulders	Standing: 1. Band is under 1 foot or both. 2. Slowly, push the band above your head straightening your elbows. Palms are facing out. 3. Stop just before your elbow joints are straight. 4. Lower arms down to starting position with elbows at a 90° angle.	Shoulder Press:  -Can do seated with band under chair	Back straight. Don't lock elbows at top position.
Upper Back	Standing: 1. Place band under 1 foot & step back with the other. 2. Bend over keeping your back flat and stop at a 45° angle. 3. Pull bands up towards your waist keeping your elbows in tight to your side. 4. Squeeze shoulder blades together at top position. 5. Lower down slowly.	Bent Over Row: 	Back and neck are in line with each other. Knees are not locked.

Upper Back (Option 2)	Seated Option: 1. Loop band around soles of feet, cross it in front of you and hold 1 end in each hand. 2. Start with arms straight, pull back so you bend your elbows and your hands meet your chest. Concentrate on squeezing shoulder blades together.	Seated Row: 	Keep the back straight, lean back slightly, abdominals tight and chest out.
Triceps	1. Hold bank in 1 hand and place that hand behind your back. 2. Grad the other end of the band with the arm that is over your head. 3. Extend the top elbow until the arm is fully extended. 4. Return to starting position and switch arms.	Tricep extension: 	Back straight and chin up. Keep elbow close to your face.

Lower Body

Muscle Group	Instruction	Picture	Safety Cues
Legs	Stand: 1. Step on resistance band with both feet shoulder width apart. 2. Hold resistance band at shoulder level with both hands. 3. Continuously holding band at shoulder level, perform a squat by sitting back into a position as if you were sitting in a chair.	Squat: 	Keep your abdominal muscles tight, and back straight. Knees should NEVER go over the toes in the squat position.
Legs	1. Stand with feet hip width apart. Take left leg & step back approximately 2 feet standing on the ball of the foot. Place resistance band under front foot and hold the ends with your hands. 2. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards floor.	Lunges: 	Chest out, back straight, chin up. Front knee should NEVER go over the ankle.
Outer Thighs	1. Step on band and grab each side of band with each hand. 2. Shift weight onto left leg, keeping knee soft. Push right leg out against the resistance band. 3. Slowly return leg to midline of the body.	Hip abduction: 	Stand tall with back straight, abs engaged, legs straight and arms at your side. Make sure supporting knee is soft.