

CHEST PRESS

Sit on the edge of your chair w/feet flat on the floor hips distance apart, place band around back at shoulder blade level, hold each end of band w/palms facing down and elbows parallel to the floor & bent to 90 degrees. Extend elbows to straighten arms keeping them chest height & parallel to the floor. Flex elbows to return to starting position to complete 1 rep.



SHOULDER PRESS

Sit on the edge of your chair w/feet flat on the floor hips distance apart, place band around back & under arms, hold each end of band at ear level w/palms facing forward, elbows bent to 90 degrees & upper arms parallel to the floor. Extend elbows to straighten arms above your head. Flex elbows to return to starting position to complete 1 rep.



TRICEPS EXTENSIONS

Sit on the edge of your chair w/feet flat on the floor hips distance apart, hold 1 end of band behind back with right hand, hold the other end w/left hand behind left shoulder keeping elbow facing forward and close to head, extend elbow until band is above shoulder. Flex elbow to return to starting position to complete 1 rep. Switch arms and repeat the same number of reps.



SEATED SIDE BENDS

Sit on the edge of your chair w/ feet flat on the floor hips distance apart, sit on the middle of the band and hold each end at shoulder height. With hips & shoulders facing forward & neck in a neutral position bend to the left as far as possible feeling the stretch in your right waist. Straighten up to return to starting position to complete 1 rep. Continue bending to the left until all reps are complete switch sides & bend to the right for same number of reps.



LEG EXTENSIONS

Tie both ends of band together to form a circle. Place circle band around right ankle and hold secure under left foot. Sit on the edge of your chair w/back straight, chest lifted and abdominals tight. Extend right leg up to hip height, bend knee to return to starting position, keeping your right foot off the floor. Continue until all reps are complete, switch sides and complete same number of reps.



SEATED ABDUCTORS

Tie both ends of band together to form a circle. Sit with back straight, chest lifted, abdominals tight & knees at the edge of your chair. Place circle band around your ankles and extend both legs out straight keeping tension on the band at all times, abduct / move legs out to the sides and hold for 2 seconds, return legs to starting position to complete 1 rep.



SEATED ROWS

Sit on the edge of your chair w/ feet his distance apart, secure the middle of the band under both feet & hold ends in each hand w/ arms extended toward feet, bend upper body forward to a 45 degree angle keeping back flat & chest lifted. Pull hands up using back muscles keeping elbows close to the body & pointing back, pinch shoulder blades together at end of move. Extend arms forward to return to starting position to complete 1 rep.



BICEPS CURLS

Sit on the edge of chair w/ feet hips distance apart, secure the middle of the band under both feet and hold ends in each hand w/ arms extended straight. Bend elbows to bring hands up to shoulder height while keeping upper arms stationary and in line w/ your body. Extend arms to starting position to complete 1 rep.



As with any exercise program, check with your health professional to see if you are healthy enough to exercise. Exercise at your own risk.