Exercises with the Band

Muscles Worked: Most major muscle groups (chest, upper back, shoulders, biceps, triceps, abs, oblique’s, lower back, hips, quads, outer thighs, calves)

**Triceps Press Down**

The triceps muscle is at the back of the upper arm. This exercise is performed standing or seated. Fold a towel around the back of the neck and place band along the towel. 1. Grip ends of band and start with forearms parallel to ground, palms inward. 2. Extend arms down alongside the body and rotate palms toward the back. Pause, slowly return to start.

**Chair Squats**

The chair squat targets muscles of the lower body. Begin by standing on the center of the exercise band. Grasp an end of the band in each hand, keeping your hands at your sides. Keep constant tension on the band with your elbows straight. While keeping your elbows straight, slowly bend your knees and lower your body toward the chair without sitting. Just before your lower body is about to touch the seat, return to starting position. Repeat this movement for 12 to 15 repetitions.

**Chest Press**

Standing or sitting with feet apart, place band around center of back and under the arms. Holding the ends, take up the slack and press arms forward; pause and return slowly.

**Standing Calf Raises**

The standing calf raise targets the calf muscles in the lower leg. Begin by standing on the middle of the exercise band with both feet. Grasp an end of the exercise band in each hand and maintain straight elbows while keeping your hands in front of your thighs. Keep your toes on the ground and raise your heels off the floor slowly. Hold the top of this position for 1 to 2 seconds then slowly return to starting position. Perform 12 to 15 repetitions of this exercise.

**Biceps Curl**

Standing or sitting with band under one foot. Take up slack and with palms facing up, keep elbow close to the body and slowly curl forearm up towards shoulder. Pause and return to start position.
**Seated Row**

Seated on the floor or chair, place band under both feet. Grasp each end with the palms inward and elbows close to body. Sit tall, lift chest and start by squeezing shoulder blades together, bring elbows behind the back and then reach out long with both arms to stretch in between repeats. Remember to pull from the mid-back and not just from the arms.

**Hips Abduction work**

Seated or standing tie band around lower thigh, above the knees. Make sure your knees are over the toes with toes very slightly turned outward. Open the thighs if seated OR step out with one leg if standing. Pause, return to start position repeat on the other leg.

**Seated Leg Press**

Sitting upright, place band in center of foot, grasp both ends in each hand and keep toe pointed slightly away from you. Lift the hip, straighten the leg slowly (do not lock the knee), pause and return.

**Rotator Cuff Outward**

Seated or standing, hold band in both hands, palms up, with arms at right angles to the floor and elbows in at your sides. Pull band apart slowly, pause and return.

**Rotator Cuff Inward**

Seated or standing hold band behind your waist with arms at a right angle and palms up. Keeping elbows close to your body bring one arm across your waist, pause and return. Repeat other side.