

Shoulder

While sitting or standing on the band, hold the band in each hand at shoulder height. Extend your arm straight up, but do not lock. Slowly lower your arms and return hands to shoulder height. Repeat.



Back

Sit on a chair or on the floor with your legs straight out in front of you. Loop the band around the soles of your feet so that the band is tight. With your palms facing each other, breathe out and bring your shoulder blades together. Bend your elbows and bring your hands to your chest. Repeat.



Biceps

Stand on the band with your knees slightly bent. Keep your elbows to your side and palms up. Curl your arms up toward your chest and lower slowly. Repeat.



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Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury, talk to your doctor before beginning this exercise program.

The advice presented is in no way intended as a substitute for medical consultation, and the Utah Department of Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and talk to a doctor.

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Resistance Band Exercises

**A Cheap and Convenient Way
to Fit in Strength Training**

What are resistance bands?

Resistance bands are large elastic bands or tubes that can be used to strengthen your muscles.

Why work out with resistance bands?

- You'll become stronger.
- It's a great strength-training workout.
- You can take them when you travel.
- Resistance bands increase coordination and balance.
- Resistance bands are great for all fitness levels.

Technique Tips

Posture is very important when working with bands. Exercise in front of a mirror and make sure you sit or stand up tall with good posture and tighten your abdominal muscles.

Your wrists should not bend as you perform an exercise. Exhale during the most difficult part of each exercise.

Your Exercise Routine

Spend at least 5-10 minutes warming up. If you are just starting an exercise routine, or you have existing muscle and/or ligament problems, talk to your doctor before beginning this routine.

Begin by performing at least one set of 8-12 repetitions. Intermediate and advanced exercisers may increase the intensity to two or three sets of 8-12 repetitions.



Squat

Stand securely on the band with both legs about shoulder width apart. Keeping your head up and your back flat, bend your knees like you were going to sit in a chair. Do not bend your knees past 90 degrees. Make sure that your knees do not extend out past your toes. Repeat.

Band Pull Down

While sitting, hold the band with your hands about 12 inches apart. Extend your arms over your head. Keeping good posture, pull the band so that your arms are out to your side. Make sure that your elbows are straight and in line with your shoulders. Return under control to the start position. Repeat.



Triceps Press

Keeping good posture, sit on the band. Place one hand slightly behind your head with your elbow at your ear and palm facing upward. Straighten your arms over your head. Your elbow should be slightly bent throughout the exercise and you should lift and lower your arm slowly. Repeat.



Chest Press

While sitting or standing, center the band on your upper back and shoulders. Adjust resistance by wrapping the band around your hands (palms should face downward). Keeping your elbows slightly bent, pull the band out in front of you. Repeat.