

## Resistance Band Exercises

Aim for 10 reps of each exercise for 3 sets. Remember all resistance exercises should be done slowly.

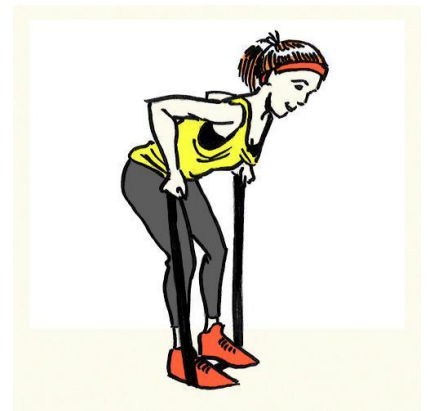
### Seated Abduction



Sit on a chair and tie the band around both legs, just above the knees. Place your feet slightly wider than shoulder-width apart. Slowly press your knees out and move your legs apart. Hold for 2 seconds and return to start.

### Bent-Over Row

Stand over the centre of the band with feet shoulder-width apart. Keep your knees slightly bent and hinge at the waist, keeping the hips back. Hold each end with hands facing away from you. With elbows bent, pull the band up towards your hips, squeezing your shoulder blades until elbows form a 90° angle.



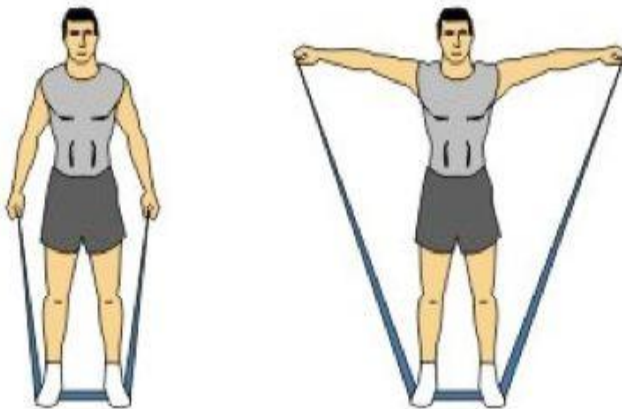
### Pull Apart

Stand with knees slightly bent, feet shoulder-width apart. Hold the middle section of the band with both hands at shoulder level with palms facing the floor. Keeping your arms straight, pull the band out towards your sides until your shoulder blades contract.

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.

## Overhead Press

Stand over the centre of the tube with feet shoulder-width apart. Hold each handle and position your hands at shoulder level with palms facing each other and your thumbs touching your shoulders. Press straight up, rotating your palms forward as you extend your arms. Lower back down slowly.



## Lateral Raise

Stand with feet over the centre of the band, shoulder-width apart. Hold each handle with arms at your sides and palms facing each other. Keeping your elbows slightly bent, raise your arms straight out to your sides to shoulder level. Slowly lower back down.

## Bicep Curl

With feet over the centre of the band, grip each handle with palms facing each you. Keeping your elbows tight against your torso, curl your hands up toward your shoulders. Slowly return to start.



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### **Bent Delt Fly**

Sit on a chair, and position your feet over the centre of the band. Cross the band at your knees and grab each handle with palms facing each other. Bend forward at the waist, keeping your back straight, and raise your arms out towards your sides until the band reaches shoulder level.

### **Overhead Triceps Extension**

Sit on a chair or bench with the centre of the band beneath the glutes. Or stand with feet over the centre of the band. Grab each handle and stretch your arms up, bending your elbows until your hands are behind your neck. With palms toward the ceiling, press your arms straight up until they are fully extended.



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