

Upper Body Exercises



Tricep Press: Start standing, holding band in L arm behind back. Hold other end in R over head. With elbow tucked in, straighten arm and hold 2 seconds.. Slowly return. Repeat 10-15 times.

Bic Curl: Start standing with band under foot. Hold arm wrist forward. With elbow tucked in, pull to shoulder, hold 2 seconds, and slowly lower back down. Repeat 10-15 times.



Rows: Put band in door at elbow level. Gently pull elbows back, squeezing shoulder blades together. Hold 2 seconds. Slowly release. Repeat 10-15 times.



Lat Pull: Put band in door at top. Sit facing away from door and hold bands in hands. Gently pull down making a 'muscle man'. Hold 2 seconds. Slowly return. Repeat 10-15



Wall Push-ups: Stand about 3 ft from wall. Place hands on wall at shoulder level. Gently lower toward wall, hold 2 seconds, and slowly return. Repeat 10-15 times.



Lower Body Exercises



Sit to Stand: Start standing in front of chair. Lower as if to sit, but stop above chair. Hold abs tightly. Keep knees behind toes. Hold 2 seconds. Repeat 10-15 times.



Lunges: Start standing. Step forward and lower toward floor, stopping before knee touches ground. Keep front knee behind toe. Hold abs tightly. Hold 2 seconds. Repeat 10-15 times on both sides.



Calf Raises: Start standing near chair/wall for balance. Lift up onto toes with abs tight. Hold 2 seconds. Repeat 10-15 times.



Leg press: Start sitting with back straight and abs tight. Wrap band around foot while holding tightly. Press leg straight, squeezing leg muscles. Hold 2 seconds. Repeat 10-15 times on both legs.



Chair crunches: Start sitting with back straight and abs tight. Place hands behind neck. Bring opposite elbow to knee, meeting in the middle. Squeeze abs. Hold 2 seconds. Repeat 10-15 on both sides.



Leg Curl: Stand near chair for balance. Bend left knee, bringing foot toward glutes. Hold 2 seconds. Repeat 10-15 times on both sides.



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