Upper Body Exercises

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.


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.

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

**Lunges:** Star 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.

**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 gluts. Hold 2 seconds. Repeat 10-15 times on both sides.