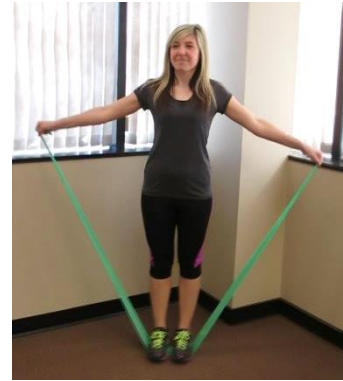




Overhead Press

- Stand on elastic.
- Grasp elastic in hand, arm at side, elbow bent.
- Push arm up and overhead.
- Slowly return to start position and repeat.



Lateral Raise

- Stand on elastic.
- Hold elastic in both hands.
- Begin with arms at sides.
- Position palms forward.
- Keep elbows straight and lift arms to shoulder level
- Slowly lower and repeat



Front Raise

- Secure elastic at waist level.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.



Elbow Flexion

- Stand on elastic.
- Grasp elastic in hand, palm up, arm straight.
- Pull upward, bending at elbow.
- Slowly return to start position and repeat.



Elbow Extension

- Attach elastic to secure object at waist level.
- Grasp elastic, thumb up, elbow bent, as shown.
- Straighten elbow, keeping elbow at side.
- Slowly return to starting position.



Hip Abduction

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Hold elastic in both hands.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.



Reverse Flies

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Slowly return to start position.



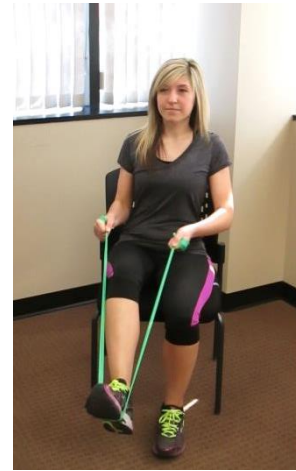
Side Bend

- Stand, holding elastic in right hand, right foot securing other end of elastic.
- Bend to left, keeping elbow straight.
- Slowly return to start position and repeat.
- Repeat sets with other side.



Bent Over Row

- Secure elastic under opposite foot.
- Hold elastic in involved arm.
- Slightly bend hips and knees and support upper body with other arm as shown.
- Pull up on elastic, raising elbows to shoulder height.
- Slowly return to start position and repeat.



Leg Press

- Sit in chair.
- Loop elastic around bottom of foot as shown.
- Hold elastic in both hands.
- Push leg down straightening at knee.
- Slowly return to start position and repeat.



Mini squat

- Place elastic under feet, hold in hands and keep elbows straight.
- Stand with feet shoulder distance apart.
- Slowly return to start position and repeat.



Hip Extension

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Slowly return to start position.



Elbow Kick Back

- Hold elastic in hand of involved arm.
- Place one end of elastic under opposite foot.
- Slightly bend hips and support upper body with other arm.
- Pull up on elastic, raising elbow to shoulder height.
- Extend elbow.

This resistance band workout targets the entire body—chest, back, shoulders, arms and legs. These are basic exercises suitable for beginner or intermediate exercisers. If you're new to strength training and/or resistance bands, take your time with each move and make sure you use proper form. Start with 1 set of 8-12 repetitions of each exercise using a light or medium resistance band, adding sets gradually. For many exercises, you can control the tension by your positioning and/or by where you grab onto the band.

Keep these tips in mind when working out:

- Warm up and cool down with 5-10 minutes of cardio
- Do this workout 2-3 nonconsecutive days a week
- Do this in addition to regular cardio exercise for best results