

**MOVE IT  
OR LOSE IT!**



**Resistance Band Exercises**

# Top to....

## 1. Shoulder



Do you find it difficult to reach over to fasten your safety belt or do up your bra? This will help maintain flexibility in your shoulders. Stand with good posture; hold a resistance band in one hand. Drape the band down your back with your elbow pointing up. Reach behind you with the other hand and grab the band, then pull down gently till you feel a stretch in your shoulder. Hold for 5 seconds, breathing normally, then release. Repeat on the other side and build up to doing 3 on each side.

## 2. Upper back



Sit tall and lie the band across your lap. Then scoop the band with your palms facing upwards and hold about knee width apart. Tuck your elbows in towards the waist, keeping your shoulders down. Then pull the band apart a little, then draw the band back towards your hips and hold for up to 3 seconds. Then take your hands back towards your knees, relax your grip momentarily and repeat 5 times.

## 3. Hips & Thighs



Start by sitting tall and bringing your feet together. Wrap your resistance band around your legs, just a few inches up from your knees, making sure it's not too tight! Then place your hands over the band to secure it. Gradually take your feet out until they're hip-width apart and then bring your knees out so they are in line with your feet and hips. Make sure you keep your feet still, then gradually draw your legs apart, hold for a moment and then release slowly back to the start position. Try to do 5 and gradually build up to 10; as it gets easier progress to do 3 sets of 10 before moving onto a stronger band.

## 4. Chest



Sit back so you're fully supported by the chair and lengthen your spine, sitting tall. With the band around the back of your chair at chest height, grip your band in each hand. Turn your hands to face palms downwards, knuckles facing forward. Push your hands forwards stretching the band and hold for 2 seconds. Then release slowly and with control. Repeat 5-8 times.

## 5. Arms - Biceps



Sit tall and place the band under both of your feet. Then grasp the band in one hand at around knee height, as if you're holding a mug of tea with your thumb on top. Don't wrap the band around the hand. Then keep your elbow close to your body, bringing your hand up slowly towards your shoulder in a bicep curl. Slowly release the band back down into the starting position - lowering is harder as you work against gravity too. Repeat 5-8 times on each side.

## 6. Arms - Triceps



Sit tall and use the same set up position for the biceps exercise with your band under your feet and gripped in one hand. With your arm hanging down at the side of your body, grip the band so your thumb is facing forwards with the band dangling out the back of your hand by your little finger. Take any slack from the band so it is taught and then draw the arm back with your palm facing inwards. Hold the tension for 2-3 seconds then release back to the starting position slowly and with control. Repeat 5-8 times and then repeat on your other arm.

## 7. Legs



Sit tall towards the front of your chair and loop the band under your foot securely. Hold the band at each side of your knees. Then lift the foot up slightly and draw the band back towards the hips. Push your foot out to stretch the band taught, feel the resistance and hold with your heel just off the floor. Release the tension in the band, returning your foot to the floor and your hands back to knee level. Repeat 5-8 times.



**Remember to check with your GP if you have any health or joint problems before trying any of these exercises.**

...toe workout