

Triceps Extension

1. Start by holding the tubing in one hand and placing that hand behind your back.
2. Now grab the other end of the band with the arm that is over your head.
3. Extend the top elbow until your arm is fully extended.
4. Return to the starting position and repeat for the prescribed repetitions.
5. Repeat for other arm.



Biceps Curls

1. Stand with feet shoulder width apart and knees slightly bent.
2. Step onto tubing with back foot.
3. Start position: Grasp ends with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
4. Flex at the elbows and curl band up to approximately shoulder level. Keep elbows close to sides throughout movement.
5. Return to start position.
6. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.
7. Repeat for other arm.



Modified Bicep Curl in Chair (less resistance)



Rear Deltoid Raises

1. Begin on all fours and place a resistance band on the floor in front of you.
2. Hold one side of the band with the left hand and grab the other side with the right hand, keeping a few inches between the hands.
3. Keep the left hand on the ground as you lift the right arm straight up to shoulder level, leading with the elbow and squeezing the back and shoulder.
4. Adjust hand placement to increase or decrease tension and repeat all reps on the left arm and then switch to the right arm.



Side Steps

1. Stand with your feet shoulder width apart, with a resistance band tied or a resistance loop around your ankles.
2. Keeping your head up, shoulders back, place your hands on your hips, and slightly bend your knees.
3. Step sideways as far as you can while keeping your knees slightly bent and your posture tall.
4. Allow the opposite foot to come to meet the other foot, moving slowly and under control.
5. Continue to step to the side the desired number of repetitions, then repeat in the other direction



Leg Lifts

1. Wrap a resistant band around your ankles, tying it so that you have tension on the band when standing with the feet about a foot apart (you may need to adjust the resistance to find what works best).
2. Hold onto a wall or chair for balance if needed.
3. Shift your weight to the right leg and, without tilting the torso, lift the left leg straight out the side until you feel tension on the band and a contraction in the glutes. You may only need to lift the leg a few inches.
4. The foot should be flexed, and your hip, knee and ankle should be in alignment and pointing in the same direction (to the front of the room).
5. Lower the leg without resting it on the floor and repeat for 1-3 sets of 12-16 reps on each leg



(Note: A chair or wall may be need for stability.)

Glute Kick

1. Keeping your leg straight, smoothly kick your heel backward and away from your body at about a 45 degree angle for a distance of about 12-15 inches.
2. Hold your leg at the top of this movement for a one-count and repeat with the opposite leg.



(Note: A chair or wall may be need for stability.)