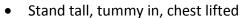
Resistance band exercises

Exercise Teaching points Chest Press (Chest) Stand tall, tummy in, chest lifted Place the band level with the shoulder blades Use appropriate amount of resistance Keep the wrists strong whilst lengthening the arms & bring the elbows back to the side of the body 15 repetitions Lat Pull down (Mid – lower back) Stand tall, tummy in, chest lifted Bring the band overhead Use appropriate amount of resistance • Keeping the arms straight, brings the hands out to the side of the body until they are straight Take care releasing the arms overhead, keep the arms straight throughout 10 repetitions Lat Pull Down Oblique side bends (Waist) Stand tall, tummy in, chest lifted Place the band under both feet Use appropriate amount of resistance Bend side to side strengthening the muscles in the waist & back 10 repetitions each side

Upright row (Shoulders) Seated row (Upper back)



- Place the band under one or both feet
- Use appropriate amount of resistance
- Draw the elbows up towards the ears, keeping the shoulders down
- Release the hands until the arms are straight
- 10 repetitions

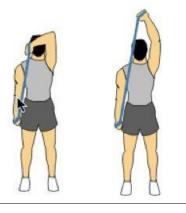


- Sit tall with the tummy in & the back straight
- Place the band around both feet & ensure the band is secure
- Draw the elbows into the side of the ribcage, keeping the chest lifted throughout
- 10 repetitions



- Stand tall, tummy in, chest lifted
- Hold the band in front of the body just below the ribcage
- Keep the elbows into the waist at all times
- Open & close the arms out to the side (the band will draw closer to the body as you do this)
- 10 repetitions

Triceps Extension (Upper arms)



- Stand tall, tummy in, chest lifted
- Hold the band behind the body (as shown in the diagram)
- Keep the lower hand still
- Extend the upper hand until the arm is straight, then bring the hand back down behind the head
- 10 repetitions on each arm
- Maintain a strong postural position throughout all exercises ☺