








Resistance band exercises

Exercise	Teaching points
<p style="text-align: center;">Chest Press (Chest)</p> 	<ul style="list-style-type: none"> • 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
<p style="text-align: center;">Lat Pull down (Mid – lower back)</p>  <p style="text-align: center;">Lat Pull Down</p>	<ul style="list-style-type: none"> • 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
<p style="text-align: center;">Oblique side bends (Waist)</p> 	<ul style="list-style-type: none"> • 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

<p>Upright row (Shoulders)</p> 	<ul style="list-style-type: none"> • Stand tall, tummy in, chest lifted • 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
<p>Seated row (Upper back)</p> 	<ul style="list-style-type: none"> • 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
<p>Dumb waiter (Shoulders/back)</p> 	<ul style="list-style-type: none"> • 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
<p>Triceps Extension (Upper arms)</p> 	<ul style="list-style-type: none"> • 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 <p>• Maintain a strong postural position throughout all exercises 😊</p>