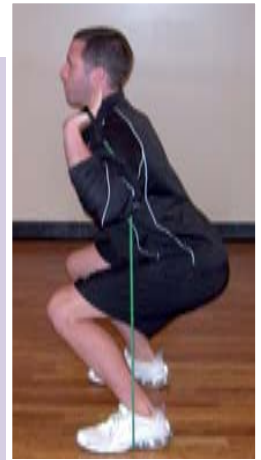


Resistance Band - Total Body Workout

Squat

Put the resistance band underneath both feet. Palms facing out, above shoulders. Squat down as you inhale. Be sure to keep your knees behind your toes, your back flat and straight, and heels flat. Squat down until your quadriceps (thighs) are parallel with the floor. Exhale as you stand back up.



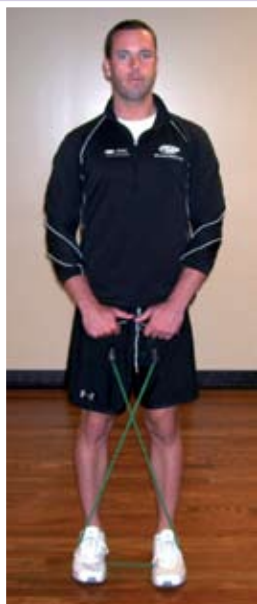
Side Shoulder Raise

Put the band underneath both feet. Arms straight down at your sides. Exhale while slowly lifting arms. Raise arms straight out until parallel to the floor.



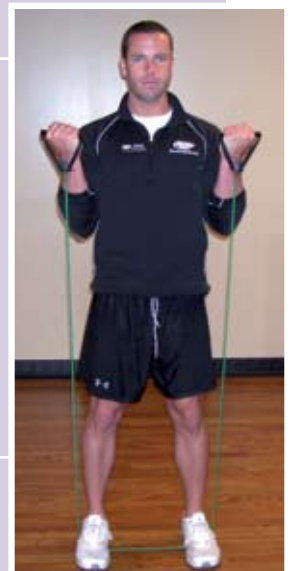
Bicep Curl

Stand with resistance band underneath both feet. Keeping elbows in tight along both sides of the body, raise up hands to shoulder level, exhaling as you come up.



Upright Row

Stand with resistance band underneath both feet. Have the band criss-crossed in front of you. Raise your elbows up high, bringing your hands to the chin. Exhale as you come up.



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Lunge

Place resistance band underneath one foot, and with the opposite foot take one step back. This is Lunge Position. Lunge the back knee close to the ground, then back up, exhaling on the way up.



Tricep Kickback

Stand with resistance band underneath both feet. Bend over at the waist so that your upper body is parallel to the floor. Keep your arm from shoulder to elbow parallel to the floor. Extend forearm back until the entire arm is straight. Exhale as the arms come up.



Reverse Fly

Place the band underneath both feet. Upper body bent over, parallel to the floor. With a slight bend in the elbows, raise hands up until they are parallel to the shoulders. Exhale as you raise your arms.



Chest Press

The last exercises require a partner or a pole. With the band behind you, put hands at chest level. Press your hands forward to touch together in front of you.



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Standing Row

Stand with feet staggered, arms out in front of you, parallel to the floor. Pull back on the resistance band, keeping elbows in tight next to your body, and squeeze your shoulder blades together as you exhale.



Abdominal Leg Lifts

Lie on your back, head and shoulders slightly raised with abs engaged, arms and legs straight up in the air. One side at a time, lower the same hand and same leg to the ground, exhaling as you lower hands and legs.

Oblique Twist

Start with both hands extended out at shoulder height. With a slight bend in the elbow, twist entire body to the opposite side, using your obliques to turn, and keeping your hips square.



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Please consult a physician before starting any exercise program.



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