






## 5 Simple Resistance Band Exercises

- Tips:**
- Always warm up before you perform these exercises. Try marching on the spot for 3-5 minutes, or walking up and down a flight of stairs to warm up.
  - Complete each exercise in the sequence 12-15 times (until you feel the muscles working – or 'feel the burn'). If you have time you can repeat the entire program 2 times.
  - It shouldn't hurt – if it does, stop the exercise and ask a professional for guidance.
  - Make sure you stretch (using the *Total Body Stretching Routine*) after you perform this workout.

**Important:**  
Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique. Don't be shy - Ask questions!

Exercise Name	Where you Should Feel It	Directions	Picture
Squat	In your buttocks and thighs	<ul style="list-style-type: none"> <li>Put the band underneath your feet and the other ends over your shoulders with both hands gripping either end.</li> <li>Slowly sit down into an imaginary chair behind you – keeping your weight through your heels.</li> <li>Don't let your knees go over your toes and keep your back straight.</li> </ul>	
Chest Press	In your chest	<ul style="list-style-type: none"> <li>Sitting tall in a chair and wrap the elastic around the back of your chair.</li> <li>Place the elastic under your armpits, and hold your elbows up so that you have a 90° angle in your armpit.</li> <li>Press your arms out to full extension without locking your elbows, and then back to where your elbows are at 90 degrees.</li> </ul>	
Row	Between your shoulder blades	<ul style="list-style-type: none"> <li>Place the band around a door knob. Keep your knees 'loose' and stand tall.</li> <li>Pull the band towards your sides while thinking about squeezing your shoulder blades together.</li> <li>Keep your elbows close to your sides and your shoulders dropped away from your ears.</li> </ul>	
Split Squats	Legs	<ul style="list-style-type: none"> <li>Place the band under your right foot. Step your right foot forward, keeping your left leg back.</li> <li>Without letting your right knee go over your right toe, lower your body by dropping your left knee towards the ground (don't touch).</li> <li>Repeat this exercise 12-15 times on both sides.</li> </ul>	
Bicep Curl	In your biceps/ front upper arm	<ul style="list-style-type: none"> <li>Start by standing (harder) or sitting (easier) and with the band underneath your feet and your feet and shoulders relaxed.</li> <li>Keeping your elbows by your sides, raise the band using your upper arms (biceps).</li> <li>Rotate your hand as you curl up so that when you complete the motion your palms face up.</li> </ul>	

**What should I look for in my band?** For the exercises listed above, you'll need a resistance tube with handles. They come in a variety of tension levels – so start with lower tension and gradually build up as your strength improves!