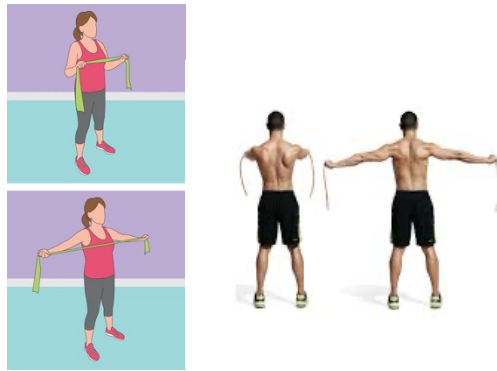


Full Body Band Exercises

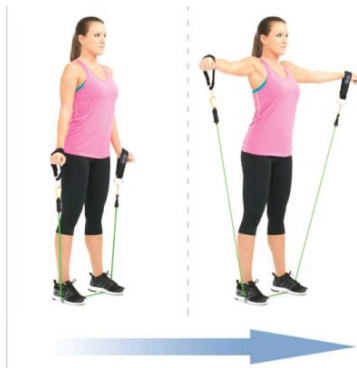
1. Chest Pull Apart (standing or seated)

- Grab both ends of the band and hold it in front of your chest with elbows bent. Adjust position of your hands depending on resistance desired.
- Pull band apart and closer to your chest (straighten arms the best you can).
- Release tension slowly and return to starting point.
- Repeat 1-2 sets for 10-15 reps.



2. Lateral Raise

- Stand with feet shoulder-width apart and place resistance band under both feet.
- Grab each handle of the band with your palms facing inwards, allowing arms to hang naturally by side.
- Keeping a slight bend in your elbows, raise both arms out to the sides until they reach shoulder level (palms still facing floor).
- Pause at top of movement, then slowly lower your arms back to starting position in a controlled manner.
- Repeat 1-2 sets for 10-15 reps.



3. Bent Over Rows (standing or seated)

- Begin by stepping on to your band with your feet shoulder-width apart, toes pointing out.
- Bend slightly at the knees and forward at the hips. Maintain a braced core.
- Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together.
- Hold this contraction, then slowly lower your arms back to starting position in a controlled manner.
- Repeat 1-2 sets for 10-15 reps.



4. Chest Press (standing or seated)

- Secure the band to the door with the door anchor at shoulder height (can also go higher than shoulders or lower at knee height-all will hit chest muscles).
- Grab each end of the band, and stand 3-4 feet away from door with back to door. Position your arms so that they are parallel with the floor, and parallel with the door behind you.
- Push the handles forward, up and in until they are about 6 inches apart, and at eye level.
- Return to starting position in a controlled manner.
- Repeat 1-2 sets for 10-15 reps.



5. Bicep curls

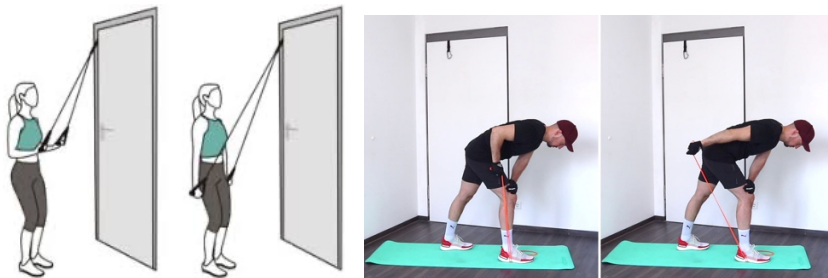
- Step on your resistance band with both feet and grab each end of band with hands. Starting position is palms inward and arms by side.
- Stand tall, and rotate your wrists out for your palms to face forward.
- Engage your core and bend your arms slowly until your wrists are slightly higher than your elbows. Keep elbows glued to your sides, not allowing them to move behind your torso as you perform reps.
- Pause at top of movement, then slowly extend your arms back to starting position in a controlled manner.
- Repeat 1-2 sets for 10-15 reps.



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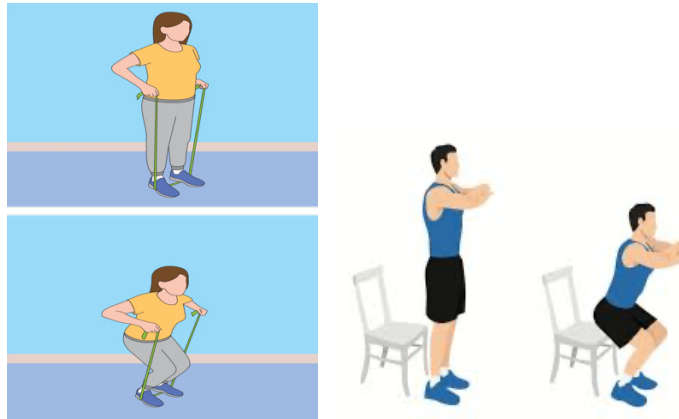
6. Tricep Press

- Stand with feet under hips and anchor band in door (higher than head level).
- Grab handles of the band with your palms facing downwards and forearms parallel with floor.
- Brace your core and straighten your arms slowly until they are straight and your palms are facing behind you. Keep elbows glued to your sides, not allowing your arms to come forward as you perform the reps.
- Pause in the contraction, then slowly lower your arms back to starting position in a controlled manner.
- Repeat 1-2 sets for 10-15 reps.



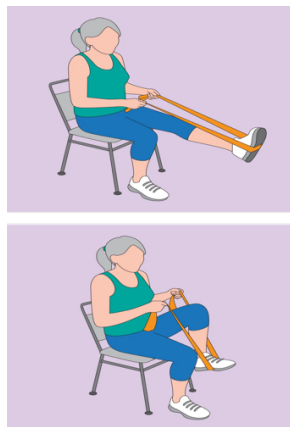
7. Squats (with or without band)

- Stand with feet shoulder-width apart and place resistance band under both feet.
- Grab both ends of the band with palms facing down and your thumb knuckles facing forward.
- Pull the band towards the middle of the body so you feel its resistance.
- Bend your knees slowly so you end up in a squat position. Keep your back straight, and your bottom out, and knees behind your toes.
- Slowly return to starting position.
- Repeat 1-2 sets for 10-15 reps.



8. Leg Press

- Sit in the chair with your back straight while holding both ends of your resistance band.
- Place your left foot in the middle of the band and then extend it out, keeping your right foot firmly on ground.
- Bend your left knee up towards your chest. Straighten it back again.
- Slowly bring your leg back to starting position.
- Repeat 1-2 sets with each leg for 10-15 reps.



9. Calf Press

- Sit in a chair with your back straight while holding both ends of the resistance band.
- Place your left foot in the middle of the band and extend it out.
- Once extended, point your toes towards the ceiling.
- Point your toes back down so they're pointed at the floor.
- Repeat 1-2 sets with each leg for 10-15 reps.

