

Exercise 1 - Chest Pull

1. Sit on a sturdy chair with your back straight and core tightened.

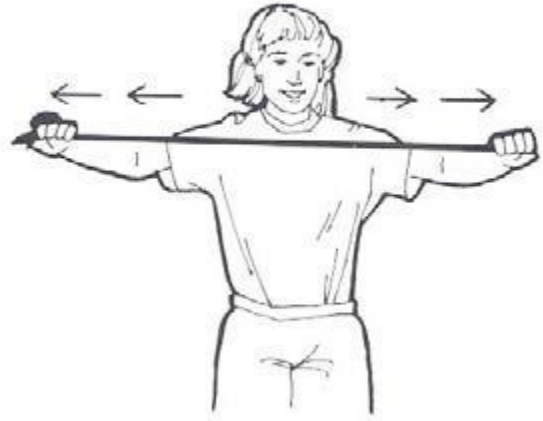
2. Grasp both ends of your resistance band.

This position should be in front of your chest with your elbows bent. If your resistance band is too long, you can fold it in half before starting.

3. Exhale and pull the band as you bring it closer to your chest and try to straighten your arms.

4. Inhale and release. Return to starting position and repeat 10 to 15 times.

5. This exercise can be done while seated or standing.



Exercise 2 - Bent Over Row

1. While seated, step on the resistance band and grip the handles. If you use a band without handles, then just hold onto both ends.

2. Tighten your core to protect your lower back and bend your torso forward until your upper body is parallel to the floor.

3. Position your arms toward the ground.

4. Exhale and slowly pull the handles upward. You should feel your shoulder blades drawing closer and your elbows are facing the ceiling.

5. Exhale and slowly release back to starting position.

6. Repeat 10 to 15 times.

You can move your feet wider to increase the intensity or move your feet closer to make it easier for you.



Exercise 3 - Bicep Curl

1. Step on the middle of your resistance band. Your feet should be flat on the floor.
2. Grip both ends with your hands.
3. Raise your arms to the height of your chest in front of you and then return to starting position.
4. Repeat 10 to 15 times.

You can either do this while seated or standing.



Exercise 4 - Lateral Raise

1. While standing, step on the middle of your resistance band with both feet flat on the floor.
2. Grip both handles of your band.
3. Raise both arms to the side, at the height of your shoulder and then return to starting position.
4. Repeat 10 to 15 times.



Exercise 5 - Squats

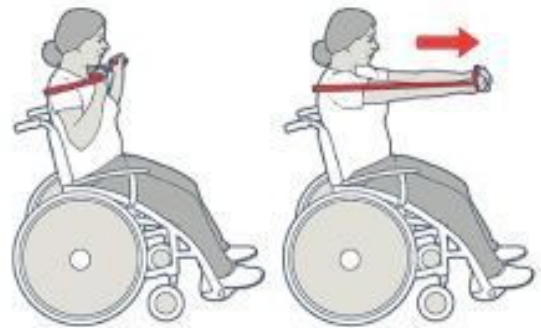
1. While standing, step on the middle of your resistance band with both feet flat on the floor.
2. Grip both ends of your band.
3. Slowly bend your knees into a squat position. Straighten your back, knees should be behind the toes, and butt out.
4. Return to starting position.
5. Repeat 10 to 15 times.



Exercise 6 - Chest Press

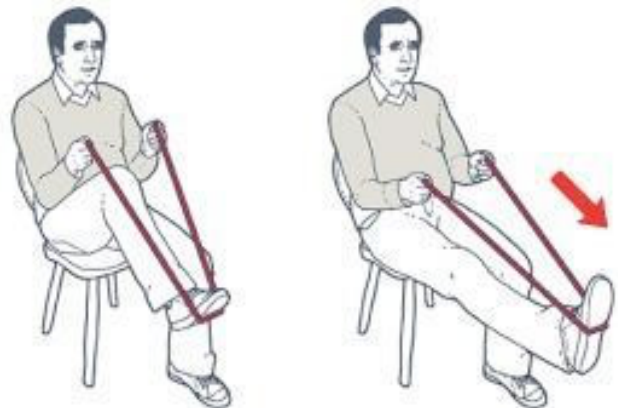
1. Place the resistance band behind your shoulders and hold both ends.
2. Extend both arms in front of your chest and return to starting position.
3. Repeat 10 to 15 times.

You can do this exercise while seated or standing.



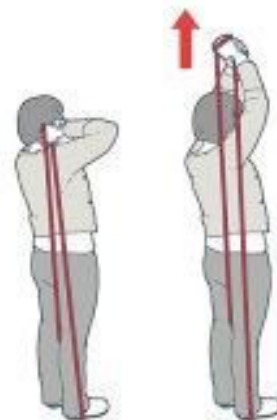
Exercise 7 - Leg Press

1. Sit on a sturdy chair with your back straight.
2. Hold both ends of the resistance band.
3. Place your right foot in the middle of your band. Your band should not be on the floor but your left foot is flat on the ground.
4. Bend your right knee towards you and then straighten it again in front of you.
5. Return to starting position and switch to the other leg.
6. Repeat for 10-15 times with each leg.



Exercise 8 - Triceps Press

1. While standing, place the resistance band under your right heel.
2. Hold the other end of the band with both hands and stretch it so you hold both ends behind your right ear.
3. Pull it above your head and then release it back behind your ears.
4. Repeat 10 to 15 times on each side.



Exercise 9 - Calf Press

1. While sitting on a sturdy chair with your back straight, place your right foot in the middle of the band.
2. Hold both ends with your hands.
3. Extend your legs and point your toes upwards, towards the ceiling.
4. Then flex and point your toes towards the ground.
5. Return to position C.
6. Repeat 10 to 15 times on each side.

