

Resistance Band *Workout*

Squat

1. Stand with both feet hip-width apart with your arms at your sides or on your hips. One end of the band should be around your right ankle and the other end around the left ankle.
2. Lower your body down by bending at the waist and pushing your hips back as if you were sitting in a chair. Keep your back straight and chest lifted. Pay attention to the placement of your knees; they should not go in front of your toes.
3. Push through the heels and butt to stand straight and return to starting position but as you come up, balance on the right leg as you abduct your left leg out. Bring left leg back in, squat and repeat on the opposite leg. Continue alternating until you have completed 8-12 repetitions on each leg.



Front Leg Raise

1. Stand with one end of the band around each ankle standing with feet about hip-width apart. Your hands should be on your hips or a sturdy object for balance.
2. While balancing on your left leg, which should have a slight bend in it, slowly straighten your right leg and raise it up until you feel resistance from the band. Pause for 1-2 seconds and then lower the leg back to starting position.
3. Repeat 8-12 times and then switch legs.
4. From the same starting position you can also raise one of your legs to the back to target some of the muscles on the back of the leg.



Side Steps

1. Secure the resistance band around the ankles and stand with your feet a little wider than hip-width apart. Slowly lower into a squat position with your hands on your hips.
2. While maintaining a squat position, take 8 steps to the right, contracting the buttocks and outer thigh. Repeat on the other side.

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Triceps Extension

1. With your left hand, grasp one end of the band behind your lower back and hold the other end in your right hand. Bend your right elbow so it's pointing up toward the ceiling and your hand is behind your head.
2. Straighten your right elbow and raise your hand toward the ceiling. Slowly return to starting position and repeat. After performing the necessary repetitions on one side, switch arms.



Bow and Arrow Pull

1. Stand with your feet together holding one end of the band in each hand. Extend arms in front of you at chest level with palms facing each other.
2. Step back with your right leg and slightly angle your body with the left leg facing forward with the left arm. While keeping the left arm extended drive your right elbow straight back until you feel resistance from the band. Hold for 1 second.
3. Return to starting position and repeat 8-12 times then switch sides.



Bent over one-arm row

1. Stand with feet hip-width apart and step on one end of the band (loop over your toes) with your right foot. Bend over slightly at the waist and hold the other end of the band in your right hand. Both knees should be bent so that you are in a shallow squat position. Shift more of your weight to the back leg.
2. Slowly pull the band while driving your right elbow back, keeping your forearm perpendicular to the floor. Continue to pull back until your wrist is even with your hip, squeezing your shoulder blade back. Hold for 1-2 seconds then slowly return to starting position.
3. Repeat 8-12 times then switch sides.

