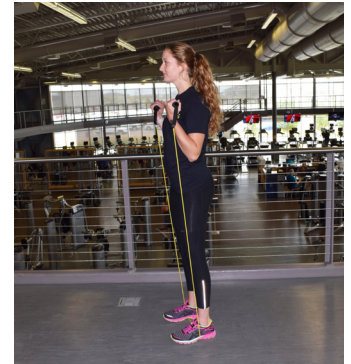


Resistance Band Exercise Guide

UPPER BODY



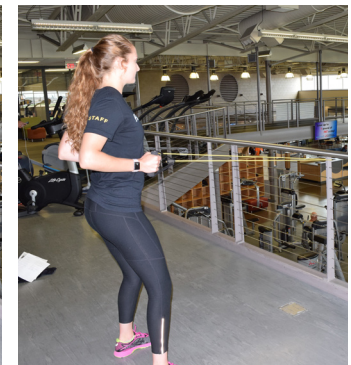
Standing Side Raises | Place middle of band under both feet. Grab both handles with palms facing down. With arms extended, bring arms straight out to your sides. Lower and repeat.



Bicep Curl | Place middle of band under both feet. Grab both hands with palms facing out. Bring both hands to chest level to contract biceps. Lower and repeat.



Triceps Arm Extension | Place middle of band under both feet. Grab both handles with palms facing each other. Bend over slightly at the waist. Place arms at sides, best at a 90-degree angle. Fully extend both arms backward.



Standing Rows | Wrap band around a pole. Grab both handles with palms facing each other. Pull handles to chest with elbows tight to body.



Shoulder Press | Place middle of band under both feet. Grab both handles and raise arms to shoulder level with palms facing out. Press both arms overhead and lower back to shoulders.



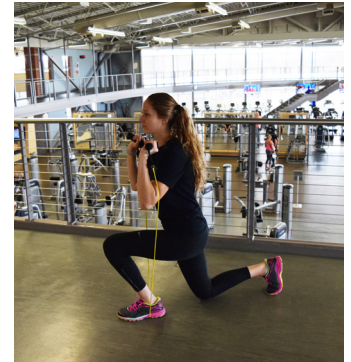
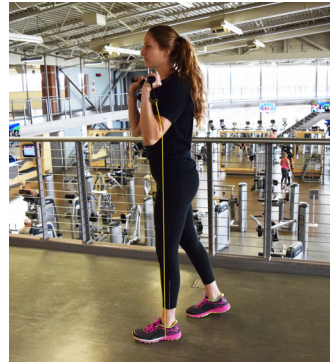
Chest Press | Wrap band around back with grasping both handles. Move hands to chest level with palms facing downward. Press and extend both arms forward.

Resistance Band Exercise Guide

LOWER BODY



Squat | Place middle of band under both feet. Stand with both handles on shoulders. Bend into a squat position and return to standing.



Reverse Lunge | Place band under one foot and stand tall with handles on shoulders. Step back with opposite foot and bend to a lunge position. Repeat on other side.



Hip Adductors/Abductors | Wrap band around pole, so one handle is extended outwards. Place foot in handle and extend leg outwards (abduction). Turn around and with same foot in handle, extend leg outwards (adduction). Repeat both exercises with other foot.



Hip Flexion | Wrap band around pole, so one handle is extended outwards. Place foot in handle. In a seated position, lean back slightly and bring knee, with foot in handle, to chest. Repeat on other side.



Side Lunge | Place middle of band under one foot and stand tall with handles on shoulders. With foot on band, step sideways and bend to a lunge position. Repeat on other side.



Leg Kickbacks | Wrap band around pole, so one handle is extended outwards. Place foot in handle and stand tall. Extend foot attached to handle backwards, while keeping chest up. Repeat on other side.