

Strengthening Exercises with Bands

Upper Body Strengthening Exercises



Chest Press (Chest Muscles)

Place the band around your back just underneath your arms
Hold the ends of the band at mid-chest level
Extend your elbows slowly and flex your shoulders out to the front
Slowly return to the starting position
Repeat 8-12 times.



Bicep Curl (Upper Arm Muscles)

Place the band under both legs
Hold one end of the band in each hand, palm facing up
Pull the band up towards the shoulders, hinging from the elbows
Keep the elbows tucked close to the body
Slowly return to the starting position
Repeat 8 – 12 times



Tricep Strengthening (Upper Arm Muscles)

Hold the band in both hands, with about one inch between the hands
Place both hands on one hip
Pull the band down by straightening the back arm
Slowly return to the starting position
Repeat 8 – 12 times on each side



Front Arm Raise (Shoulder Muscles)

Stand securely on a band with one foot
Hold the other end of the band with the hand on the same side
Start with your arm at your side
Raise your arm in front of your body to shoulder-level and then return to the starting position
Repeat 8 – 12 times on each side

Back Strengthening Exercises



Lat Pull Down (Muscles Along the Side of Back)

Stand with feet shoulder-width apart
Hold the band in both hands, further than shoulder width apart
Raise arms slightly above your head, keeping the band in sight
Pull the band downwards to shoulder level
Slowly return to the starting position
Repeat 8 – 12 times on each side
Do not put the band behind your head



Bow and Arrow (Muscles Along the Side of Back)

Stand with your feet in a staggered position (one foot slightly in front of the other), hip-width apart
Hold the band with both hands
Extend one arm out in front of your body, keeping the elbow slightly bent. This is the same arm as the forward-facing foot.
Hold your working arm slightly behind your outstretched arm at chest level, elbow bent
Using your working arm, pull the band backward across your chest, keeping your outstretched arm still
Slowly return to the starting position
Repeat 8 – 12 times on each side

Abdominal Muscle Strengthening Exercise



Reverse Sit Ups (Abdominal Muscles)

Sit up nice and tall, feet flat on the floor
Hold the band in both hands, about hip width apart, stretching the band slightly
Keep back straight and slowly lean backward toward the back of the chair
Slowly return to the start position
Repeat 15 – 20 times