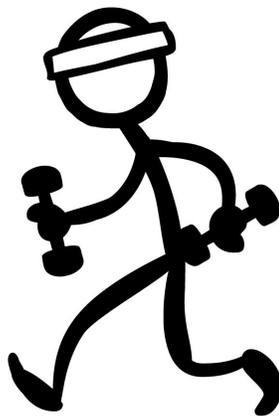


Exercise Band Instructions

- Here are some exercises to try with your exercise band!
- Remember to breathe.
- Start with 4-6 repetitions of each of the exercises you like. Later, increase to 8-12 of each as tolerated. You can add a second set if you're feeling good.
- Use your band at least 2-3 times a week.
- It's okay if you notice some muscle soreness.

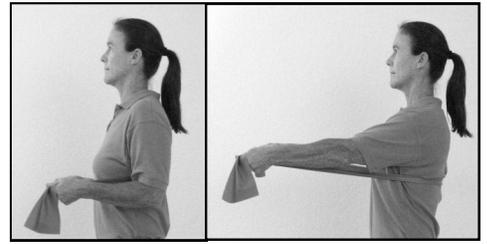


- **WARNING:** Don't overstretch the band. It might break.
- Talk to your doctor if you have any concerns about using the exercise band.



Chest Press

- Hold band around back with elbows bent
- Squeeze shoulder blades together
- Straighten arms out without moving shoulders



Row

- Stand on band with right foot and grab both ends with left hand
- Step left foot back and bend over slightly
- Keep stomach tightened and back straight
- Squeeze left shoulder blade back
- Pull band up until elbow is as high as your shoulder
- Change sides



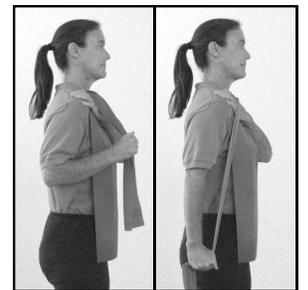
Arm Raise

- Step on end of band with left foot
- Hold other end loosely with left hand at hip height
- Keep elbow slightly bent
- Lift hand out to side and slightly forward
- Change sides



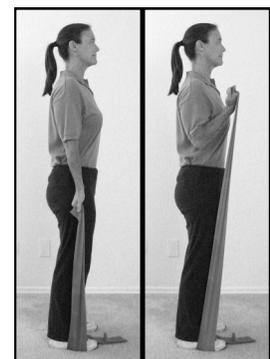
Arm Pushdown

- Hold band with left hand and place on right shoulder
- Hold band firmly with right hand at mid-chest
- Pull right arm straight down next to hip, keeping elbow close to your side
- Change sides



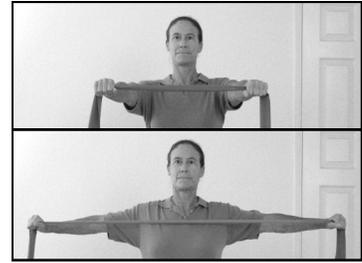
Arm Curl

- Stand on end of band with left foot
- Hold band firmly with left arm at side
- Lift hand up toward shoulder, keeping elbow close to your side
- Change sides



Arm Pull Away

- Hold band firmly with arms straight out in front
- Pull hands out to sides, keeping arms straight



ADVANCED EXERCISES

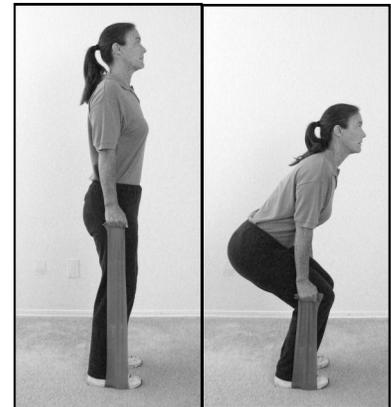
Forward Bend

- Stand on middle of band with feet slightly apart
- Pull band tight with both hands at sides
- Bend forward from the hips, keeping your:
 - Stomach tight
 - Back straight
 - Head up
- Change sides



Squat

- Stand on band with feet slightly apart
- Hold band firmly with both hands at sides
- Slowly squat down, keeping your:
 - Hips back
 - Knees over feet
 - Back straight
 - Head up
- Slowly stand back up, keeping the same form



Leg Push Back

- Hold onto wall or chair for more balance
- Loop middle of band around right ankle
- Stand on both ends of band with left foot
- Push leg back, standing straight up
- Change sides

