

Leg Press

Wrap the band around one foot. Straighten and bend your leg pressing out with your foot. Don't lock your knee out – keep the movement controlled.



Muscles targeted: Lower leg muscles – hip and knee mobility.

Abduction

Wrap the band around your thighs and hold it firmly with your hands. Separate your knees slightly (imagine opening a cupboard door). This is not a big movement, work within your limits.



Muscles targeted: Abductors (outside thigh) – hip mobility.

TOP TIPS

-  Schedule a time each day to do your routine.
-  Play motivating music.
-  Keep a record of what you do.
-  Phone a friend and motivate them to be active too.
-  Give yourself a well deserved pat on the back!

BAND EXERCISES TO DO @ HOME

Please read before you start, especially if you are new to using bands.



- **SIT IF YOU NEED TO**
Most of the exercises are designed to be done standing up but if you need to sit down do so.
- **APPROPRIATE TENSION**
Don't make it too easy – the tension should be sufficient so that you can feel the muscles working. If you feel pain however, modify the move so that you work within a comfortable range of movement for you.
- **HOLDING THE BAND**
Have a firm grip by wrapping the band securely around the palm of your hand. Ensure that your wrist is in a strong neutral position throughout. i.e. Don't let it bend forward or backward.
- **CONTROL OF MOVEMENT**
Keep tension on your band and make sure you perform each repetition **slowly** and in a **controlled** way, particularly on the return movement back to your starting point. Don't let the band 'ping' back.
- **HOW MANY SHOULD I DO?**
Perform the exercise for between 30-60 seconds or if you prefer sets of 8 to 16 to fit with the motivating music you have on!
- **BREATHING:**
Don't hold your breath. A useful cue is to exhale when you are stretching out the band and inhale when returning to the starting position.

Bicep Curl

Start with both the bands and your arms straight by your sides.

Bend your elbows keeping them tucked into your side as you curl- Imagine you are holding a \$50 note between your elbow and your ribs.



Muscles targeted: Biceps-beer drinking or Popeye muscles at the front of your arm. Helps with lifting, carrying, eating, etc

Tricep push

Hold the band midway and 'anchor' that point to your chest making a fist. Hold that firm.

With the other hand stretch the band as you straighten your arm and push towards the ground.



Muscles targeted: Triceps-home of the 'bat wings' at the back of your arm. Helps with getting out of sofas, cars, the bath, across a bed.

Press or punch

Imagine you are towelling yourself down with the band. Make sure it is below your arm pits and keep your elbows wide (like a funky chicken)

From there punch out with control to ensure your elbows don't 'lock out'.



Muscles targeted: Chest - Helps with getting off the ground, any kind of pushing activity.

Shoulder Press

Give yourself a lot of band to work with as this is the toughest exercise to do.

Simply raise your hand as if you are answering a question in class **BUT** work within the limits of any shoulder restriction you have and only go as far as is comfortable. *Easier option:* Use a can instead of the band.

Muscles targeted: Shoulders - Helps with hanging out washing, reaching and placing objects in high places etc



Monster walk

Make sure the band is flat then stand in the middle of it with both feet. Wrap the band around your hands and stand up tall.

Take small side steps like a crab. As you get more confident you can make these bigger. Do 3-4 steps one way then swap sides.



Muscles targeted: Abductors/Glutes -outside leg and butt. Helps with getting out of cars, balance, strength of lower body.

Bent over row

Anchor the band under one foot. Place the other foot behind in a lunge position. Place your hand on your front thigh for support. Pull the band up in a 'sawing' motion so that your fist comes to your hip bone each time.



Muscles targeted: Upper back muscles – Helps with posture, any pulling activity.