WARM UP

Don’t forget to warm up your muscles with any low intensity, cardiovascular activity. Try five minutes of slow jogging or jumping jacks.

TRICEPS KICKBACK ACROSS CHEST

Grasp loop with each hand and bring arms parallel to the floor. Extend one arm completely and bend the other at the elbow with your fist in front of your chest with your palm facing away from the body. Do not bend your wrists. Keeping the upper arms motionless, extend the bent arm completely then slowly return to the starting position. Complete one set then repeat with opposite arm.

UPRIGHT ROW

Place feet together in one end of stretch band and grasp the other end with both hands, palms facing body. While keeping your core activated and your back straight, pull your elbows to your side and your fists near your shoulders. Press your fists directly in front of you until your arms are fully extended. Keep your forearms close to your body throughout the movement.

REVERSE FLY

Grasp both ends of the stretch band with your palms facing downward, your hands in a fist and your thumbs placed on the outside of the loop. Extend your arms in front of you parallel to the floor. Keep your core activated and your back straight. With the arms remaining parallel to the floor and extended, pull the band apart until your arms are out to the side and your body forms a “T.” Slowly return to starting position. Complete one set then repeat with opposite arm.

CHEST PRESS

With the stretch band across your upper back, grasp both ends of the band with your palms facing downward, your hands in a fist and your thumbs on the outside of the loop. While keeping your core activated and your back straight, pull your fists up toward the side of your body in line with your navel. Return to the starting position slowly. Keep your forearms close to your body throughout the movement.

BICEPS CURL

Loop one end of the stretch band around your right foot. Grasp the other end of the band with your right hand, palm facing forward, your hands in a fist and your thumb on the outside of the loop. Stand tall with a slight bend in your knees, your core activated, back straight and arm extended with your elbow at your side. Keeping your elbow at your side and your upper arm motionless, bend at the elbow to bring your fist toward your right shoulder. Slowly return the arm to the extended position. Complete one set on your right side before repeating on your left. If you have two bands you can do the exercise with both arms simultaneously.

STANDING HIP ABDUCTIONS

Loop the two sides of the stretch band around the arch of each foot. Engage your core and the muscles in your bottom and bring your weight onto your left foot. Keeping your back upright and your leg extended, pull your right foot away from your left directly to the side. Slowly return to the starting position. Complete one set then switch sides. Place one hand on the wall or a chair back for balance if needed.

SEATED ROWS

Sit in a chair or on the floor. With the stretch band across the soles of your feet, grasp both ends of the band with your palms facing toward each other, your hands in a fist and your thumbs on the outside of the loop. While keeping your core activated and your back straight, pull your fists up toward the side of your body in line with your navel. Return to the starting position slowly. Keep your forearms close to your body throughout the movement.

STANDING GLUTE ABDUCTIONS

Loop the stretch band around each ankle. Engage your core and the muscles in your bottom and bring your weight onto your left foot. Keeping your back upright and your leg extended, pull your right foot away from your left at 45 degrees. Focus on keeping the muscles in your bottom engaged. Slowly return to the starting position. Complete one set then switch sides. Place one hand on the wall or a chair back for balance if needed.

NEW TO EXERCISE –
BEGIN WITH ONE SET OF 10 REPS

MORE EXPERIENCED –
TRY THREE SETS OF 10 TO 20 REPS

SIMPLE STRETCH BAND EXERCISES
FOR ANY FITNESS LEVEL

Improve your strength and balance by practicing these eight exercises at home or at work. Always consult your physician before starting any new exercise program.

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