EXERCISE CHART 3: Elastic Band Exercises

Choose an exercise band that offers enough resistance so that you are fatigued after the last repetition in the last set. Band length should be adjusted to allow the exercise to be performed as described. Check your bands regularly for wear and tear. If a band breaks while you are exercising it can cause injury.

**Arm Press**
This exercise is best performed with a tube-type band with handles. The band length should be adjusted to allow the exercise to be performed as described.

1. Anchor the band at shoulder height or higher using a secure hook (avoid hooks that may damage the band). Stand close to the anchor so that the band is not tight.
2. Face away from the anchor. Hold a handle in each hand, palm facing down. With your hands and grips in front of your shoulders, walk forward until the band is tight. Stand with one foot about two feet in front of the other.
3. Press straight forward with your hands and arms until your arms are extended. Return slowly to the starting position.

   **Caution:** Keep the core muscles tight and limit movement to your arms.

**Biceps Curl**
This exercise is best performed with a tube-type band with handles.

1. Stand with both feet on the band with feet shoulder-width apart. Grab the handles with the arms extended and the palms facing up.
2. Flex the elbow until the handles are at shoulder level. Lower to the starting position.
3. You can also perform this exercise with your palms down.

   **Caution:** Do not move other joints, especially in your back.
**French Curl**

This exercise is best performed with a flat elastic band to allow easy adjustment of resistance.

1. Stand with your right foot about 18 inches in front of the left. Hold one handle of the band with the right hand (arm down to side with hand facing the right thigh).
2. Place the band under the left foot. Grab the other handle of the band with the left hand (elbow up beside the head and pointed forward). The forearm and band extend down behind the shoulder.
3. Extend the left elbow so that the hand moves upward until the arm is extended overhead. Lower the hand back to the starting position.
4. Repeat with the other arm.

**Caution:** Keep the elbow pointed forward during the exercise. Stabilize the core muscles during movement.

**Lat Pull-Down**

This exercise is best performed with a tube band with handles. Door anchors are available to allow the band to be securely anchored at the top of a closed door. Standing closer or farther from the wall reduces or increases resistance.

1. Anchor the band on a hook above and in front of you (door anchors work well). While holding the handles (palms down), move away from the anchor until the bands are tight but not stretched. The arms should be fully extended. Kneel as shown in the illustration (a mat or carpet is recommended). Lean the upper trunk forward in line with the exercise bands.
2. Flex the elbows to pull down against the resistance of the band until the elbow is fully flexed. Return to the starting position.

**Caution:** Keep your body in line with the angle of the bands and limit movement to flexing the elbows. Stabilize the core muscles.
**Half Squat**

This exercise is best performed with a flat exercise band to allow easy adjustment of resistance.

1. Stand with the band under both feet, slightly more than shoulder-width apart. Your toes should point straight ahead or be slightly turned out.
2. Squat until your thighs are parallel to the ground. With the arms fully extended to your sides, pick up the ends of the band with each hand (palms facing the body). Straighten your legs until you are standing upright.
3. Repeat the squat. Keep your heels flat on the floor. Do not let your knees get in front of your toes. Focus on a spot on the wall slightly higher than your standing height for the duration of the exercise. Keep your head up and your back straight.

**Knee Extension**

This exercise is best performed with a flat exercise band to allow easy adjustment of resistance.

1. Sit on a straight-back chair. Loop one end of the band around your right ankle. Hold the other end of the exercise band against the floor with your left foot. Adjust the length of the band to provide optimal resistance.
2. Keep your back straight against the chair back and hold the side of the chair with each hand.
3. Extend the knee until the leg is straight. Return to the starting position.
4. Repeat with the left leg.

**Caution:** Lift slowly. Do not lock your knee when you extend and do not kick your leg upward. Limit movement to the knee joint.
**Side Leg Raise**
This exercise is best performed with a flat loop band or a flat band tied to make a loop.

1. Lie on your left side on a mat or carpet. Place a looped exercise band around both legs just above the ankles (legs together). Place the left hand under your head and extend your flexed elbow in front of you. You may use a pillow under your head. Place your right hand on the floor in front of you (elbow bent at 90 degrees).

2. Lift your right leg upward as high as possible. Lower the leg to the starting position.

   **Caution:** Lift slowly. Stabilize the trunk muscles and avoid leaning your body forward during the lift.

**Hamstring Curl**
This exercise is best performed with a flat loop band or a flat band tied to make a loop.

1. Stand so your hands can anchor on the back of a straight back chair. Loop the band under your right foot and behind your left ankle.

2. Flex the left knee until your lower leg is parallel to the floor. Return to the starting position.

3. Repeat with the right leg.

   **Caution:** Lift slowly. Stabilize the trunk muscles and avoid leaning your body.

This exercise uses the gluteus maximus, medius, and minimus.

This exercise uses the muscles on the back of your thighs (hamstring).