

RESISTANCE TRAINING PACKAGE

RESISTANCE BAND

General Instructions:

- Always complete a warm up and a cool down before and after resistance training.
- Select a weight (dumbbell or band) that you are able to complete 8 to 10 repetitions of the exercise using correct form, and would rate the exercise as “hard” or as a 15 on the RPE scale.
- Complete 8 to 10 repetitions of one exercise from each muscle group (legs, chest and shoulders, arms, and core). Repeat 1 to 2 times.
- Remember to breathe normally as you perform these exercises.
- Do not perform any exercise that causes you pain or discomfort. Speak to your exercise therapist for another option. Speak to your exercise therapist before performing any advanced exercise.

MUSCLE GROUP: LEGS

SQUAT – BODY WEIGHT

- Stand with your feet hip-distance apart, toes facing forward.
- Push your hips back (as if to sit on a chair), while keeping your weight in your heels. Keep your head and chest forward.
- Push through your heels to return to standing.



SQUAT – BAND

- Stand on the band with both feet. Stand with your feet hip-distance apart, toes facing forward. Hold one end of the band in each hand. Keep arms straight by your side. Start with moderate tension on the band.
- Push your hips back (as if to sit on a chair), while keeping your weight in your heels. Keep your head and chest forward.
- Keeping your arms straight, push through your heels to return to standing.



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SEATED LEG EXTENSION – BAND

- Sit in a chair with a straight back, both feet flat on the floor. Place the middle of the band under the right foot. Hold the band against the side of the chair in the right hand.
- Straighten the right leg by lifting the foot to the level of the knee. Hold for 1-3 seconds, and then slowly lower the foot back to the ground.
- Change your arm and leg positions and repeat on the other side.



STANDING SIDE LEG LIFT

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed.
- Turn right foot inward slightly, then lift the right leg out to the side (about 1-2 feet) while keeping the standing leg and upper body straight. Repeat on left side.
- Use an ankle weight to increase the difficulty of this exercise.



STANDING SIDE LEG LIFT - BAND

- Stand with your feet hip-distance apart. Place the band under the right foot and in the right hand. Hold a sturdy object for balance if needed.
- Turn right foot inward slightly, then lift right leg out to the side (about 1-2 feet) while keeping the standing leg and upper body straight. Repeat on left side.



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STANDING HEEL RAISES – BODY WEIGHT

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed.
- Lift both heels off the floor, hold for 1-3 seconds, and then slowly lower back down.
- For added resistance, try on one foot or hold a dumbbell in each hand.



BRIDGE

- Lie on the floor with your knees bent. Place your feet flat on the floor.
- Slowly lift your hips off the floor until your knees, hips and torso are in a straight line. Hold for 1-3 seconds, and then slowly lower to the ground.
- Progress by holding for 30-60 seconds.



MUSCLE GROUP: BACK

SEATED ROW - BAND

- Sit in a chair with a straight back. Do not slouch in the chair. Straighten one leg (keeping the heel on the ground), and place the middle of the band around that foot. Grasp one end of the band in each hand. Start with moderate tension on the band.
- Pull both elbows back, bringing the hands toward the hips. Squeeze the shoulder blades together. Slowly return arms to straight and repeat.



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STANDING ROW - BAND

- Stand on the middle of the band with the left foot. Grasp one or both ends of band in the right hand. Start with moderate tension.
- Step back with your right leg. Slightly bend the front (left) knee. Keep the back (right) leg straight. Both feet should be facing forward. Place the left hand slightly above the left knee.
- Lift the right elbow and bring the right hand to the right hip. Slowly return the right arm to straight and repeat.
- Change your arm and leg positions and repeat on the other side.



STANDING REVERSE FLY – BAND

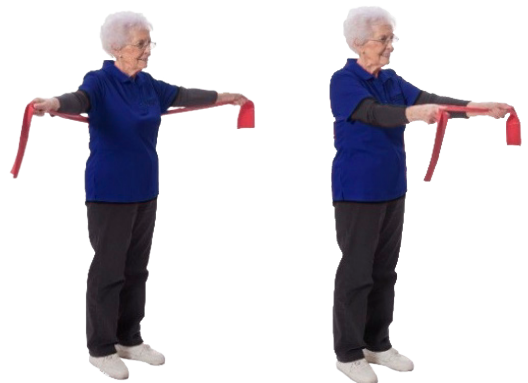
- Stand with your feet hip-distance apart. Grasp one end of the band in each hand. Lift the arms to shoulder height. Palms should be facing inward. Start with moderate tension on the band.
- Slowly open the arms by pulling the band. Keep a slight bend in the elbows. Squeeze the shoulder blades together.
- Slowly return the arms to the starting position and repeat.



MUSCLE GROUP: CHEST AND SHOULDERS

STANDING CHEST FLY - BAND

- Stand with your feet hip-distance apart or sit on a chair with a straight back. Wrap a band behind your back and under your arms. Start with moderate tension on the band. Straighten your arms out to the side with your palms facing the ceiling.
- Slowly bring your forearms together. Return to starting position and repeat.



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STANDING CHEST PRESS – BAND

- Stand with your feet hip-distance apart or sit on a chair with a straight back. Wrap the band behind your back and under your arms. Start with moderate tension on the band. Bend both your elbows to 90° and lift to shoulder height.
- Straighten the arms, and then slowly bring your arms back to starting position.



WALL OR LEDGE PUSH UP – BODY WEIGHT

- Stand with your feet hip-distance apart in front of a wall/ledge. Place your hands at chest height, shoulder-distance apart, on the wall/ledge. Start with your arms straight. Walk your feet (about 1-2 feet) away from the wall.
- Slowly bend the elbows to bring yourself towards the wall/ledge. Straighten the elbows to return to the starting position.



ADVANCED - FLOOR PUSH UP FROM KNEES

- If you feel comfortable, start on the floor, with your hands directly below your shoulders and your knees and lower legs resting on the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Slowly lower towards the floor by bending the elbows.
- Slowly straighten your arms and repeat.

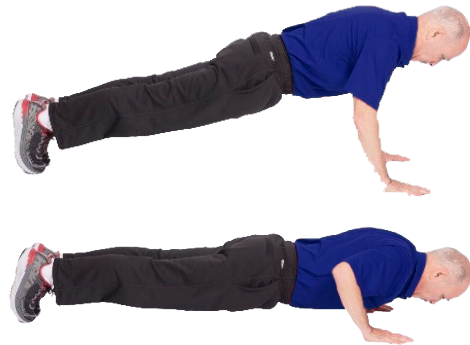


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ADVANCED - PUSH UP FROM FEET

- If you feel comfortable, start on the floor on your hands and knees. Place your hands below your shoulders and lift your knees off the floor. Ensure your back is straight by drawing your hips slightly toward the floor.
- Slowly lower towards the floor by bending the elbows.
- Slowly straighten your arms and repeat.



SIDE SHOULDER RAISE - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Place the band under your right foot. Hold one end of band in your right hand. Start with moderate tension on the band.
- With the palm facing the floor, lift the right arm to shoulder height. Keep your arm straight, with only a small bend in the elbow. Slowly lower and repeat.
- Change your arm position and repeat on the other side.



UPRIGHT SHOULDER ROW - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair. Place the band under your right foot. Hold one end of the band in right hand. Start with moderate tension on the band.
- With the palm facing the floor, lift your right arm to shoulder level. Keep your arm straight, with only a small bend in the elbow. Slowly lower and repeat.



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MUSCLE GROUP: ARMS

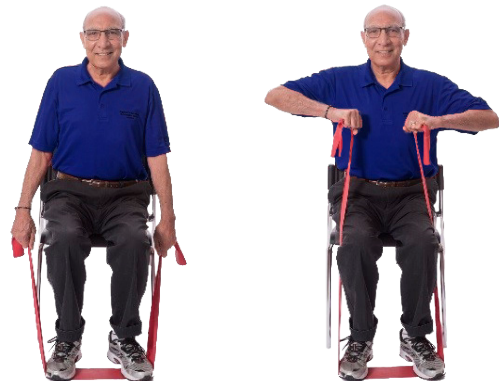
BICEPS CURL – BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair. Hold on end of the band in each hand. Begin with the arms straight and the palms facing forward. Start with moderate tension on band. Keep elbows against the side of body.
- Bend the elbows, bringing the hands toward your shoulders. Lower the hands and repeat.



UPRIGHT SHOULDER ROW - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Place the band under your both feet.
- Hold each end of the band. Start with moderate tension on the band.
- With the palms facing the floor, lift both elbows to shoulder level.
- Slowly return to the starting position.



TRICEPS EXTENSION - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair. Drape the band over the left hand. Place the left hand on the right shoulder. Grasp one or both ends of the band with your right hand. Start with moderate tension on band. Keep the right elbow against the side of the body.
- Pull the band by straightening your right elbow. Slowly bend the elbow back to 90° and repeat.
- Change your arm position and repeat on the other side.



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Central East

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MUSCLE GROUP: CORE

SIDE BEND - BAND

- Stand with your feet hip-distance apart, toes facing forward. Place band under right foot, and hold one or both ends of the band in the right hand.
- Keep both arms straight, and lean slightly towards the right. Slowly return to starting position.
- Change your arm and leg positions and repeat on the other side.



STANDING PALLOFF PRESS – BAND

- Stand with your feet hip-distance apart, band under both feet.
- Start with moderate tension on band. Using both hands, lift the band up to the belly-button level.
- Keep the hands at belly-button level as you extend both arms outward.
- Slowly bring the arms back to the starting position



ABDOMINAL TWIST - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Place the band under both feet. Start with moderate tension on band. Use both hands to hold both ends of the band.
- Twist the upper body slowly to the right side and then return to the middle. Try to keep the hips facing forward as you twist the upper body.
- Change your arm and leg positions and repeat on the other side.



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SEATED FORWARD BEND - BAND

- Sit in a chair with a straight back. Do not slouch in the chair.
- Place the band under both feet, and hold one end of the band in each hand. Hold band against your chest.
- Keep the band against your chest and slowly lean forward. Engage your core muscles and return to straight.



WALL/LEDGE PLANK

- Stand in front of a wall or ledge. Place both forearms on the wall or ledge. Slowly walk your feet away from the wall or ledge (about 1-2 feet away from a wall or ledge)
- Tighten your core muscles and push your hips forward to keep your body in a straight line. Hold this position for 30 to 60 seconds. Continue to breathe normally.



ADVANCED – FLOOR BIRD DOG

- If you feel comfortable, start on the floor on your hands and knees. Start with your hips over your knees and your shoulders over your hands.
- Slowly straighten one leg, keeping the back straight. If you are able, lift the leg and the opposite arm at the same time.
- Lower the arm and leg to the original position and repeat on the other side.



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ADVANCED – ABDOMINAL CRUNCH

- If you feel comfortable, lie on your back with your knees bent and the heels of your feet flat on the floor. Bring your hands behind your neck.
- Slowly lift your upper back 1-2 inches off the ground.
- Hold for one to two seconds, and then slowly lower back to the ground. Continue to breathe normally.



ADVANCED - FLOOR PLANK FROM KNEES

- If you feel comfortable, start on the floor on your hands and knees. Place your elbows and forearms on the ground, directly below your shoulders.
- Keep your knees and lower legs on the floor as you lift your hips off the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Hold this position for 30 to 60 seconds. Continue to breathe normally.



ADVANCED - FLOOR PLANK FROM KNEES

- If you feel comfortable, start on the floor on your hands and knees. Place your elbows and forearms on the ground, directly below your shoulders.
- Slowly lift your hip and knees off the ground. Ensure your back is straight by drawing your hips slightly toward the floor.
- Hold this position for 30 to 60 seconds. Continue to breathe normally.

