

Resistance Band Strengthening Exercises

CHEST PRESS

Major Muscle Group:
Chest



- Stand with your feet shoulder-width apart.
- Hold the ends of the resistance band in both hands and place behind your back, under your arms, at chest level.
- Bend your elbows and raise them to chest level.
- Keep your wrists firm and palms facing the floor.
- Extend your arms in front of your body, making sure your elbows remain slightly bent.
- Slowly return to start position and repeat.

SQUAT

Major Muscle Group:
Legs & Hips



- Stand with your feet shoulder-width apart.
- Place the resistance band under the arches of both feet and hold the ends with each hand.
- Look at a point slightly above your head and keep your abdominals tight to maintain a proper posture.
- Bend your knees, making sure your heels are on the ground and your body weight over your ankles.
- Ensure your knees do not extend beyond your toes.
- Slowly return to start position and repeat.

REVERSE FLIES

Major Muscle Group:
Upper Back



- Stand with your feet shoulder-width apart.
- Hold the resistance band so that your palms are facing the floor and your hands are slightly wider than shoulder-width apart.
- Bend your elbows and lift your arms to chest level.
- Expand your chest and pull your shoulder blades towards each other.
- Slowly return to start position and repeat.

TIPS

- Keep your chin level and eyes looking straight ahead
- Keep your back and abdominals tight
- Breathe normally

- Do 1 to 2 sets of 8 to 12 repetitions
- Rest 2 minutes between sets

LATERAL RAISES

Major Muscle Group:
Shoulders



- Stand with your feet, shoulder-width apart.
- Place the resistance band under the arches of both feet and hold the ends with each hand, maintaining a slight bend in your elbows.
- Begin with your arms by the side and palms facing your thighs.
- Lift your arms to shoulder level, keeping your wrists firm and thumbs pointing upwards.
- Slowly return to start position and repeat.

BICEP CURLS

Major Muscle Group:
Arms



- Stand with your feet shoulder-width apart.
- Place the resistance band under the arches of both feet and hold the ends with each hand with your palms facing forward.
- Keep your upper arms by the side and pull upwards, bending at the elbows until your palms face the front of your shoulders.
- Make sure you keep your wrists firm.
- Slowly return to start position and repeat.

TRICEP EXTENSIONS

Major Muscle Group:
Arms



- Stand with your feet shoulder-width apart.
- Hold one end of the resistance band above your head, maintaining a slight bend in your elbow.
- With the other hand, bend your elbow and hold the portion along the resistance band where a slight tautness is created.
- Pull downwards and extend your arm, making sure that your elbow is slightly bent.
- Slowly return to start position and repeat.
- After completing one set, repeat on the other side.