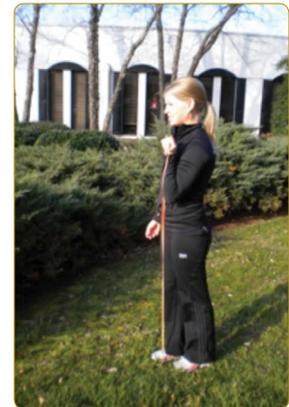


Resistance Tubes and Bands

Resistance tubes and bands are great tools to use for strength training. They can be used at home, work, or when travelling. Here are some examples of exercises you can perform on your own. When performing any exercise, remember knees should be slightly bent, abdominals should be tightened, and breathe.

Bicep Curl

- Place the resistance band under your foot and grasp the handle with your right hand.
- Stand tall with the abdominal muscles tight. Keep your elbow tucked to the side of your waist.
- Curl the hand up towards the shoulder and slowly release back down to the start position.
- Repeat this 8–12 times. Perform on the other side.



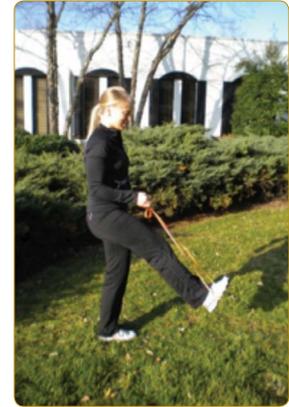
Latissimus (Lat) Pull-down

- Stand with feet hip-width apart or sit tall in a chair with your abdominal muscles tightened.
- Begin with arms straight up overhead, holding the band toward the middle to increase tension.
- Contract the back muscles and pull the band out while bringing the elbows towards the rib cage.
- Always keep band above or in front of head. Repeat 8–12 times.



Leg Press

- Place one loop under the right foot.
- Either standing or sitting, start with the knee at a 90-degree angle.
- Keeping tension on the band with hands, extend the knee into a straight position, pushing out with the quadriceps muscle.
- Standing during this exercise challenges balance. If this is too challenging, lie on your back with your knee and foot in the air.
- Repeat 8–12 times. Perform on the left leg.



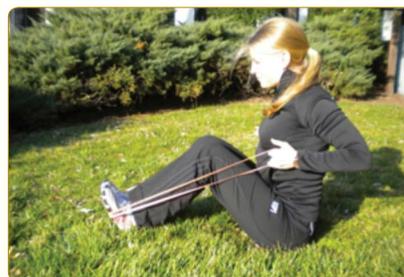
Hamstring Curl

- You may wish to hold onto a wall or chair for this exercise.
- Loop one handle around standing left ankle.
- Loop other handle under the right foot.
- With knees touching, focus on bringing the heel of the right foot to the gluteus muscle (bottom). This should be felt in the back part of the upper leg.
- Repeat 8–12 times. Perform the exercise on the left side.



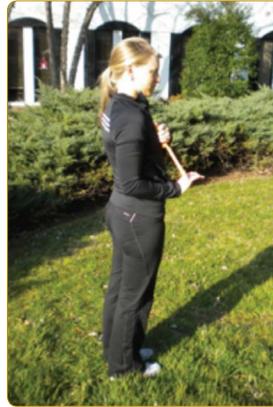
Back Row

- Seated on the floor or in a chair, place the center of the band under both feet.
- Handles go on the either side of the legs.
- Grabbing handles, "row" elbows behind the body.
- Keep shoulders relaxed and envision squeezing shoulder blades together.
- Repeat 8–12 times.



Tricep Extension

- Hold one side of the band close to chest, while other hand grips handle with palm facing downward.
- Place right arm at a 90-degree angle, with elbow close to abdomen.
- Extend elbow down and towards the hip.
- Slowly bend the elbow back to 90 degrees and repeat 8–12 times.
- Perform the exercise on the left side.



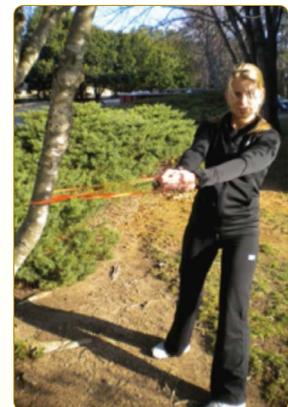
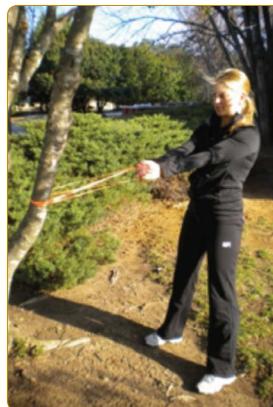
Side Steps for Abductors

- Step into the resistance tube so that both feet are inside loops. Make sure you are wearing socks or something around your ankles.
- Start with the ankles touching; take 2 large side steps to the right, and then 2 large steps back to the left. This is also going to challenge balance.
- Repeat 8–12 times.



Abdominal Twists

- Wrap the tube around a fixed object (tree, post, door handle, etc).
- Standing hip distance apart and both hands grasping the tube, tighten the abdominal muscles and twist to the right.
- Return back to center with abdominals still tightened, and twist to the left.
- It's important to use the core muscles only. You will feel this in your lower back if you are not tightening abdominal muscles.
- Repeat 8–12 times.



For any questions or for more ideas, ask your MOVE!® team.