Exercise Band Workout

**consult your physician before beginning an exercise program*

Did you know that you can have a fantastic workout with just an exercise band? We like the type of band that has handles. The bands come in different "strengths" depending on how thick the rubber tubing is, and you can often buy a set of 3 bands on-line or in a store. It is easy to adjust the tension of the band by adjusting your body position. Great for when you are travelling, as takes up little space. Try 15 repetitions of each exercise.

Stationary Lunge

Place the band under the front foot, engage your core and press up to a standing position. Focus on the glute muscle of the front leg as you stand. Keep your eyes forward and exhale as you rise. Be mindful of your wrists and keep them as straight as possible. To increase the intensity of this exercise, add an overhead shoulder press.

Squat

Good old-fashioned narrow foot squat with toes positioned about shoulder width apart. Keep your neck in line with your spine and be mindful of those wrists again, that they are not bent backwards. Be powerful on the standing and go slow on the lower phase. Think 2 seconds up and 4 seconds to lower.

Chest Press

Carefully loop the band around a pole or through a fence, engage your core as you press forward.

Thanks for bringing me to the park and putting me in shade with water!

Modified Lat Pulldown

Any band can be used to perform a highly effective one arm pulldown. You can hold one handle or grab the band where you need to create the tension that works for you. Stabilize one side of the band and pulldown with the other hand, squeezing your shoulder blades together. Repeat the reps on one side before switching to the other side. Try your best to keep your shoulders down and your wrists straight. The immobilized hand over the head, should have a straighter wrist than in this photo.

Woodchops – Keep arms straight, shoulders down

Rear deltoid and triceps extension

Try different hand placements to see which works best; palms facing forward, or palms facing to body.

R**ear Glute Kick-Back**

This exercise can be done from the elbows as well.

Anchor the band under your palm wider that shoulder width so the the band does not rub against the leg on the kickback.

Repeat 15x before changing sides.

Standing Row – Try variations like adding a squat