

# Resistance Band Full Body Lying Exercises

## General instructions

- Do 2 to 3 sets of 10 repetitions for each exercise.
- Rest as needed in between sets.
- Stop if you feel pain, dizziness, or shortness of breath.
- Move slowly with control.
- Start with a light resistance band.
- For greater resistance, hold the band closer to where it is anchored.

## Upper body exercises

### Lying Chest Press



1. Lie flat on your back with your knees bent and feet flat.
2. Anchor the middle of the band under your shoulder blades.
3. Hold the ends of the band in your hands at chest level with elbows bent and palms facing each other.
4. Keep a light tension on the band as you slowly press your hands upward, straightening your arms toward the ceiling.
5. Pause briefly.
6. Then slowly return to the starting position with control.

## Lying Arm Raise (Shoulder Flexion)



1. Lie flat on your back with your knees bent and feet flat.
2. Anchor the middle of the band under your hips or lower back.
3. Hold the ends of the band in your hands with your arms resting at your sides with palms facing down.
4. Keep light tension on the band as you slowly raise your arms forward and up toward the ceiling, pulling against the band's resistance.
5. Pause briefly when your arms reach shoulder height.
6. Slowly return to the starting position with control.

## Bicep Curls



1. Lie flat on your back with your knees bent and feet flat. Anchor the middle of the band under your hips.
2. Hold the ends of the band in your hands with your arms resting at your sides with palms facing up.
3. Keep light tension on the band as you slowly bend your elbows, moving your hands toward your shoulders. Keep your upper arms still and close to your body and your elbows tucked in at your sides the whole time.
4. Pause briefly at the top when your hands are near your shoulders.
5. Slowly return to the starting position with control.

## Shoulder External Rotation



1. Lie flat on your back with a tied band looped around your wrists.
2. Bend your arms to a 90 degree angle at the elbow, resting your elbows by your sides, close to your body. Use your non-working arm as the anchor for the band.
3. Keep light tension on the band as you slowly rotate your forearm outward, pulling your hand away from your body. Keep your upper arm still.
4. Pause briefly when your arm is fully rotated outward.
5. Slowly return to the starting position with control.
6. Repeat on the other side.

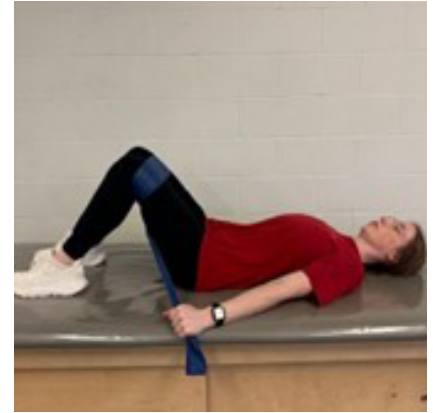
## Shoulder Internal Rotation



1. Lie flat on your back with your knees bent and feet flat. Anchor the middle of the band under your upper back.
2. Hold the ends of the band with your hands. Bend your arms to a 90 degree angle at the elbow, resting your elbows by your sides, close to your body.
3. Keep light tension on the band as you slowly rotate one forearm inward, pulling your hand toward your abdomen while keeping your upper arm still.
4. Pause briefly when your arm is fully rotated inward.
5. Slowly return to the starting position with control.
6. Repeat on the other side.

## Lower body exercises

### Lying Knee Raise (Hip Flexion)



1. Lie flat on your back with both knees bent and feet flat.
2. Loop the band securely around your thighs, just above your knees, holding the ends of the band in your hands at hip level.
3. Slowly lift one leg up to your chest, keeping your back flat.
4. Pause briefly at the top.
5. Then slowly lower your leg with control back to the starting position.
6. Repeat with the other leg.

### Clamshells



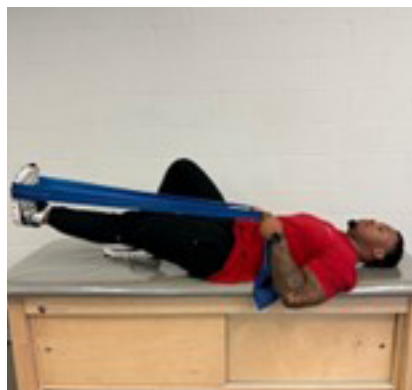
1. Lie on your side with your knees bent, hips stacked on top of each other, and upper body resting on your elbow.
2. Loop the band securely around your thighs, just above your knees, and hold the ends of the band in your top hand. Use this top hand for support as needed.
3. Keep light tension on the band and your feet together as you slowly lift your top knee up, opening your legs like a clamshell, without moving your hips forward.
4. Pause briefly.
5. Then slowly lower your knee back down with control.
6. Repeat on the other side.

## Hip Extension



1. Lie flat on your stomach with your legs straight.
2. Loop the band securely around your thighs, just above your knees.
3. Keep light tension on the working leg as you slowly lift the leg up toward the ceiling. Focus on:
  - Moving at the hip.
  - Keeping your knee straight.
  - Keeping your hips and stomach pressed against the floor.
  - Not arching your back or twisting your body.
4. Pause briefly.
5. Then slowly lower your leg back down with control.
6. Repeat with the other leg.

## Leg Press



1. Lie flat on your back with your knees bent and feet flat.
2. Loop the band around the middle of one foot and hold the ends of the band in your hands.
3. Keep light tension on the band as you slowly press your foot forward, straightening your leg. Avoid locking your knee and keep your foot off the floor.
4. Pause briefly.
5. Then slowly return to starting position with control.
6. Repeat with the other leg.

## Hamstring Curl



1. Loop the band around both of your ankles, then lie flat on your stomach with both legs straight.



2. Keep light tension on the band as you slowly bend the knee of one leg. Pull your heel toward your buttocks against the band's resistance.



3. Pause briefly.
4. Then slowly return to the starting position with control.
5. Repeat with the other leg.

## Toe Pull-Up (Ankle Dorsiflexion)



1. Loop the band around the ball of your working foot and anchor the free side of the band under your other foot.
2. Hold the end of the band along the leg of your non-working foot.
3. Lie flat on your back with your knees bent and feet flat.



4. Keep light tension on the band as you slowly raise your toes up, pulling against the band's resistance with your heel resting on the floor.
5. Pause briefly.



6. Then slowly return to the starting position with control.
7. Repeat with the other foot.

## Calf Press (Ankle Plantarflexion)



1. Loop the band around the ball of your extended foot.
2. Hold the ends of the band in your hands.
3. Lie flat on your back with one leg extended straight out in front of you and the other knee bent.



4. Keep light tension on the band as you slowly press your toes forward, like you are gently pressing down on a gas pedal.
5. Pause briefly.



6. Then slowly return to the starting position with control.
7. Repeat with the other foot.

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