

Resistance Band Full Body Seated 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

Seated Chest Press



1. Sit tall in a chair with your back supported.
2. Anchor the middle of the band behind your upper back.
3. Hold the ends of the band in your hands at chest level with elbows bent and palms facing each other.
4. Keep light tension on the band as you slowly press your hands forward, straightening your arms in front of you.
5. Pause briefly.
6. Then slowly return to starting position with control.

Seated Row



1. Sit tall in a chair with your feet flat on the floor.
2. Anchor the middle of the band securely under both feet.
3. Hold the ends of the band in your hands with elbows straight and your palms facing each other.



4. Keep light tension on the band as you slowly pull both hands back toward your waist, keeping your elbows close to your sides.
5. Squeeze your shoulder blades together at the top of the movement, then pause briefly.



6. Slowly return to the starting position with control.

Seated Lateral Raise



1. Sit tall in a chair with both feet flat on the floor.
2. Anchor the middle of the band securely under both of your feet.
3. Hold the ends of the band in your hands with your arms at your sides and palms facing each other.



4. Keep light tension on the band as you slowly raise your arms out from your sides to shoulder height, keeping your elbows slightly bent.
5. Pause briefly.



6. Then slowly lower your arms back down to the starting position with control.

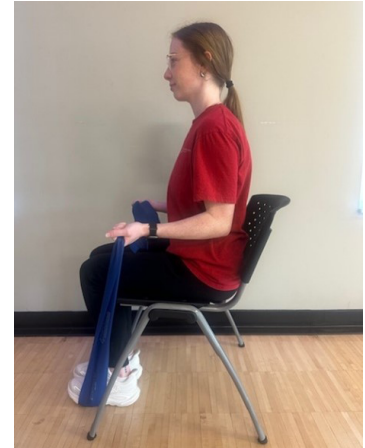
Seated Bicep Curls



1. Sit tall in a chair with both feet flat on the floor.
2. Anchor the middle of the band securely under both feet.
3. Hold the ends of the band in your hands with your palms facing up.



4. Keep light tension on the band as you slowly bend your elbows, pulling your hands to your shoulders. Keep your upper arms resting at your sides the whole time.
5. Pause briefly at the top.



6. Then slowly lower hands down to the starting position with control.

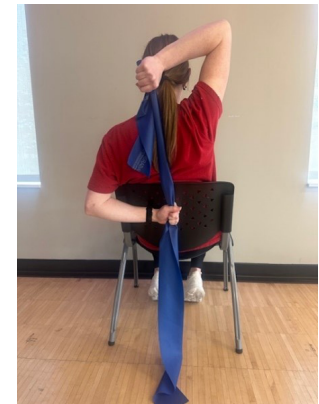
Seated Triceps Extension (Overhead Version)



1. Sit tall in a chair with your feet flat on the floor.
2. Hold one end of the band in your top hand behind your head with your elbow bent and pointing up.
3. Hold the other end of the band behind your lower back or anchor the band to a sturdy object behind you like a door handle.



4. Keep light tension on the band as you slowly straighten your top arm, pulling up against the resistance of the band while keeping your lower hand still.
5. Pause briefly at the top.



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

Lower body exercises

Seated Marches



1. Sit tall in a chair with your feet flat on the floor.
2. Loop the band securely around your thighs, just above your knees.



3. Keep light tension on the band as you slowly lift a knee up toward your chest, against the band's resistance.
4. Pause briefly at the top.



5. Then slowly lower your foot back down to the floor with control.
6. Repeat with other leg.

Seated Hamstring Curl



1. Sit tall in a chair with both feet flat on the floor.
2. Loop the band around your ankles.

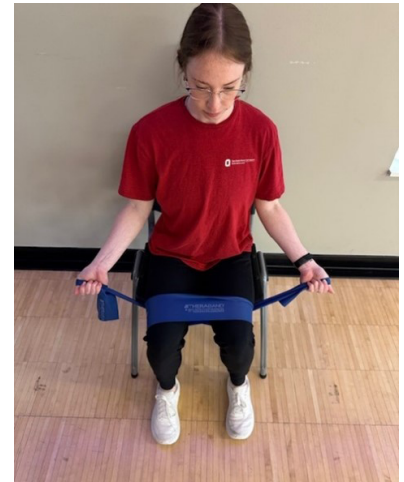


3. Keep a light tension in the band as you slowly bend a knee, pulling the heel backward under the chair against the band's resistance.
4. Pause briefly.



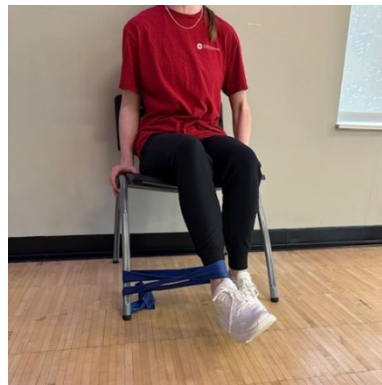
5. Then slowly lower your foot back down to the floor with control.
6. Repeat with your other leg.

Hip Abduction



1. Sit tall in a chair with your feet flat on the floor.
2. Loop the band securely around your thighs, just above your knees.
3. Hold the ends of the band in your hands.
4. Keep light tension on the band as you slowly press your knees out against the band's resistance.
5. Pause briefly.
6. Then slowly return to the starting position with control.

Hip Adduction



1. Sit tall in a chair with both feet flat on the floor.
2. Anchor one end of the band to the chair leg closest to your working leg. Loop the other end of the band around your working ankle.
3. Keep light tension on the band as you slowly pull your knee inward across the center of your body against the band's resistance.
4. Pause briefly.
5. Then slowly return to the starting position with control.

Leg Extension



1. Sit tall in a chair with both feet flat on the floor, one foot slightly in front of the other.
2. Anchor the band securely under your non-working foot and loop the other end around the other ankle.



3. Keep light tension on the band as you slowly kick your foot forward, straightening your knee while keeping your upper leg still.
4. Pause briefly when your leg is straight.



5. Then slowly return to the starting position with control.
6. Repeat with other leg.

Toe raise



1. Sit tall in a chair with both feet flat on the floor.
2. Loop the middle of the band around the ball of your working foot and anchor the free side of the band under your other foot.
3. Hold the ends of the band in your hand along the leg of your non-working foot.



4. Keep light tension on the band as you slowly pull the toes of your working foot up toward your leg against the band's resistance. Keep the heel of your working foot resting on the floor the whole time.
5. Pause briefly.



6. Then slowly lower your toes back down to the starting position with control.
7. Repeat with other foot.

Ankle Plantarflexion (Toe Point)



1. Sit tall in a chair.
2. Extend your working leg straight in front of you with the middle of the band looped around the ball of your foot.
3. Hold the ends of the band in your hands.
4. Keep the other foot flat on the floor.
5. Keep light tension in the band as you slowly press the toes of the working leg forward, pointing your foot as if you are pushing down on a gas pedal.
6. Pause briefly.
7. Then slowly return to the starting position with control.
8. Repeat with other foot.

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