

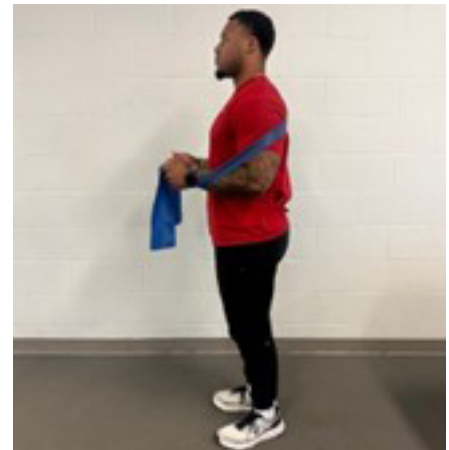
Resistance Band Full Body Standing Exercises

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

Chest Press

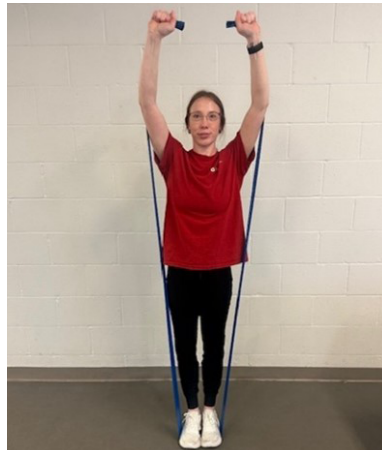


1. Stand tall with your feet shoulder width apart and spine straight.
2. Anchor the middle of the band against your upper back.
3. Hold one end of the band in each hand with elbows bent, hands at chest level, and palms facing each other.
4. Keep light tension on the band as you slowly press your hands straight forward, extending your arms in front of you.
5. Pause briefly.
6. Then slowly return to the starting position with control.

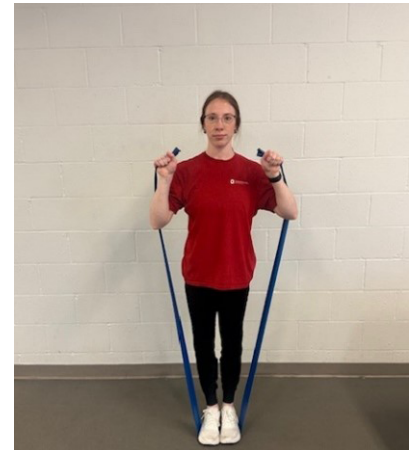
Overhead Press



1. Stand tall with your feet shoulder width apart.
2. Hold one end of the band in each hand and place the middle of the band securely under your feet.
3. Start with your hands at shoulder height, elbows bent, and palms and forearms facing forward.



4. Keep light tension on the band as you slowly press both arms overhead, straightening your elbows without fully locking them.
5. Pause briefly at the top.



6. Then slowly return to the starting position with control.

Overhead Pulldown



1. Stand tall with your feet shoulder width apart.
2. Hold the band in your hands and raise your arms overhead and slightly in front of you.
3. Keep your elbows slightly bent and your palms facing forward.



4. Keep light tension on the band as you slowly pull your hands down and out to shoulder height. Squeeze your shoulder blades together and bring the band in front of your face.
5. Pause briefly.



6. Then slowly return to the starting position with control.

Row



1. Stand leaning slightly forward at the hip with your core engaged.
2. Anchor the middle of the band securely under your feet.
3. Hold one end of the band in each hand with your arms extended straight in front of you and your palms facing each other.



4. Keep light tension on the band as you pull both hands back toward your waist, keeping your elbows close to your body and squeezing your shoulder blades together.
5. Pause briefly at the top.



6. Then slowly return to the starting position with control.

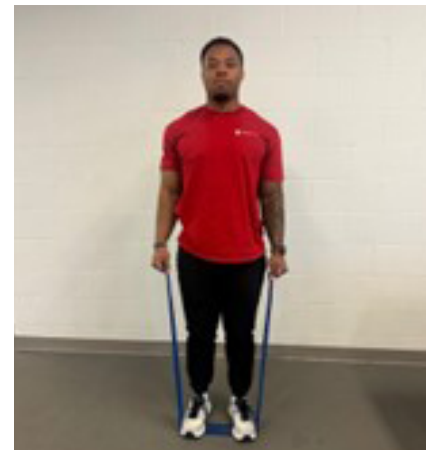
Lateral Raise



1. Stand tall with your feet together and your arms at your sides.
2. Anchor the middle of the band securely under your feet.
3. Hold one end of the band in each hand with your palms facing your thighs.



4. Keep light tension on the band as you slowly raise your arms out to your sides and slightly in front of you to shoulder height with your elbows slightly bent.
5. Pause briefly.



6. Then slowly return to the starting position with control.

Biceps Curl



1. Stand tall with the middle of the band anchored securely under your feet.
2. Hold the ends of the band in each hand with your arms at your sides and your palms facing forward.



3. Keep light tension on the band as you slowly pull your hands toward your shoulders, bending at your elbows. Keep your upper arms against your body the whole time.
4. Pause briefly at the top.

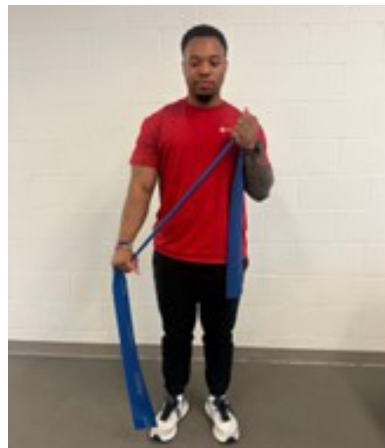


5. Then slowly return to the starting position with control.

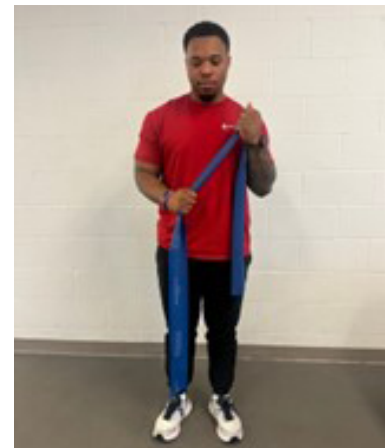
Triceps Extension



1. Stand tall with your feet shoulder width apart.
2. Anchor one end of the band to your chest and hold the other at your waist, keeping your elbows by your sides.



3. Keep light tension on the band as you slowly straighten your working arm down to your side, pulling against the band's resistance.
4. Pause briefly.



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

Lower body exercises

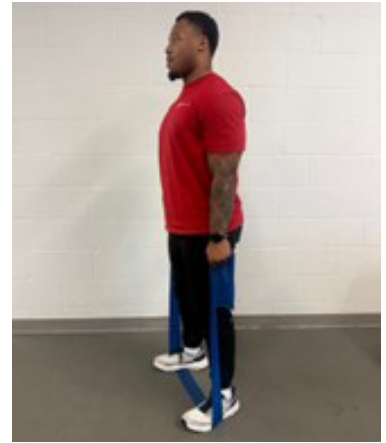
Squat



1. Stand tall with your feet hip width apart and your toes slightly turned out.
2. Anchor the band under your feet, holding one end of the band in each hand with your palms facing your thighs.



3. Keep light tension in the band as you slowly bend your knees and push your hips back like you are sitting in a chair. Keep your chest up and your heels on the ground the whole time.
4. Pause briefly in a squat.



5. Then slowly push through your heels and the balls of your feet to straighten your legs, pushing against the band's resistance as you return to the starting position with control.

Hip Abduction



1. Stand tall with your feet shoulder width apart. Use a sturdy surface for support, like a wall or a chair, as needed.
2. Loop the band around your ankles.



3. Keep light tension on the band as you shift your weight to your non-working leg.
4. Slowly move your working leg out to the side, away from your midline, keeping your torso straight and your toes forward.
5. Pause briefly.

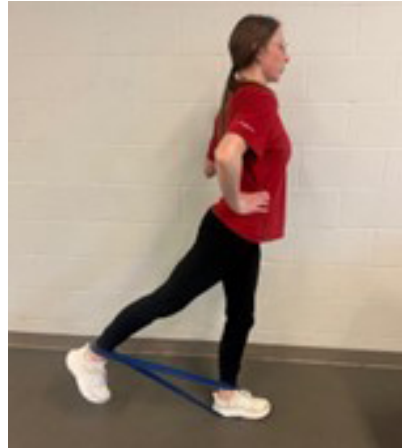


6. Then slowly return to the starting position with control.
7. Repeat with the other leg.

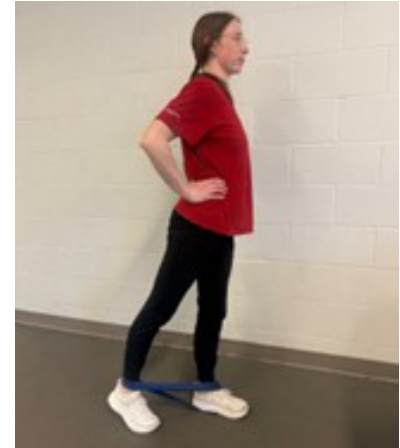
Hip Extension



1. Stand tall with your feet shoulder width apart.
2. Loop the band around your ankles.
3. Hold onto a sturdy surface for support, like a wall or chair, as needed.



4. Keep light tension on the band as you shift your weight to your non-working leg.
5. Slowly extend your working leg straight back behind you without arching your back.
6. Pause briefly.



7. Then slowly return to the starting position with control.
8. Repeat with the other leg.

Hamstring Curl



1. Stand tall with feet shoulder width apart. Use a sturdy surface for support, like a wall or a chair, as needed.
2. Anchor one end of the band securely under your non-working foot. Loop the other end around the ankle of your working leg.



3. Keep light tension on the band as you slowly bend the knee of your working leg. Pull your heel back and up toward your buttocks against the band's resistance.
4. Pause briefly.



5. Then slowly straighten your leg as you return to the starting position with control.
6. Repeat with the other leg.