

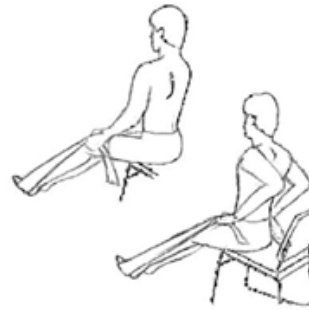
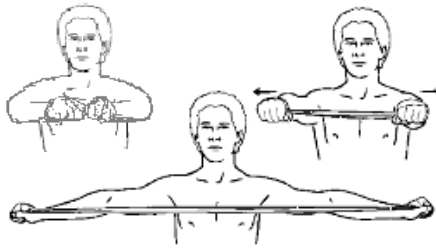
## Forever...in motion– Strength Exercises: Tubing/Bands

Here are some basic strengthening exercises you can do at home 2-3 days per week. Also include balance and flexibility exercises in your workout and don't forget to do endurance activities that are good for your heart and lungs. We should do endurance activities for at least 30 minutes most days of the week. These include activities such as walking, swimming, dancing and golf.

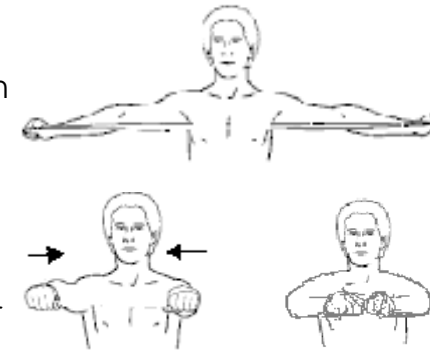
**Warm-up:** Do 4-5 minutes of walking or marching and make sure to move your arms to get your blood flowing.

**Muscular Strength:** Do 10-12 repetitions of each. These exercises can be done with tubing/resistance band or without equipment but still squeezing your muscles. Make sure that you do all these exercises with good posture, belly button pulled in, either standing or sitting tall. Also, remember to exhale on exertion and inhale on release so you are NOT holding your breath.

**Back Squeeze:** Grasp onto the band with your thumbs and index fingers touching at your chest. Slowly pull on the band, pulling your hands away from each other while squeezing your shoulder blades together. Slowly return to starting position. Imagine squeezing a tennis ball between your shoulder

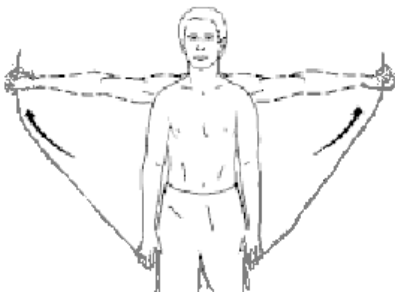


**Back Row:** Extend your legs in front of you with your heels on the floor and toes pointed forward. Place the band around bottom of your feet. Have tension in the band with hands in starting position at the knees. Keeping tension on the band, slide your hands up your thighs until they are at your hips. Think about squeezing the shoulder blades together and down, pulling elbow back but close to your body as you pull on the band. Slowly lower back to start position.



**Chest Fly:** Place band behind your back, and underneath your armpits. Grasp onto the band, one end in each hand. Then, start with your arms shoulder-height, out to the side. Slowly extend your arms out in front, bringing your hands together, while squeezing your chest muscles together. Slowly return to starting position.

**Lateral Raise:** Place band under your feet and grasp onto it with palms forward & thumbs pointed up. In a slow and controlled manner, raise your arms straight up to the side as far as feels comfortable (no higher than shoulder height) then lower back down to resting position.



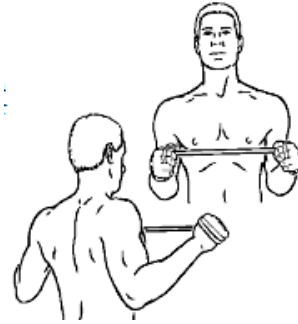
**Legs/Squat:** Stand with band anchored under feet, hands holding ends so there is resistance in the band when in standing position. Slowly lower to squat position sitting your bottom back trying not to have your knees go beyond your toes. This is an advanced exercise so only do it if you feel comfortable doing so. For a lower level, do squat without the band.



**Bicep Curl:** Place band under your feet grasping it so there is resistance on the band when your arm is straight down. In a slow and controlled manner, bend your elbow and lift your hand up toward your shoulder. Slowly lower your arm, returning to starting position. Think about holding a newspaper between your elbow and your ribs for proper positioning. Can be done using both arms at same time or alternating.



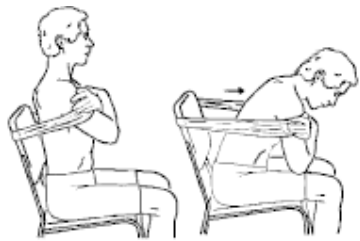
**Tricep Extension:** Hold onto the band using both hands, with about 2-3 inches of band between your hands. Bring your left hand up to your right shoulder and hold that arm there. This arm will not move during the exercise. The other arm will pull the band away from the stable hand. Slowly straighten your right arm out, then slowly bend your elbow bringing your hand back to starting position. Complete desired number of repetitions then switch to use other arm.



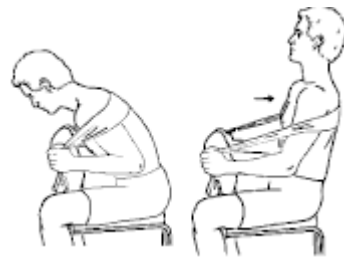
**Rotator Cuff:** Sit or stand, band in both hands, elbows at sides, bent to 90°, forearms forward. Squeeze shoulder blades together and rotate forearms out. Keep elbows at sides. Return to starting position.



**Leg Extension:** Sitting with good posture, raise one leg and while holding onto each end of the band, wrap it under the bottom of your foot. You should have resistance in the band when in this starting position. Keeping arms at your sides, extend your leg fully but do not lock your knee. Return to starting position and repeat desired number of repetitions then switch to other leg. Both extension and release should be done slow and controlled.



**Core:** Sitting with band looped around back of chair and held against chest, lean forward against resistance of band. Try to maintain good neutral spine during exercise rather than slouching forward. Return to starting position.



**Lower Back Extension:** Sitting backward in a chair with band held against chair back and looped around your upper body, lean back against resistance of band. Try to maintain good neutral spine during exercise rather than slouching forward. Return to starting position.



**Hamstring Curl:** With knees together, lift heel towards buttocks. Hold for a moment. Alternate legs. Use a chair or counter for support. Challenge yourself by progressing to using less support.

### Balance

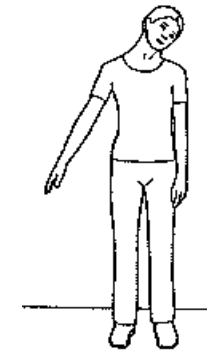


**Quadricep/Hip Flexor Stretch:** Sit sideways at the front of a chair with only one buttocks cheek on the seat. Remember to sit tall and do not lean forward. Take your front leg backwards as far as you comfortably can. For a deeper stretch, press that front hip forward as though there was a string pulling it forward. Hold for 30-45 seconds then switch sides.



### Flexibility

**Chest:** Clasp hands behind your back and gently raise your arms as high as you can comfortably. Hold for 30-45 seconds.



**Upper Traps (Upper Neck) Stretch:** Keeping your shoulders level, tilt your ear to your shoulder. To deepen the stretch, reach your fingers on the opposite arm towards the floor. Hold for 30-45 seconds and then do the other side.

**Great Job!!!** Now don't you feel better!

**Note:** When doing strengthening exercises, complete 10-12 repetitions. Flexibility exercises should be held for 30-45 seconds.