



Shoulder

Sitting or standing on the band, hold the band in each hand at shoulder height. Extend the arm straight up, but do not lock. Slowly lower arms and return hands to shoulder height. Repeat.



Biceps

Stand on the band with knees slightly bent. Keep your elbows to your side and palms up. Curl your arm up toward your chest and lower slowly. Repeat.



Back

Sit in a chair or on the floor with your legs straight out in front of you. Loop the band around the soles of your feet so that the band is tight. With your palms facing each other, breathe out and bring your shoulder blades together. Bend your elbows and bring your hands to your chest. Repeat.



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Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, and the Utah Department of Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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Resistance Bands Workout
A Cheap and Convenient Way
to Fit in Strength Training

What are resistance bands?

Resistance bands are large elastic bands or tubes that can be used to strengthen your muscles.

Why work out with bands?

- You'll become stronger
- It's a great strength-training workout
- You can take them when you travel
- They increase coordination and balance
- They are great for all fitness levels

Technique Tips

Posture is very important when working with bands. Work out in front of a mirror and make sure you sit or stand up tall with good posture, and tighten your abdominal muscles.

Your wrists should not bend as you perform an exercise. Exhale during the most difficult part of each exercise.

Your Workout

Spend at least 5-10 minutes warming up. If you are just starting a physical activity routine, or you have existing muscle and/or ligament problems, talk to your doctor before beginning this routine.

Begin by performing at least one set of 8-12 repetitions. Intermediate and advanced exercisers increase the intensity to two or three sets of 8-12 repetitions.



Squat

Stand securely on the band with both legs about shoulder width apart. Keeping your head up and the back flat, bend your knees like you were going to sit in a chair. *Do not bend the knee past 90 degrees. Make sure that your knees do not extend out past your toes. Repeat.*



Band Pull Down

While sitting, hold the band with your hands about 12 inches apart. Extend your arms over your head. Keeping good posture, pull the band so that your arms are out to your side. Make sure that your elbows are straight and in line with your shoulders. Return under control to the starting position. Repeat.



Triceps Press

Keeping good posture, sit on the band. Place one hand slightly behind your head with your elbow at your ear and palm facing upward. Straighten your arms over your head. The elbow should be slightly bent throughout the exercise and you should lift and lower your arm slowly. Repeat.



Chest Press

Sitting or standing, center the band on your upper back and shoulders. Adjust resistance by wrapping band around the hand (palms should face downward). Keeping the elbows slightly bent, pull the band out in front of you. Repeat.