

# Band Together

Begin this exercise routine after completing the Warm Up for Work handout.

Band exercises have many benefits, including weight management, greater stamina, enhanced performance of everyday tasks and improved muscle strength and tone.

For best results (and to avoid injury), be mindful of proper posture and technique. Make sure the band is secure before beginning each exercise. And focus on your breathing, exhaling as you contract your muscles and inhaling as you release.



#### PERFORMANCE TIP

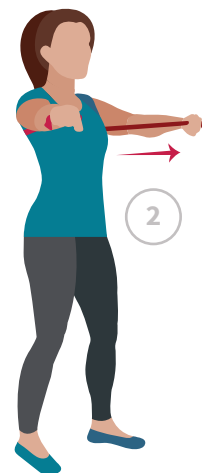
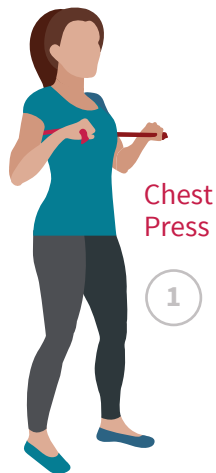
Rest at least 24-48 hours between exercising each muscle group to give your muscles time to recover.

## Chest Press

MUSCLE GROUP: CHEST

### Standing

- Start with your feet shoulder-width apart
- Place the band behind your back and underneath your shoulder blades
- Place your elbows up, with arms parallel to the floor and palms facing down
- Press arms forward, extending arms in front of you with elbows slightly bent
- Return to starting position
- Repeat 6 times

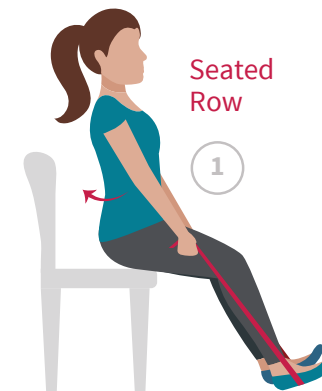


## Seated Row

MUSCLE GROUP: BACK

### Seated

- Place your feet shoulder-width apart with your legs in front of you, keeping the knees slightly bent
- Position the band underneath both feet, and hold one end of the band in each hand
- Squeeze your shoulder blades together as you pull your elbows back
- Hold for 3 seconds
- Slowly return to starting position
- Repeat 6 times

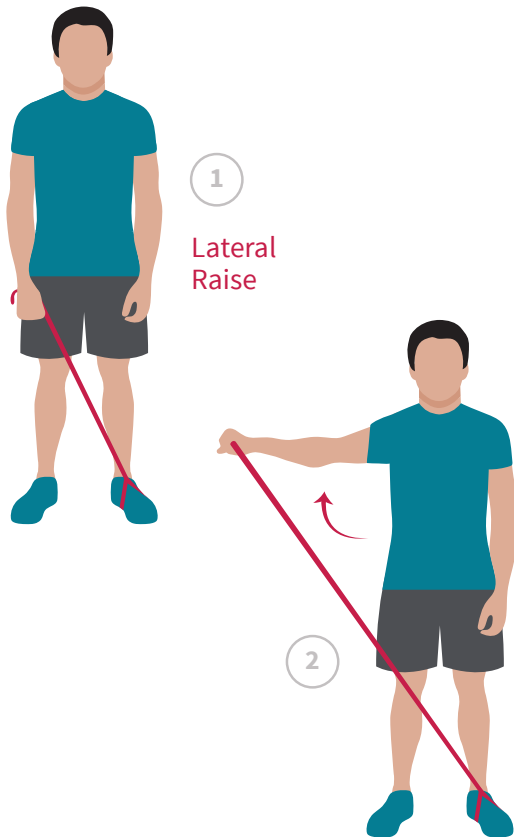


## Lateral Raise

MUSCLE GROUP: SHOULDERS

### Standing

- Start with your feet shoulder-width apart
- Place one side of the band under your foot and the other side of the band in the opposite hand
- Place your arms at your sides with elbows slightly bent
- Raise your arm until it is horizontal with your shoulders
- Slowly lower it back down
- Repeat 6 times with each arm

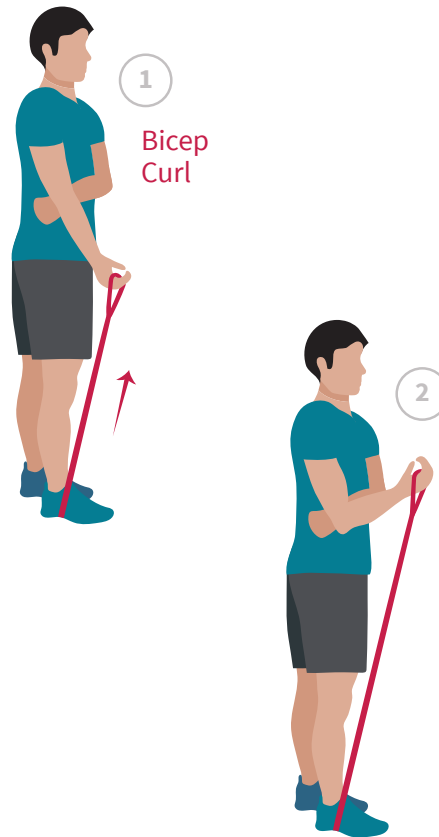


## Bicep Curl

MUSCLE GROUP: BICEPS

### Seated Or Standing

- Start with your feet shoulder-width apart
- Place one side of the band under your foot and the other side of the band in your hand
- Hold the band so your fingers are facing your body
- Keeping your elbow stationary, raise the band to your shoulder
- Slowly lower it back down
- Repeat 6 times with each arm



## Overhead Press

MUSCLE GROUP: TRICEPS

### Standing

- Stand with one foot on one end of the band
- Hold the other end of the band with your hand behind your neck (elbow pointing up)
- Keeping the shoulders relaxed, slowly extend the arm up, keeping the elbow slightly bent
- Return to starting position
- Repeat 6 times with each arm

