



# How to use your resistance band



## Warm up

To increase your heart rate and prevent injury, start with 5-10 minutes of light exercise prior to your program. You could include dynamic stretches (leg swings, arm circles, star jumps), walking or a light jog.



# Squat

*Main muscles*

Glutes, quadriceps, hamstrings

*Band positions*

Around low to mid thighs

1. Position feet just outside shoulder width apart, ensuring hips are over knees and knees over ankles.
2. Keep back straight and chest up (stand proud) and maintain this position throughout movement.
3. Pushing weight through heels, drop hips back as if preparing to sit on chair, until thighs are parallel with the ground.
4. Continue driving weight through heels and slowly return to upright standing position.
5. 3 sets of 12 reps, taking ~30 seconds of rest between sets.



## Row

*Main muscles*

Back, shoulders, biceps

*Band positions*

Looped around from foot\*

1. Ensure front knee doesn't pass toes, assume a lunge position (rest back knee on ground).
2. Pull band back using hand opposing front foot, making sure to keep elbow close to side.
3. Lower the band back in a controlled manner by slowly extending arm to original position.
4. Complete 3 sets of 12 repetitions on both arms.

\*This exercise can also be performed while standing. Using one arm, lean forward against a bench or counter until back is parallel with ground and loop band through hand resting on bench.



## Standing hip march

*Main muscles*

Hip flexors and core

*Band positions*

Around arches of feet

1. Facing a wall, extend arms forward so that elbows are straight and hands provide support.
2. Standing tall with a straight back, lean slightly forward to create an angle between yourself and the wall.
3. Ensuring core muscles are engaged, slowly drive knee forward by lifting one leg up, until thigh is parallel with ground.
4. Bring leg back to starting position and repeat on other side until 3 sets of 12 are completed. Ensure back doesn't arch or round throughout.



# Incline push up

*Main muscles*

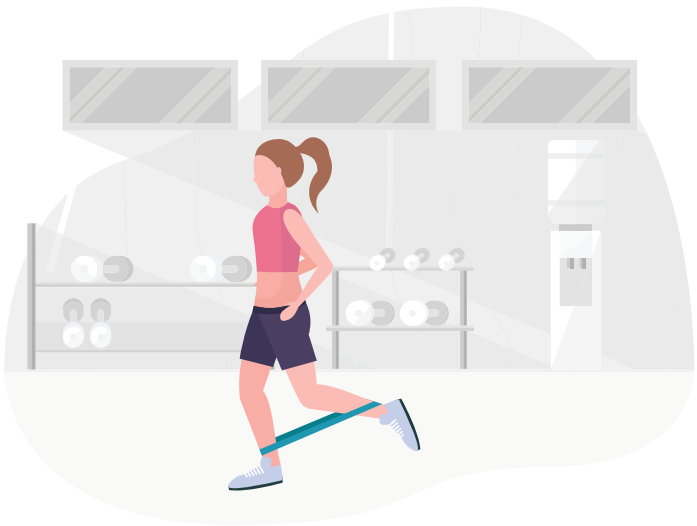
Chest, triceps, shoulders and back

*Band positions*

Loop band around wrists

1. Maintaining a straight back, move into a plank position by leaning against a sturdy chair or counter.
2. Apply tension to band by separating wrists
3. Pressing into counter, lower chest until elbows move behind body.
4. Slowly return to starting position by pressing up and straightening arms.
5. 3 sets of 12 repetitions, taking ~30 seconds between sets.

\*The greater the incline, the easier the push up. Make this less challenging by using a wall or more challenging by moving to the floor. Simpler variations are better for those with wrist pain or weakness.



# Hamstring curl

*Main muscles*

Hamstrings

*Band positions*

Looped above ankles of both legs

1. Standing straight with chest up, head facing forward and legs together, use hips, a wall or chair for support.
2. Slowly bring one foot up, until leg is 90-degrees at the knee.
3. Return to starting position and repeat with other leg and complete 3 sets of 12.

# Cool down

To complete your exercise, try a light walk, or static stretches where you're holding a limb/muscle in position for a period of time. This is useful for reducing your heart rate back to rest and preventing muscle soreness in the days following exercise.

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