



Resistance Band training at home

When doing any training at home it is important to ensure that you are following the simple rules:

- ✓ Use these exercises to support confidence building with the exercise before taking them into the gym
- ✓ Warm up with 5 to 10 minutes of cardio (easy running, cycling, rowing, uphill walking) and cool down with 5 to 10 minutes of easy stretching
- ✓ Make sure you have enough time, space and energy to perform the exercise, ideally an hour after eating
- ✓ Make sure that you stay hydrated throughout
- ✓ During your workout, always focus on breathing and good form
- ✓ When using weights, choose ones that are heavy enough that you feel a deep burn around the 10th rep. Where the resistance band is being used you can progress by using free weights once comfortable with the motion and weight.



Perform two to three sets of each exercise

1 FRONT SQUAT

Stand on band with feet slightly wider than shoulder width.

Holding a handle in each hand, bring the top of the band over each shoulder. (If it is too long, secure band in place by crossing your arms at your chest.

Sit straight down, chest up, abs firm, pressing knees out over your toes.

Rise back up to start position and repeat for 8 to 12 reps.

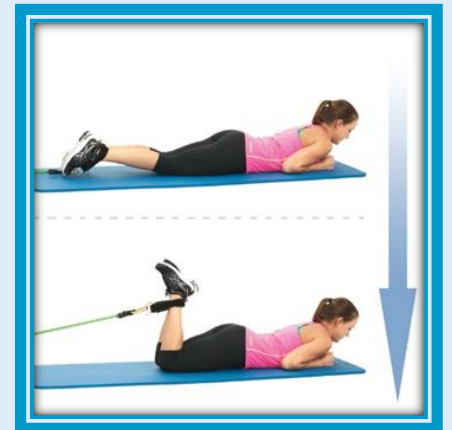


2 LYING DOWN LEG CURL

Lie belly down and loop a band around your right ankle (or both ankles), anchoring the other end to a door or support. Scoot away from the anchor to create tension.

Tighten your core and bend your leg at the knee, bringing your heel toward your glutes as far as you can comfortably go.

Slowly return your leg to starting position and repeat for 10 to 15 reps, then switch sides.



3 SEATED ABDUCTIONS

To really show those thighs whose boss, sit at the edge of a chair or bench and tie a loop band around both legs, just above the knees.

Place your feet slightly wider than your shoulders. Slowly press your knees out, turning your feet in as your legs move apart.

Hold for two seconds, and then bring your knees back together. Aim for 15 to 20 reps.



4 ARM FRONT / SIDE LATERAL RAISE

With a handle in each hand, stand with feet shoulder-width apart standing on the band to keep it still.

Slowly raise both arms to the side of you until your hands are in line with the shoulders. Return the band to the start position.

You can also use this technique for front raises which will also target the shoulder area.



5 BICEP CURL

With feet shoulder-width apart, hold handle in each hand, palms facing forward.

Squeeze your bicep as you bring your right fist toward your shoulder, then return to start position.

Repeat on the left. Think power, not speed! That's one rep. You can, however, do both together if you feel able.



6 UPRIGHT ROW

With feet positioned over the centre of the band, shoulder-width apart, grip each handle and position them with palms facing each other just in front of your thighs.

Pull the band straight up the front of your body to shoulder-level, keeping your elbows bent and positioned in a high "V."

Slowly lower back down to starting position and keep rowing

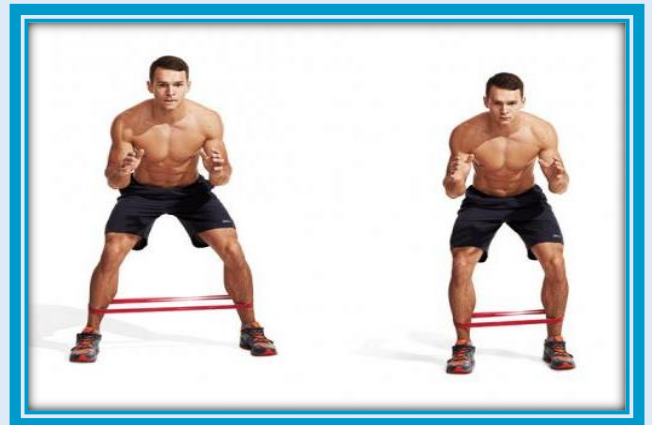


7 LATERAL BAND WALK

Do not sidestep these side steps! Step into a loop band or tie a therapy band around the lower legs, just above both ankles.

Place feet shoulder-width apart to create tension on the band. From a half-squat position, shift your weight to the left side, stepping sideways with the right leg.

Move the standing leg slightly in but keep the band taut. Take 8 to 10 steps before heading back the other way.



8 LUNGES

Place your right leg behind your left and bend your knees, executing a deep curtsy lunge.

Straighten your legs and tap your right toe out the side, creating as much resistance with the band as possible.

Then bring your right leg back to the original curtsy lunge position

