

Resistance Bands Exercises - Get Active with HASSRA



T E A M
HASSRA

Resistance Band Squats

1. Start by stepping on the resistance band with both feet shoulder width apart.
2. Hold the resistance band at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat.



Resistance Band Bent Over Rows

1. Start by placing the band under one foot and stepping backwards with the other foot.
2. Bend over keeping your back flat and stop at a 45 degree angle.
3. Pull the bands up towards your waist keeping your elbows in close together.
4. Squeeze your shoulder blades together when performing rowing motion.



Alternate Lying Chest Presses

1. Lie on your back and place the resistance band under your back and hold the ends with both hands.
2. Start by pressing one arm up towards the ceiling and then return to the starting position. Repeat with the other arm.





Diagonal Woodchops

Starting Position: Loop the band under your left foot and grasp either end. Keep hands together and extend arms down towards left foot.

1. Bring band up and away in a wood chopping motion.
2. During this motion your feet stay stationary and you rotate at your trunk. Repeat this motion for the desired repetitions and then

repeat in the opposite direction.

Triceps Extension with Resistance Band

1. Start by holding the tubing in one hand and placing that hand behind your back.
2. Now grab the other end of the band with the arm that is over your head.
3. Extend the top elbow until your arm is fully extended.
4. Return to the starting position and repeat for the prescribed repetitions.



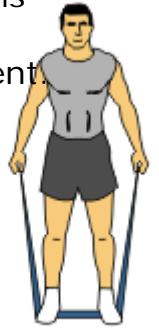
Resistance Band Lunges

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place resistance band under front foot and hold the other end with your hands. 2. Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
3. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
4. Return to start position.



Lateral Rows with Resistance Band

1. Step onto resistance band with feet hip width apart and knees slightly bent.
2. Start position: Grasp ends with a neutral grip (palms facing each other). Arms should hang down to sides with elbows slightly bent.
3. Raise band to side of body at shoulder height keeping elbows only slightly bent.
4. Return to start position.



Biceps Curls with Resistance Band

1. Stand with feet shoulder width apart, knees slightly bent, and at a staggered stance.
2. Step onto middle of tubing with back foot or both feet.
3. Start position: Grasp ends with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
4. Flex at the elbows and curl band up to approximately shoulder level. Keep elbows close to sides throughout movement.
5. Return to start position.
6. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.



Further exercises can be found on internet sites - just enter resistance bands exercises in a search engine