

Resistance Band Exercises

It's so important to keep active during this time, for our physical and emotional wellbeing. This booklet offers some advice and suggestions for easy ways to keep active at home using your resistance band.

Getting Started

- Wear loose, comfortable clothing and keep some water handy.
- Build up slowly and aim to increase the repetitions of each exercise over time.
- Most exercises included in this pack can be performed seated.
- Always begin with a warm-up to prepare your body for exercise.
- Why not put on some music to make it fun!
- It's important to check with your G.P. what sort of activities you can safely do and how much you should do.

Lateral Raise

Stand up, place both feet on the middle of the resistance band and hold each end of it with your hands. Raise both arms to the side up to shoulder height, then return to your starting position and repeat ten times.



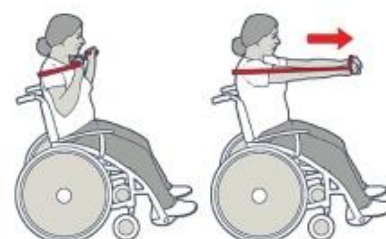
Squats

Place both feet on the middle of the resistance band and hold each end of it with your hands. Slowly bend your knees into a squatting position, then return to your starting position and repeat ten times.



Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it. Stretch both arms out in front of your chest, then return to your starting position and repeat ten times.



Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten times.



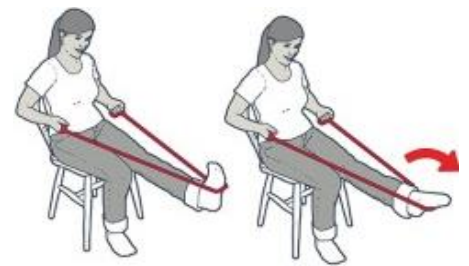
Bicep Curl

Place one foot in the middle of the resistance band and hold both ends of it with your hands. Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground. Return to the starting position and repeat with each leg ten times.



Seated Calf Press

Place one foot in the middle of the resistance band and hold both ends of it with your hands. Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground. Return to the starting position and repeat with each leg ten times.



Triceps Press

Stand up and place one end of the resistance band under the heel of one of your feet. Hold the other end of the band with both your hands, stretch the band so it runs behind your body and pull it above your head, then return to your starting position and repeat ten times on each side.



For all exercises, work to an intensity and duration that's comfortable for you. If you have questions regarding your ability to perform exercise contact North Yorkshire Sport on 01423 226303, leave a message and we will get back to you. Please call and leave some feedback or let us know how you are getting on with your pack.

This resource has been adapted with permission from Somerset Active Sports Partnership.