



# 10-Minute Upper Body Dyna-Band Exercises

Wellness  
WORKS

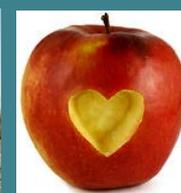


# Introduction



- Warm up for five minutes, stretching your shoulders, chest, biceps and triceps.
- Choose a band with the appropriate resistance for your strength level.
- Consult with your physician if you have any serious medical issues or if you haven't exercised in a while.

# Bent Over Rows



**This exercise can be done with one arm or two. It's a great upper back exercise!**

- Start by placing the band under your feet and stepping backwards with the other foot.
- Bend over keeping your back flat and stop somewhere between a 45 and 90 degree angle.
- Pull the bands up towards your waist keeping your elbows in close together.
- Squeeze your shoulder blades together when performing rowing motion.
- Repeat for 1-3 sets of 10-16 reps.

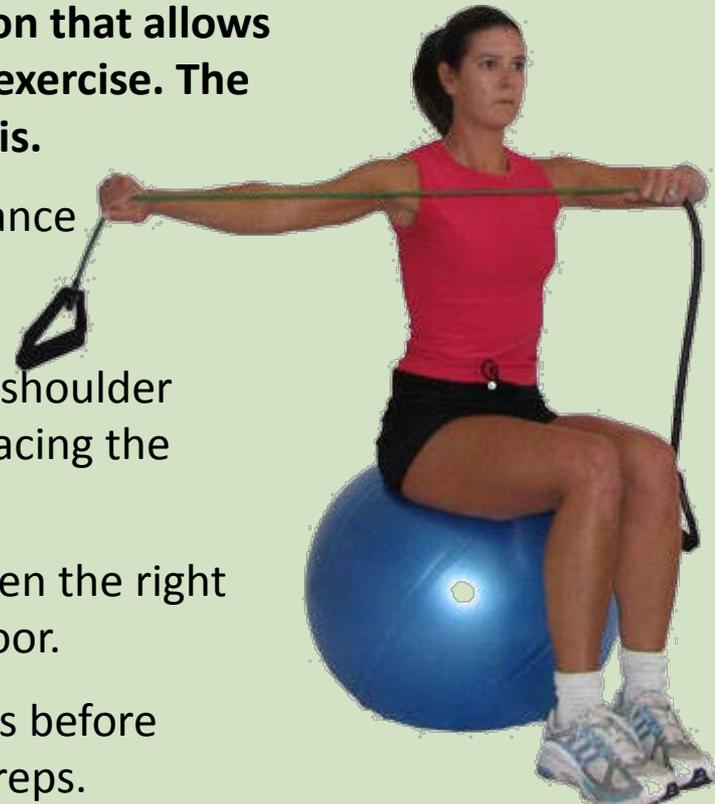


# Triceps Extension



**The key to this exercise is to find a hand position that allows you keep tension on the band throughout the exercise. The closer your hands are, the harder this exercise is.**

- Sit or stand holding a medium-tension resistance band in both hands.
- Begin the move with the elbows bent and at shoulder level, hands in front of the chest and palms facing the floor.
- While keeping the left hand in place, straighten the right arm out to the side until it's parallel to the floor.
- Bring the right arm back in and repeat all reps before switching arms. Repeat for 1-3 sets of 10-16 reps.



# Bicep Curl



## **Biceps are a favorite of many individuals.**

- Place the band under one or both feet (depending on band length).
- Start with palms up and arms at the side of your body extended down. Relax shoulders.
- Keeping your elbows at the side of your body, pull the band up towards your shoulders only moving at the elbows.
- Slowly lower the hands down back to the starting position.
- Repeat for 1-3 sets of 10-16 repetitions.

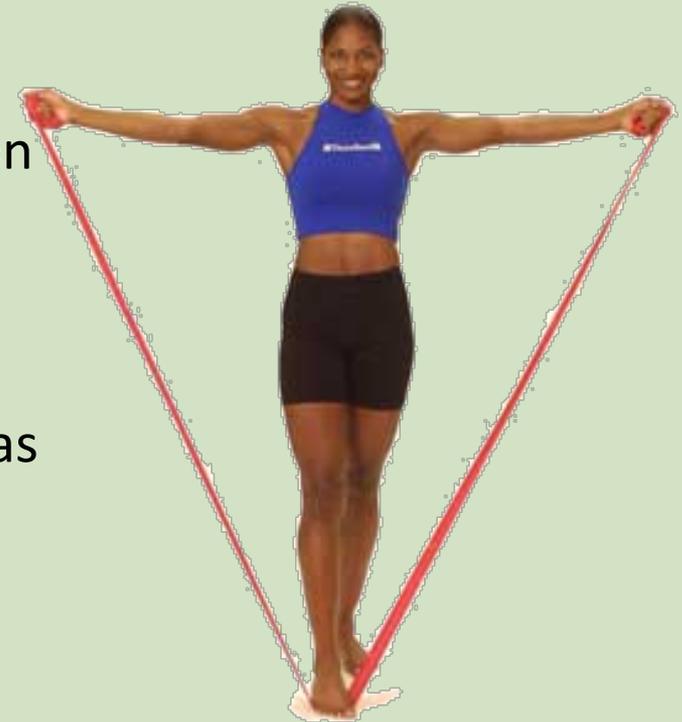


# Lateral Raises



**Shoulders are often a neglected body part so begin with little resistance.**

- Place the band under one foot and hold on to the end of the band with one or both hands (depending on band length)
- Start with the bands at your side, extend outward keeping your elbows as straight as possible. Move only at your shoulders.
- Move your arms up and down lowering slowly as you resist gravity.
- Repeat for 1-3 sets of 10 – 16 repetitions.





# Questions?

Contact Maricopa County's Fitness Coordinator

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