DYNABAND EXERCISES

Things to remember:

- Maintain a good posture.
- Breathe normally.
- Use controlled movements.
- Try to maintain the natural width of the band to keep it from digging into your hands or sliding up your legs.

1. **Chest Press**
   - Place the band across the back of your shoulder blades, grasping the ends with both hands.
   - Extend the arms forward at chest height, pressing away from the body.
   - Control the dynaband as you move your hands back towards the body, elbows at right angles.

2. **Lat Pull Down**
   - Grasp the ends of the dynaband with each hand.
   - Raise hands in the air above head, arms straight.
   - Bending the elbows towards the floor and your hands wide, pull down and wide on the band, letting the band go behind your head as you pull.
   - Return to start.

3. **Lateral Raises for shoulders**
   - Standing, step on one end of the dynaband with one foot. Grab the other end of the dynaband with one hand.
   - Keeping a slight bend in the arm and palm facing the ground, raise the hand up and out to the side of the body, parallel to the floor.
   - Return to start with hand at side.
   - Do the other arm/shoulder.

4. **Front Raises for shoulders**
   - Standing, step on one end of the dynaband with one foot. Grab the other end of the dynaband with one hand.
   - Keeping a slight bend in the arm and palm facing the ground, raise the hand up and out in front of the body, parallel to the floor.
   - Return to the start with hand at side.

5. **Bicep Curls**
   - Sitting, place the middle of the band under your feet, holding ends in both hands.
   - Begin with palms facing inward, thumbs up and slowly bend elbows and bring forearms to the shoulders.
   - Lower back to starting position. Make sure you keep your wrists straight and keep the elbows stable.

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6. Tricep Kickbacks

- Sitting, place the center of the dynaband under your feet.
- Grasp the ends of the dynaband with each hand.
- Leaning forward slightly, slowly tighten the back of your arm and push your forearm down and back until arm is straight (not locked!).
- Make sure your elbow is stable and doesn't move throughout the movement.
- Slowly return to the starting position with hands at the sides of the legs. OR

7. Tricep extension

- Hold band in left hand behind your back and grasp the other end of band in the right hand.
- Begin with arm straight up over head, palm facing out.
- Slowly lower arm to 90 degrees until forearm is behind the head.
- Squeezing the triceps, straighten arm without locking it. Your left arm stays stable and provides the resistance by pulling the resistance band tight. Make sure your elbow is stable and doesn't move throughout the movement.

8. Leg Press

- Seated, place the center of the band under your left foot, grasping each of the ends in each hand. Keep your right foot on the ground.
- Keeping your elbows bent and at your sides, extend the left leg by pushing the foot out and away from your body.
- Return to start position of bent knee and bent hip on the left leg (upper leg/knee is off of the chair).

OTHER EXERCISES:

- **Posture Perfecter:** You can do this one while you're standing or sitting. Bend your elbows at a 90-degree angle, forearms parallel to the floor. Squeeze your shoulder blades down and together as you gently press your elbows back; this is a very subtle movement. Hold for five seconds, then release.
- **Inner-Thigh Squeeze:** While sitting, place a tennis ball or your fist between your knees and squeeze your thighs together for 5 to 10 seconds. Feel the tension in your inner thighs!
- **Bun Lifter:** Squeeze your buttocks muscles for 5 seconds - a super move for your rear view!
- **Tummy Tightener:** Pull in your tummy (navel to spine, press your low back into the chair), tense and tighten up your ab muscles; hold for 10 seconds. That's equal to one sit-up!
- **Tummy Tuck:** Sit upright in a chair. Hold on to the arms of the chair or a point under the seat of the chair. With your feet together and knees bent, lift your knees toward your chest while contracting your abdominal muscles. Hold for 3 to 5 seconds. Relax and repeat. Remember – navel to spine.

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