A New You: Health for Every Body

Activities for Elastic Bands

**Back Pull Down**
- sit or stand with feet shoulder width apart
- loop band around each palm
- raise arms overhead, elbows slightly bent
- lower arms outward to shoulder height
- hold, slowly return to start position

**Scapular Elevation**
- stand with band under both feet
- shrug shoulders towards ceiling
- hold, slowly return to start position

**Shoulder Abduction**
- stand or sit on firm surface, band held at hip or waist height
- point thumb toward ceiling
- elbow straight, raise arm up, from side of body
- hold, slowly return to start position

**Tips:**
- Use bow or knot to tie band. Tie a half bow leaving one long end for the loop. Be sure knot is secure before exercising. Band is easy to untie.
- Try to maintain the natural width of the band whenever possible. This reduces sliding up the legs or digging into the hands.
- Men in particular should wear long socks to help keep the band from pulling leg hair.
- Work muscles throughout the full range of motion. Do not lock joints.
- Breathe evenly. Exhale during first or most difficult phase. Do not hold your breath.
- Control your movements. Do not allow limbs to move freely or loosely. Resist the band.
- When standing, body alignment is critical. Square the shoulders, contract abdomen muscles, and relax the knees.

**Chest Pull**
- sit or stand with feet shoulder width apart
- loop band around each palm
- extend arms forward, elbows slightly bent
- pull band outwards across chest
- hold, slowly return to start

**Plantar Flexion**
- sit on firm surface, legs in front of body
- loop band under the balls of the feet, toes toward ceiling
- point toes toward floor
- hold, slowly return to start

**Seated Row**
- sit on firm surface, legs in front of body
- loop band under both feet, hold band ends with elbows straight
- pull arms/elbows back with arms close to sides
- hold, slowly return to start position
**Upright Row**
- position one foot in front of the other
- stand on the end of the band with the forward foot
- hold end of band with opposite hand, palm down, close to side
- raise elbow to shoulder height, upper arm parallel to floor
- hold, slowly return to start position

**Knee Flexion**
- lie on stomach, upper body propped on arms or pillow
- loop band around both ankles or tie to bed frame
- bend at one knee
- hold, slowly return to start position

**Elbow Flexion**
- sit in chair, palms up
- tie band at knee level
- bend elbow
- hold, slowly return to start

**Elbow Extension**
- sit in arm chair, palms down, elbows bent
- tie band at chair arm level
- straighten elbow
- hold, slowly return to start

**Wrist Extension**
- sit with forearm on chair arm or table, wrist over edge, palm down
- stabilize other end of band under foot
- raise hand up as far as possible
- hold, slowly return to start

**Wrist Flexion**
- sit with forearm on chair arm or table, wrist over edge, palm up
- stabilize other end of band under foot
- raise hand up as far as possible
- hold, slowly return to start

**Hip Abduction**
- sit on firm surface, band around thighs near knees
- lift one leg slightly and pull away from other leg
- hold, slowly return to start position