Banded Workout Program and Exercise Description Directory for Persons Who are Blind or Visually Impaired

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Equipment Needed:
A resistance band is an elastic band, commonly used for strength training. For these exercises two specific types of resistance bands are utilized. The first is a therapy band which consists of a flat structure with no handles that is approximately 4 feet in length. The second is a loop or circular band that is generally used for lower body exercises. This band is also flat in structure but is shaped as a continuous loop and can vary in size from 4 inches to 2 feet in length depending on its resistance level. Both types of bands can be purchased in different resistance levels from light to extra heavy to match the strength of the user.

The bands can be purchased online through Amazon or at stores such as Walmart or Target. They can be purchased as individual bands or as sets with different resistance levels. Prices for individual bands range from $5.99 to $8.99. Prices for sets of 3 bands possessing different resistance levels range from $10.99 to $14.99.

5 Day Beginner Resistance Band Workout

Descriptions for each exercise can be found in the exercise directory below or by clicking on the hyperlink located within each exercise.

Day 1: Chest & Triceps

Warm Up

(2 exercises repeated twice)
12 reps Lateral Arm Walk
12 reps Push-Up

Set 1

(2 exercises plus rest repeated three times)
15 reps Banded Chest Press
12 reps Banded Tricep Extension
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2
(2 exercises plus rest repeated three times)
12 reps Banded One Arm Crossover
12 reps Banded Push Up
Rest 30 seconds

Day 2: cardio
15-60 min Walk, Bike, or Other cardio exercise

Day 3: Legs
Warm Up
(2 exercises repeated twice)
15 reps Banded Glute bridge
15 reps Squat

Set 1
(2 exercises plus rest repeated three times)
12 reps Banded Squats
12 reps Banded Deadlifts
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2
(2 exercises plus rest repeated three times)
12 reps Banded Side Lying Leg Raises
12 reps Banded Static Lunge
Rest 30 seconds

Day 4: Cardio
15-60 min Walk, Bike, or Other cardio exercise

Day 5: Back and Shoulders
Warm Up
(2 exercises repeated twice)
30 second Plank
20 reps Arm Swings

Set 1
(2 exercises plus rest repeated three times)
12 reps Banded Seated Row
12 reps Banded Lateral Raises
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2

(2 exercises plus rest repeated three times)
12 reps Banded Bicep Curls
12 reps Banded Upright Row
Rest 30 seconds

5 Day Advanced Resistance Band Workout

Descriptions for each exercise can be found in the exercise directory below or by clicking on the hyperlink located within each exercise.

Day 1: Chest & Triceps

Warm Up

(2 exercises repeated twice)
12 reps Lateral Arm Walk
12 reps Push-Up

Set 1

(2 exercises plus rest repeated three times)
15 reps Banded Chest Press
12 reps Banded Push-Up
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2

(2 exercises plus rest repeated three times)
12 reps Banded Shoulder Press
10 reps Banded Wide Stance One Arm Crossover
Rest 30 seconds

Day 2: Cardio

15-60 min Walk, Bike, or Other cardio exercise

Day 3: Legs

Warm Up

(2 exercises repeated twice)
15 reps Banded Glute bridge
12 reps Banded Clam

Set 1

(2 exercises plus rest repeated three times)
12 reps Banded Front Squat
12 reps Banded Single Leg Deadlift
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2

(2 exercises plus rest repeated three times)

12 reps Banded Lateral Side Steps
15 reps Banded Glute Kickback
Rest 30 seconds

Day 4: Cardio

15-60 min Walk, Bike, or Other cardio exercise

Day 5: Back and Shoulders

Warm Up

(2 exercises repeated twice)
30 second The plank
20 reps Arm Swings

Set 1

(2 exercises plus rest repeated three times)
12 reps Banded Seated Row
12 reps Banded Pull Aparts
Rest 30 seconds

Take a 3-5 min rest between Set 1 and Set 2

Set 2

(2 exercises plus rest repeated three times)
12 reps Banded Bent Over Flys
12 reps Banded Front Raises
Rest 30 seconds

Exercise Description Directory: Warm Up Exercises

Lateral Arm Walk
Push-Up
Banded Glute Bridge
Squat
Banded Clam
The plank
Arm Swings

Warm Up Exercise Descriptions

Lateral Arm Walk

1. Begin on the floor in the plank position.
    a. Lie on your stomach on the floor.
    b. Place hands flat on the floor directly under your shoulders or slightly wider. The band will be pinned between your palm and the floor.
    c. Extend your legs back with feet hip-width apart, press your toes onto the floor.
        i. Modification - for an easier position, rather than extending your leg back and pressing your toes onto the floor, press your knees onto the floor.
    d. Push on the floor with your hands while pushing up with your arms, lifting the trunk of your body in a straight line off the floor. Squeeze your glutes and tighten your core by pulling your midsection towards your spine to stabilize your body. Your legs should also be engaged.
2. You will now move your body laterally to the right two times
    a. Shifting weight onto your left arm and foot. Now extend your right hand and foot, step them out to the right laterally.
        i. This will create a wider stance of your hands and feet.
    b. Step your left hand and foot to the right to recreate your initial plank position.
    c. Repeat for a second time, moving your right hand and foot laterally followed by your left hand.
3. Repeat the movement s moving your body laterally to the left two times.
4. Repeat 3 times for a total of 12 lateral moving steps.

Push-Up

1. Begin on the floor in the plank position.
    a. Lie on your stomach on the floor.
    b. Place hands flat on the floor directly under your shoulders or slightly wider. The band will be pinned between your palm and the floor.
    c. Extend your legs back with feet hip-width apart, press your toes onto the floor.

        i. Modification - for an easier position, rather than extending your leg back and press your toes onto the floor, press your knees onto the floor.
    d. Push onto the floor with your hands while pushing up with your arms, lifting the trunk of your body in a straight line off the floor. Squeeze your glutes and tighten your core by pulling your midsection towards your spine to stabilize your body. Your legs should also be engaged.
2. Once at the top of the plank position, slowly lower your body to the floor, until your elbows are at a 90° angle.
3. Pause, then push back up to the top of the plank position.
4. Keep your body in a straight line from head to toe without bending in the middle or arching your back.
5. Repeat the movement 12 times.

Banded Glute Bridge

(Looped Resistance Band)

1. Sit on the floor, move both feet through a small looped resistance band. Position the band just above your knees.
2. Lie back on the floor, engage your abdomen by pressing your lower back onto the floor. Bend your knees at right angles with your feet hip width apart and remaining flat on the floor.
3. Keep your arms at your side, move your knees out pressing against the band, slightly widening the distance between your knees.
4. Press your feet onto the floor and raise your hips up. Raising your butt off the floor. Raise your hips as high as you can.
    a. Press your shoulders into the floor to increase hip height.
5. Squeeze your muscles tight (your glutes, hamstrings, and core), hold this position for 2-3 seconds and release by slowly lowering your hips to the floor.
6. Repeat the movement 15 times.
        i. *NOTE: if the tension is not high enough, use a band with higher resistance to the point at which you are able to feel constant, comfortable tension in the band throughout the movement.

Squat

1. Standing with your feet approximately shoulder width apart or at a comfortable distance apart and placing your weight on the heels of your feet, push your hips back and move your thighs down to knee height, bend your knees to slightly less than 90 °.
    a. Keep your knees pointed outward.
    b. Keep your back straight.
    c. Keep your chest upright.
2. Straighten legs slowly until standing upright again.
3. Repeat the movement 15 times.

Plank

(Flat Resistance Band)

1. Begin by lying on your stomach on the floor.
2. Place hands flat on the floor directly under your shoulders or slightly wider. The band should be placed over the back of your shoulders and held between your palms and the floor.
3. Extend your legs back with feet hip-width apart, bend your toes and press them onto the floor.
    a. Modification - for an easier position, rather than extending your leg back and pressing your toes to the floor, place your knees on the floor.
4. Push on the floor with your hands while pushing up with your arms, lifting the trunk of your body in a straight line off the floor. Squeeze your glutes and tighten your core by pulling your midsection towards your spine to stabilize your body. Your legs should also be engaged.
5. Hold this position for 30 seconds.

Arm Swings

1. Begin standing upright with your feet shoulder width apart.
2. Stretch your arms out horizontally to either side so they are at shoulder height.
3. Swing your arms in front of your body so they cross at your chest.
    a. Your hands should swing roughly to your opposite shoulders.
4. Quickly bring them back out to either side.
    a. Move them back as far as possible.

the movement should be relaxed and loose to engage and stretch your shoulder, back and chest muscles.

5. Repeat the movement 20 times.

Banded Clam

(Looped Resistance Band)

1. Place both feet into a small looped resistance band. Position the band just above your knees.
2. On the floor, lie down on your side, with your spine in a straight line. Your knees should be slightly bent with one leg on top of the other. Support your head with your arm and rest your top arm with the palm flat on the floor in front of you for stability.
3. Keep your feet together while you lift your top knee until it forms a 90-degree angle with your hips and midsection.
    a. Rotate your hip to lift your knee.
    b. Keep your core tight to avoid rolling back.
4. Hold for 2-3 seconds and slowly lower your leg back down to the initial position.
5. Repeat the movement 12 times.
6. Roll to the other side and repeat. It’s important to stay balanced and exercise both sides.
        i. *NOTE: if tension is not high enough, use a band with higher resistance to at the point at which you are able to feel constant, comfortable tension in the band throughout the movement.

Exercise Description Directory: Beginner Exercises

Lower Body

Banded Static Lunge
Banded Side Leg Raises
Banded Squats
Banded Deadlift

Upper Body

Banded Seated Row
Banded Bicep Curls
Banded Triceps Extensions
Banded Upright Row
Banded One Arm Crossover
Banded Chest Press
Banded Push Ups
Banded Lateral Raises

Beginner Exercise Descriptions

Upper Body Exercises

Banded Seated Row

(Flat Resistance Band)

1. Begin in a seated position on the floor with your legs together and straight out in front of you.
2. Grasp the ends of the band with one hand and with your free hand place the loop at the end of the band around the bottom of both of your feet (placed preferably at the arch of your shoes).
3. Hold one end of the band in each hand, hold it close to your shin, with your arms straight in front of you, there should be light tension in the band.
4. Sit upright. Your torso should be at a 90 degree angle to your legs.
    a. Tighten your core.
5. Hold the band so that your palms are facing each other.
6. Slowly pull your hands and elbows towards the position behind you and away from your feet until your elbows reach a position of approximately 90 degrees.
    a. Constrict your shoulder blades (trying to make your shoulder blades touch), as you do this.
    b. Your hands should reach the sides of your waist, this is the concluding position.
7. Hold for 1-2 seconds then slowly straighten your arms back out.
8. Repeat the movement 12 times for 3 sets.

Banded Bicep Curl

(Flat Resistance Band)

1. Begin by stepping on to the middle of the band with your feet hip width apart, point toes out slightly and with a slight bend in the knees.
2. Hold the handles of the band with one in each hand. Use an underhand grip with your palms facing away from you. Your arms should be straight down in front of you, your elbows will be touching your sides being tight against your ribcage.
    a. Tighten your core.
    b. Straighten your lower back.
    c. Keep your chest up throughout the movement.
    d. Retain a neutral gaze.
3. Keeping your elbows stationary at your side yet bending at the elbow slowly pull the band up, positioning it straight in front of you and not positioned out away from your sides.
4. Once you reach the top of the movement with your hands near your shoulders and palms facing your body, your elbows remaining tight against your side, slowly lower the band to the starting position.
5. Repeat the movement 12 times for 3 sets.
    a. *NOTE: if tension is not high enough, hold a lower position on the band at which you are able to feel constant, comfortable tension in the band throughout the movement.

Banded Tricep Extensions

(Flat Resistance Band)

1. Stand with the right foot on the center of the band with your left foot positioned slightly behind your right foot (approximately 1-2 ft behind the front foot).
    a. You should feel comfortable and stable in this position.
2. Hold one end of the band in each hand.
3. Bend forward at your waist so that your chest is positioned slightly over the front of your right knee (your body should be positioned at approximately a 45 degree angle).
4. Your right knee should be slightly bent.
    a. Tighten your core.
    b. Straighten your lower back.
    c. Your shoulders should be positioned back with your shoulder blades constricted.
    d. Tighten your glutes and hamstrings.
5. Hold the band so that your fists are facing down, and your palms are facing the outside of each leg near the thigh.
6. Pull the band up towards your body so that your elbows are bent and touching your ribs.
7. While remaining bent over with your elbows bent and touching your ribs straighten your arms while pulling your fists towards the back of your body until your arms become completely straight.
8. Slowly bend your elbows back to 90 degrees so they are touching your ribs again.

9. Repeat the movement 12 times for 3 sets.

Banded Upright Rows

(Flat Resistance Band)

1. Step on the middle of the band with both of your feet positioned closely together, preferably with the band under the arch of your foot.
2. Grasp one side of the band in each of your hands at any point on the band at which point you can feel tension.
3. Hold the band in front of your thighs.
    a. Your palms should face inward so your thumbs are next to each other.
4. While keeping your fists about shoulder-width apart pull the band straight up along your body and towards your face.
    a. Move your thumbs up along the front of your body, nearly touching your body.
5. Your elbows should flare up and out to the sides of your body until your fists move to nearly below chin height.
    a. Your elbows should be pointing upward and more positioned out not behind your body.
6. Slowly lower the band back down so that your arms are straight again.
7. Repeat the movement 12 times for 3 sets.
        i. *NOTE: if tension is too high while standing with both feet on the band, stand with one foot on the band instead.

Banded One Arm Crossover

(Flat Resistance Band)

1. Step on the band with both feet, position your feet hip width apart.
2. Hold an end of the band in each hand with your palms facing forward. Hold your arms and hands down at your sides but not touching your side.
3. Keeping your arm straight with a slight bend in the elbow and your palms rotated slightly in towards your body and slightly up, with your right arm pull the band up across the centerline of your body until your hand is as high as your opposite shoulder.
4. Hold for 1-2 seconds, feel your chest squeeze, and slowly lower your hand and arm down to your side.
    a. Keep your body upright and straight.
    b. Activate your core and do not lean to the side at which the band is engaged.
5. Repeat the movement with the left arm.
6. Repeat the movement 12 times with each arm for 3 sets.

Banded Chest Press

(Flat Resistance Band)

1. Using the circle band, move it over your head and pull it down in order that it is pressed against your back just below your armpit.
2. Grasp the band on the left and right side with palms facing towards each other just below the armpits at about shoulder distance apart.

3. With the band pressed against your back, grasping the band on the left and right sides of your body, extend the band straight in front of you from your shoulders until your arms are straight.
4. Gently move your arms back to the starting position.
5. Repeat the movement 15 times for 3 sets.

Banded Push Ups

(Flat Resistance Band)

1. Begin by sitting on the floor. Hold one end of the band in each hand. Bring the band behind you, pull the band taught across your back so it is resting in the middle of your shoulder blades and just below your underarm. Insure that there is tension in the band.
2. Move to the plank position, keeping the band across your back.
    a. The plank Position -
        i. Lie on your stomach on the floor.
        ii. Place your hands flat on the floor directly under your shoulders or slightly wider. The band will be pinned between your palm and the floor.
        iii. Extend your legs back with feet hip-width apart, press your toes onto the floor.
            - Modification - for an easier position, rather than extending your leg back and pressing your toes to the floor, position your knees on the floor.
        iv. Push into the floor with your hands while pushing up with your arms, lifting the trunk of your body maintaining a straight line. Squeeze your glutes and tighten your core by pulling your midsection towards your spine to stabilize your body. Your legs should also be engaged.
3. Once at the top of the plank position, slowly lower your body to the floor, until your elbows are at a 90° angle.
4. Hold for a second
    a. Continue to engage your glutes, legs, core and pull your midsection towards your spine.
5. Now push back up until your arms are straight.
6. Repeat the movement 12 times for 3 sets.

Banded Front Raises

(Flat Resistance Band)

1. Step on the middle of the band with one foot, preferably with the band under the arch of your foot.
2. Grasp one side of the band in each of your hands at the point that you can sense tension.
3. Then hold the band in front of each thigh with palms facing your thighs.
4. Holding the ends of the band shoulder-distance apart raise the band straight out in front of you with arms straight until you reach shoulder height.
5. Slowly lower the band back down to your thighs.

6. Repeat the movement 12 times for 3 sets.

Lower Body Exercises

Banded Side Lying Leg Raises

(Looped Resistance Band)

1. Place both feet into a small looped resistance band. Position the band just above your knees.
2. On the floor, lie down on your side, with your spine in a straight line. Your lower leg should be bent at a 90° angle as your foundation for comfort and stability.
3. Your upper leg is straight and in alignment with your torso.
4. Support your head with your arm. And place the other arm in front of your body for comfort and stability.
5. Raise your top leg 45° off the floor, or as close as you can get. Hold for 2-3 seconds and slowly lower your leg back down.
6. Repeat the movement 12 times for 3 sets.
7. Roll to the other side and repeat. It's important to stay balanced and exercise both sides.
    i. *NOTE: if tension is not high enough, grasp a band with higher resistance to where you are able to feel constant, comfortable tension in the band throughout the movement.

Banded Deadlifts

(Flat Resistance Band)

1. Grasp one side of the band in each of your hands.
2. Step on the band with both feet, place feet about shoulder width apart, preferably the band is positioned under the arches of your feet.
3. With a slight bend in your knees, bend at your hips. Bend to just under 90 degrees while keeping your arms straight.
    a. Keep your knees pointed straight ahead (no bending in or out).
    b. Keep your back straight, perpendicular to the floor and your shoulders back.
4. Grasp the band so you are creating tension while holding it at shin height.
    a. You may need to grasp the band closer to the floor to create enough tension in the bottom of the movement.
    b. Keep your shoulder blades back and your head in a neutral position
5. Hold the band on the outside of your legs at shin height so that your palms are facing towards your legs.
6. Slowly straighten your legs and raise your chest until you are standing up straight, while keeping the band in the same position with arms straight.
    a. Actively engage your glutes and hamstrings as you stand up upright.
7. Repeat the movement 12 times for 3 sets.
    i. *NOTE: if tension is not high enough, grasp the band further from the handles at which you are able to sense constant, comfortable tension in the band throughout the movement.

Banded Static Lunges

(Flat Resistance Band)

1. Grasp one end of the band in each hand.
2. Your hands should be positioned on either side of your thighs with palms facing towards your thighs.
3. Step on the band with your right foot.
   The right foot should be positioned approximately 2 to 3 feet behind the left foot. in front of the left foot at which point when you bend your front knee it should not be positioned in front of your right toe.
4. Grasp the band at shin height and then stand straight up.
   a. You may need to hold the band at a point closer to the floor so that there is constant tension.
5. Bend your right knee, which is in front, (there should be tension in the band) to 90 degrees and bend your left leg, which is the back leg, down to the floor making a 90 degree angle as well.
   a. Make sure your right (front) knee does not extend over your right toe
6. Keeping your feet stationary, straighten your legs.
7. Repeat the movement 12 times for 3 sets.
8. Switch and do the same thing on the left leg.

Banded Squats

(Looped Resistance Band)

1. Place both feet into a small looped resistance band. Position the band just above your knees.
2. Rest your hands at your chest.
3. Standing with your feet about shoulder width apart or a comfortable distance apart and press your weight in the heels of your feet, push your hips back and bring your thighs down to knee height, bend your knees to slightly less than 90 °.
   a. Keep your knees pointed outward.
   b. Keep your back straight.
   c. Keep your chest upright.
4. Straighten legs slowly until standing upright again.
5. Repeat the movement 12 timed for 3 sets.

Exercise Description Directory: Advanced Exercises

Lower Body

Banded Glute Kick-backs
Banded Lateral Side Steps
Banded Front Squats
Banded Single Leg Deadlift

Upper Body

Banded Side Raises
Banded Bent Over Flys
Banded Shoulder Press
Banded Pull Aparts
Banded Push Ups
Banded Chest Press
Banded Wide Stance One Arm Crossover

Advanced Exercise Descriptions

Upper Body Exercises

Banded Shoulder Press

(Flat Resistance Band)

1. Begin by stepping on to the middle of the band with your feet hip width apart, point your toes out slightly with a slight bend in the knee.
2. Grasp the end of each band with an overhand grip.
3. Move your elbows straight out from your sides. Your elbows should be at the same height as your shoulder.
    a. Your arms should be parallel with the floor and perpendicular to your torso.
4. Bend 90° at your elbow with your fists pointed up to the ceiling and your palms facing out. This is your starting position.
    a. Remember to tighten your abdominal muscles, straighten your lower back, and keep your chest up. Retain a neutral gaze.
5. The band should be taught, touching behind your elbows and forearm, while you maintain your overhand forward facing grip.
6. Without leaning back and keeping your core engaged, press your fists upward at the point that your arms are straight.
7. Slowly lower your arms back to the starting position under firm control, pause, and then begin the next rep.
8. Repeat the movement 12 times for 3 sets.
        i. *NOTE: if the tension is too high while standing with both feet on the band, stand with one foot on it instead. If the tension is to light hold a position lower on the band.

Banded Push Ups

(Flat Resistance Band)

1. Begin by sitting on the floor. Hold one end of the band in each hand. Move the band behind you, pull the band taught across your back so it is resting in the middle of your shoulder blades and just below your underarm. Ensure that there is tension in the band.
2. Move to the plank position, keeping the band across your back.
    a. The plank Position -
        i. Lie on your stomach on the floor.
        ii. Place hands flat on the floor directly under your shoulders or slightly wider. The band will be pinned between your palm and the floor.
        iii. Extend your legs back with feet hip-width apart, press your toes onto the floor.
            - Modification - for an easier position, rather than extending your leg back and pressing your toes onto the floor, position your knees on the floor.
        iv. Push into the floor with your hands while pushing up with your arms, lifting the trunk of your body in a straight line off the floor. Squeeze your glutes and tighten your core by pulling your midsection towards your spine to stabilize your body. Your legs should also be engaged.
3. Once at the top of the plank position, slowly lower your body to the floor, until your elbows are at a 90° angle.
4. Pause, then push back up to the top of the plank position.
5. Keep your body in a straight line from head to toe without bending in the middle or arching your back.
6. Repeat the movement 12 time for 3 sets.

Banded Side Raises

(Flat Resistance Band)

1. Step on the middle of the band with one foot, preferably with the band under the arch of your foot.
2. Grasp one side of the band in each of your hands so that you can feel tension
3. Hold the band so that each hand is on the outside of your thighs, palms facing towards your thighs.
4. Slightly bend your elbows (making certain that your arms aren't locked in a straight position) and with your palms facing down lift your hands away from your thighs (directly out to the left and right) until you reach just below shoulder height.
5. Slowly lower the band back down beside your thighs.
6. Repeat the movement 12 times for 3 sets.

Banded Bent Over Flys

(Flat Resistance Band)

1. Stand in the middle of the resistance band with feet hip width apart. Hold the ends of the band with each hand.

2. Slightly bend your knees and bend forward at your hips until your back is parallel to the floor.
    a. Engage your core and keep your back straight, do not bend your back.
3. Your hands should be straight down in front of you, near your shins, palms facing each other. Move your hands towards the center of the band to create light tension. This is the starting position.
4. With a slight bend in your elbow raise your arms out to the side, perpendicular to your torso, as far as possible.
    a. You should contract your shoulder blades.
5. Pause, then lower the band to starting position.
6. Repeat the movement 12 times for 3 sets.
        i. *NOTE: if the tension is not high enough, grasp lower on the band at which point you are able to feel constant, comfortable tension in the band throughout the movement.

Banded Chest Press

(Flat Resistance Band)

1. Hold one end of the band in each hand. Move the band behind you, pull the band taught across your back so it is resting in the middle of your shoulder blades and just below your underarm. Make sure there is tension in the band.
2. Grasp the band on the left and right side with palms facing towards each other just below the armpits at about shoulder distance apart.
3. With the band pressed against your back, grasping the band on the left and right sides of your body, extend the band straight in front of you from your shoulders until your arms are straight.
4. Gently bend your arms back to the starting position.
5. Repeat the movement 15 times for 3 sets.

Banded Pull Aparts

(Flat Resistance Band)

1. Start by grasping the band in the middle with both hands, palms facing down.
2. Raise the band up so that it is even with the height of your shoulders and your arms are completely straight in front of you.
3. Gently move your hands apart so that they are shoulder width apart on the band, with no tension (keeping the band raised at shoulder height).
4. Once shoulder width apart (your arms should be straight and elbows locked) extend your fists out horizontally, to the left and right, at shoulder height until they are perpendicular with your torso.
    a. Tighten your core.
    b. Keep your back straight.
    c. Keep your shoulder rotated back.
5. Gently pull your arms back toward the center.
6. Repeat the movement 12 times for 3 sets.

Banded Wide Stance One Arm Crossover

(Flat Resistance Band)

Place both feet on the band. Position your feet so they are situated 2 times wider than the width of your hips and shoulders.

1. Grasp an end of the band in each hand with your palms facing forward. Hold your arms and hands down at your sides but not touching your side.
2. Keeping your arm straight and your palms rotated slightly in towards your body and slightly positioned toward the ceiling, with your right arm pull the band up across the centerline of your body until your hand is as high as your opposite shoulder.
3. Hold for 1-2 seconds, feel your chest squeeze, and slowly lower your hand and arm down to your side.
    a. Keep your body upright and straight.
    b. Activate your core and do not lean to the side on which the band is focused.
4. Repeat the movement with the left arm.
5. Repeat the movement 10 times with each arm for 3 sets.

Lower Body Exercises

Banded Single Leg Deadlift

(Flat Resistance Band)

1. Step on the band with one foot, preferably so the band is under the arch of your foot. Position your feet hip width apart.
2. Grasp one side of the band in each of your hands. You may need to grasp the band at a position closer to the floor to create enough tension in the bottom of the movement.
3. Hold the band on either side of the outer portion of your legs so that your palms are facing towards your legs. Stand up upright.
4. Slightly bend your knees and put all your weight on the banded leg.
    a. the second foot can be touching the floor for balance. As you progress you can lift the other foot off the floor and as your body hinges forward your foot should move behind you as a counterbalance
5. Bend forward at the waist moving to just under 90°. Keep your arms straight. You should be actively squeezing your hamstring, glutes, core, and shoulders.
    a. Keep your weighted knee pointed straight ahead (do not bend your legs in or out)
    b. Keep your back straight and your shoulders back, extend your lifted leg behind you as a counterbalance.
6. Slowly return your body to the upright position and lightly tap the raised foot touching the floor for balance.
7. Repeat the movement 12 times for 3 sets
8. Repeat the exercise using the opposite leg. It is important to stay balanced by exercising both sides of your body.

NOTE: if the tension is not high enough, grasp a position that is lower on the band at which you are able to feel constant, comfortable tension in the band throughout the movement.

Banded Front Squats

(Flat Resistance Band)

1. Grasp the ends of the band with each hand holding an end of the band.
2. Step on the band with both feet slightly wider than shoulder width apart
3. Grasp the band so that your thumbs are pointed upward, bend your elbows, and have your hands resting at your shoulders.
4. Hold the band at your shoulders with the same hand position.
5. Squat down (bending knees) to slightly less than 90 degrees keeping your hands in the same position.
    a. Back remains straight.
    b. Chest remains upright.
6. Straighten your legs slowly until you are standing upright again.
7. Repeat the movement 12 times for 3 sets.

Banded Glute Kick-backs

(Looped Resistance Band)

1. Place both feet in a small looped resistance band.
2. Position the band around your legs above both of your knees.
3. Stand with your feet shoulder-distance apart.
4. Initially, Use a prop for maintaining balance (desk, door handle, chair)
5. Have a slight bend in your left knee.
6. Kick your right leg straight back (heel pointed up, toes pointing down) until you feel your glutes constrict.
    a. keep your back straight and your shoulders back.
    b. keep your chest up right.
7. Slowly lower your leg back to the floor.
8. Repeat the movement 15 times for 3 sets.
9. Then switch to the left leg and repeat the movements.

Banded Lateral Side Steps

(Looped Resistance Band)

1. Place both feet in a small looped resistance band.
2. Position band around your ankles.
3. Stand with your feet shoulder-width apart, creating tension on the band.
4. Slightly bend your knees and move your hips back, so you are in a quarter squat.
    a. Remain in a low position throughout the movement.
    b. Keep your head neck and spine upright.
    c. Engage your glutes.
5. Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width. Pause, and then step back with the right foot.
6. Then step with the left foot to the left and step back with the left foot.

7. Repeat this movement alternating the right and left foot stepping to the right and to the left.
    a. Always maintain tension on the band
    b. Always remain in a quarter squat activating glute and leg muscles.
8. Repeat 12 steps per side for 3 sets.