Band Exercises

* Do 10-15 repetitions or until muscle fatigue.
* Adjust body and bands so you only feel resistance in the muscle not in the joints.
* Keep body long and strong, feet planted firmly on the ground toes pointed straight ahead.

1. Chest Press Cables(Chest)

* Wrap cable around stable vertical surface. Turn body so back is facing surface.
* Try not to lean forward. Feet strong body long.
* Cable handles at chest level. Elbows lined up at torso.
* Slowly extend arms fully to point of straightness do not lock elbows.
* Return to position of elbows to torso.
* To increase resistance step out farther.

1. Cable rows(Upper and mid-back)

* Wrap around stable vertical surface.
* Chest facing surface. Handles at chest level.
* Pull cable till you feel resistance. Pinch shoulder blades. Keep handles at chest level.
* Hand position: Thumbs up more mid-back; hands horizontal more upper-back.

1. Tricep push down(triceps)

* Wrap cable around horizontal surface above head.
* Stand a little behind cable. Hand to elbow length.
* Grab cables right above handles. For more resistance move hands higher.
* Starting position hands lined up at elbows, elbows tight against torso.
* Slowly move hands down to straightness or until you feel resistance in the back of the arms.
* Bring back up slowly to position of hands to elbows.

1. Overhead cables(triceps)

* Wrap cable around vertical surface cable at head level. Turn body so back is facing surface.
* Step forward one foot in front of the other.
* Grab band above handles.
* Hands above head, elbows aligned to shoulders.
* Extending from the elbow push cable till arms are straight. Do not lock elbows.
* Move slowly back to position of hands above head.

1. One Arm Hammers

* Step on one end of cable with foot.
* Hold other end of cable with hand.
* Lift so mid part of cable rests on shoulder blades and hand and cable are behind head.
* Gently bring hand straight up until you feel resistance in back of arm (triceps) do not lock elbow.
* Make sure there is no shoulder pain or lower back pain you should only feel resistance in tricep.

1. Chin-lifts(shoulder)

* Step on cable with middle of feet.
* Hold handles knuckles facing floor.
* Keeping hands close to body, lift handles to chin level or until you feel resistance in the shoulders.
* Slowly lower to arm straightness, do not lock elbows.

1. Shoulder Press(shoulder) Standing or sitting.

* Step on cable with middle of foot.
* Lift cable handles so hands are lined to elbows vertically and elbows to shoulder horizontally.
* Lift arms straight up. Do not lock elbows.
* Slowly lower back to hands to elbow, elbow to shoulder.

1. Bicep Curls(biceps)

* Step on cable with middle of feet.
* Grab handles knuckles down.
* Slowly curl up handles to chest level.
* Slowly lower to straightness, do not lock elbows.