

Bicep Curl

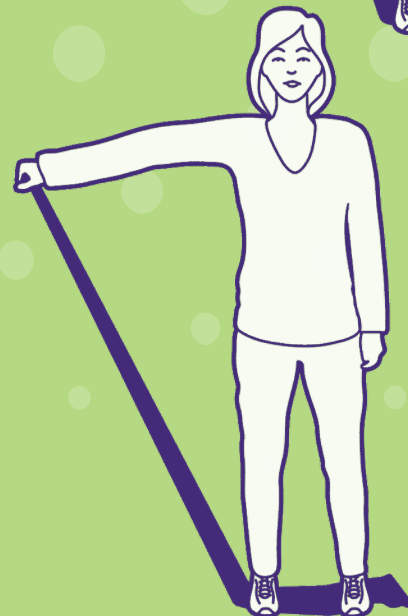
- Wrists are straight
- Elbows are next to body



- Move only lower arm

Lateral Raise

- Wrists are straight
- Elbows are slightly bent



- Raise arm just below shoulder height

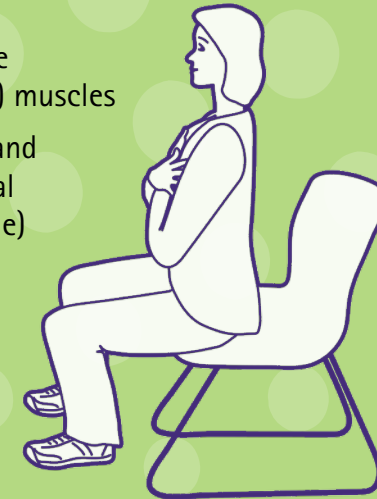
Reverse Fly

- Engage core (abdominal) muscles
- Keep arms just below shoulder height
- Keep shoulders relaxed
- Squeeze shoulder blades together



Chair Sit Up

- Engage core (abdominal) muscles
- Keep back and head neutral (straight line)
- Keep feet flat on floor



- Look straight ahead throughout movement



EXERCISE BANDS: ADDING STRENGTH TO YOUR DAY

Canada's Physical Activity Guidelines recommend strength activities at least 2 days a week.

Instructions

- Talk to a health care or exercise professional before starting a new exercise program.
- The following exercises can be done with an exercise band or tubing. Do not use a band that has a hole or tear.
- Breathe normally during each exercise.
- To make the exercise more difficult, shorten the band by moving your grip.
- Control the movement of the exercise band. Move through the full movement counting to 3 in each direction.
- Repeat each exercise 10-15 times before moving to the next exercise.
- Repeat the set of all exercises 2-3 times.

Squat

- Bend from the knees
- Keep back straight



- Knees should not go past toes

Chest Press

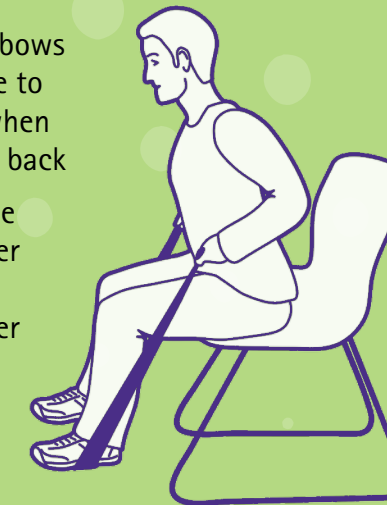
- Arms are just below shoulder height



- Keep shoulders relaxed
- Squeeze chest muscles

Seated Row

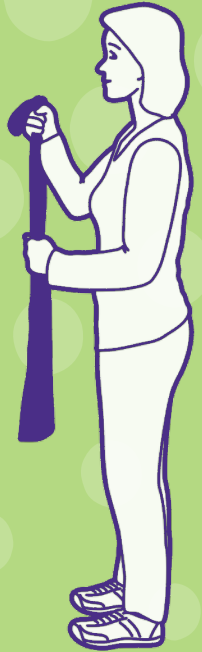
- Sit near front of chair



- Tuck elbows in close to body when pulling back
- Squeeze shoulder blades together

Tricep Extension

- Keep right arm still
- Straighten left elbow, moving only the lower arm



- Repeat on other side