

Stretching Exercises



Upper Back Strength

Can be done seated or standing in an upright position.

Grasp band at shoulder width.

Keeping shoulders relaxed, keep arms long and pull arms out.

To make more difficult move hands closer or further apart to make easier.



Variations:

Try standing with feet staggered front to back, repeat with other foot forward



Pull band on a slight diagonal



Chest Press

Can be done seated or standing in an upright position.

Grasp band around shoulders.

Keeping shoulders relaxed, press arms out long keep arms long.

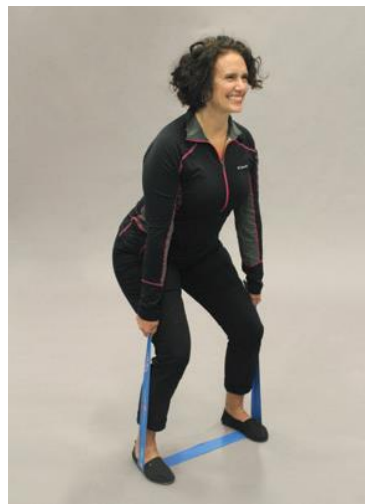
Variations:

Try standing with feet staggered front to back, repeat with other foot forward

Alternate pressing right and left hand

Wrap band under armpits and press out.





Squat

Place band under middle of both feet.
Press hips to a comfortable depth

Variations:

Adjust foot position: wider, narrow,
slight stagger

Put band under just one foot, repeat
with other foot



Torso Rotation

Standing with feet comfortable
distance apart, rotating from hips
first turn hip, head and hands to
same side. Repeat to other side

Variations:

Adjust foot position: wider, narrow,
slight stagger, rotating to both sides