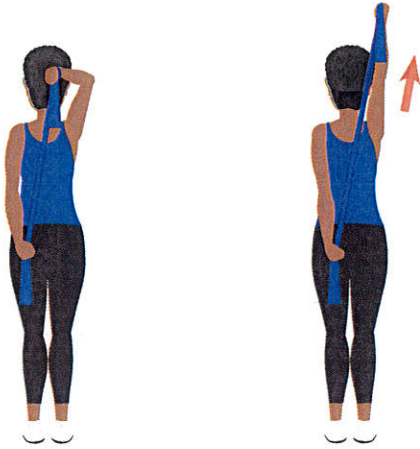


Tricep Extension



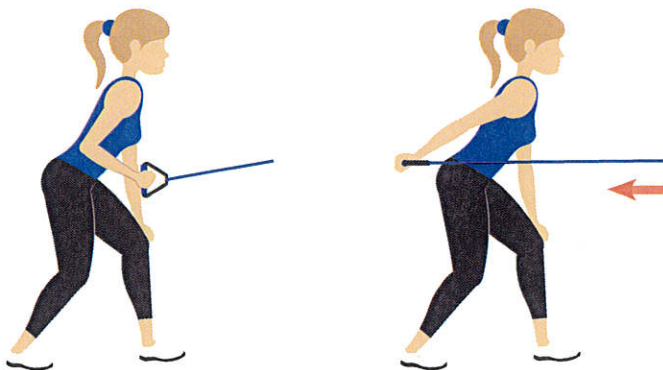
ANCHOR: Hold band in both hands

START: With one hand holding the band behind your back the other holding the band behind your head with the elbow bent.

MOVEMENT: Using the triceps muscle, straighten the upper arm then lower back down to start position.

TIP: Keep the abs tight.

Tricep Kickback



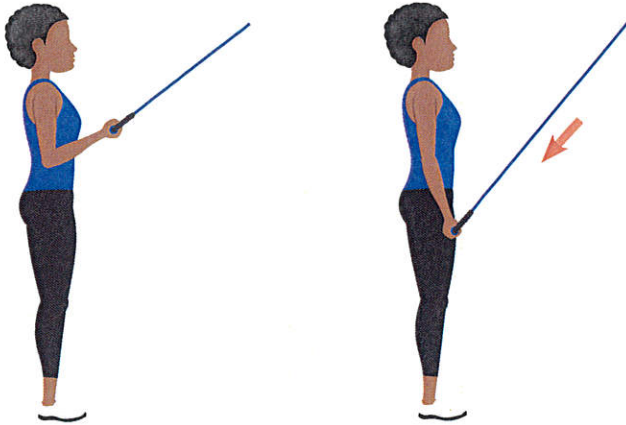
ANCHOR: Chest height

START: Stand with one foot in front of the other, one hand on handle, palm facing down. The other hand braces on the opposite knee. Bend at the hip, leaning slightly forward, elbow at your side.

MOVEMENT: Contracting the triceps, straighten the arm in line with the body.

TIP: Control the tubing when going back to the start position.

Tricep Pushdown



ANCHOR: High, top of door

START: Stand with feet hip width apart, elbows at your side, palms facing down.

MOVEMENT: Contracting the triceps, straighten the arm bringing your arms straight to your side.

TIP: Keep elbows at your side.

Push Up



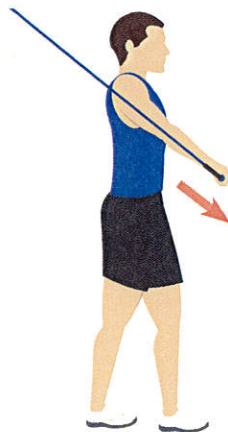
ANCHOR: None, body weight

START: On your toes and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward.

MOVEMENT: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

TIP: Keep abs tight as to not sway the back.

Decline Chest Press



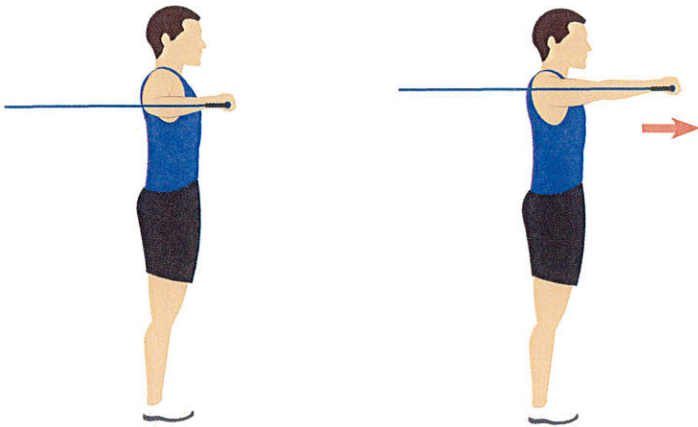
ANCHOR: High, top of door

START: Stand with your back to the door, tubing in both hands, arms bent at a 90 degree angle, palms facing down, and arms in line with the tubing.

MOVEMENT: Using the chest muscle, press arms straight forward toward the ground, just below the chest.

TIP: Keep your abs tight to help stabilize the body.

Chest Press



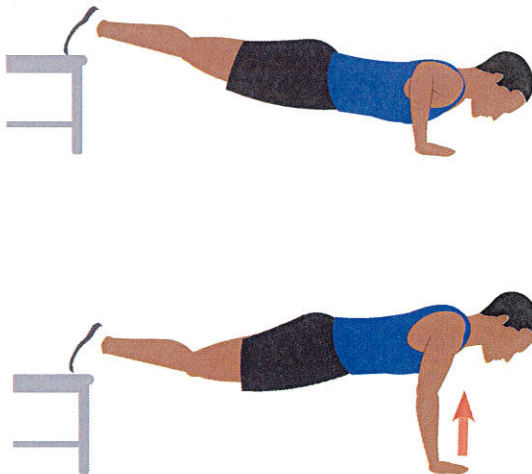
ANCHOR: Mid, chest height

START: Stand with your back to the door, tubing in both hands, arms bent at a 90 degree angle, palms facing down.

MOVEMENT: Using the chest muscle, press arms straight forward to in front of the chest.

TIP: Keep your abs tight to help stabilize the body.

Elevated Push Up



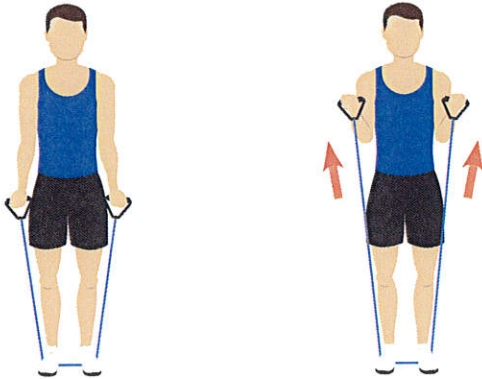
ANCHOR: None, body weight

START: With your feet on a chair, bench, books or box and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward.

MOVEMENT: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

TIP: Start with a low height and work your way up.

Bicep Curl



ANCHOR: Under feet/foot

START: Stand with feet hip width apart, hand on handles at side, palms facing forward.

MOVEMENT: Contract the bicep muscle, bending at the elbow, bringing the hand towards the shoulder.

TIP: Keep the elbows close to side.

Laying Curl



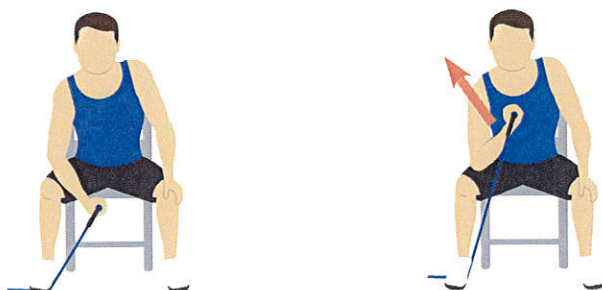
ANCHOR: Low, base of door, floor

START: Lying on the ground with knees bent and arms at your side, palms facing up.

MOVEMENT: Contract the biceps, keeping the elbows in contact with the floor; bring the hand towards the shoulder.

TIP: Contract the abs

Concentration Curl



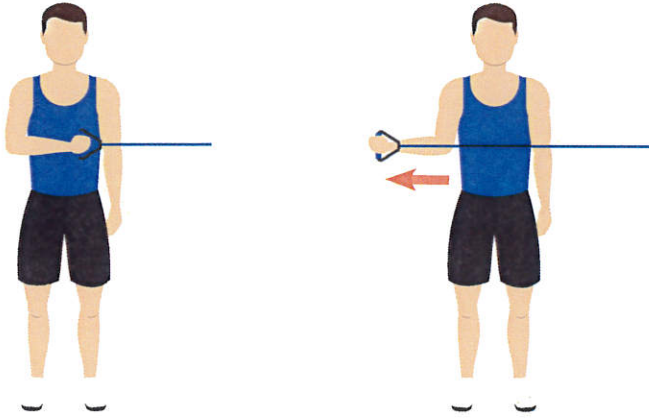
ANCHOR: Under one foot

START: Place elbow inside one knee/leg holding handle, palm facing up.

MOVEMENT: Contract bicep bringing hand toward the shoulder as elbow stays in contact with the leg.

TIP: Make the tension harder by using less slack.

External Rotation



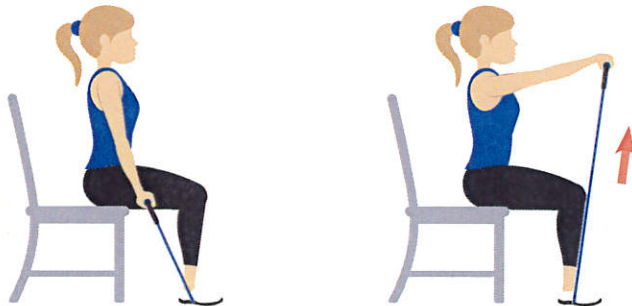
ANCHOR: Mid level, elbow height

START: With the working elbow at your side, arm at a 90 degree angle in front of the body holding the tubing handle.

MOVEMENT: Using your shoulder and keeping the elbow at the side rotate the arm out to create a 90 degree angle to the outside.

TIP: Keep the elbow in contact with the side at all times.

Seated front Raise



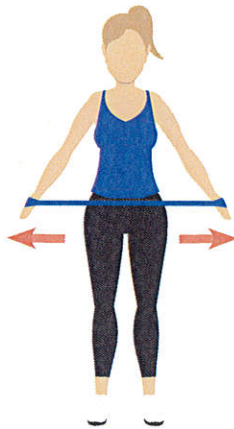
ANCHOR: Tubing under feet/foot

START: Sit tall with feet together, arms at the side, palms facing forward.

MOVEMENT: Using the front of the shoulder, lift the arm forward, up in front of the body with a slight bend in the elbow.

TIP: Try not to shrug the shoulder.

Shoulder Extension



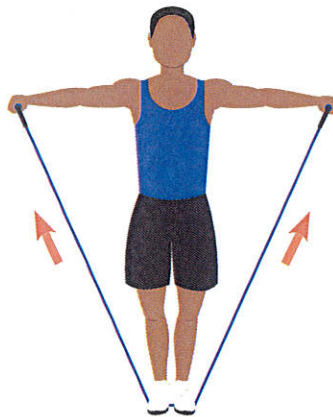
ANCHOR: Hands

START: Wrap the band around the hands with arms down in front, palms facing back.

MOVEMENT: Using your shoulders and arms straight with a slight bend, open the arms to the side until you feel the tension.

TIP: Keep hands relaxed.

Lateral Raise



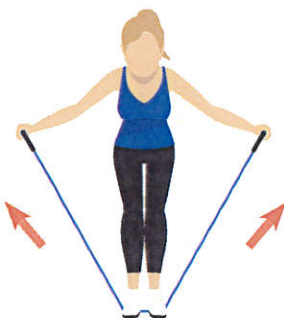
ANCHOR: Feet/foot

START: Stand with tubing under one or two feet, arms at side with palms facing in.

MOVEMENT: Using your shoulders, lift arms out to side up to shoulder height, keeping a slight bend in the elbow.

TIP: Try not to shrug shoulders.

Bent Over Fly



ANCHOR: Tubing under feet

START: Bend at the hip, flat back, arms straight down.

MOVEMENT: Using your mid back with arms slightly bent; raise your hands out to the side while keeping your back flat.

TIP: Keep head in line with spine.

Straight Arm Pull Down



ANCHOR: Tubing to top of door

START: Stand with feet hip-width apart, arm extended up and in line with the tubing.

MOVEMENT: Using the back, lower the arm to your side, keeping a slight bend in the elbow.

TIP: Keep slight bend in the knees.

Bent Over Row



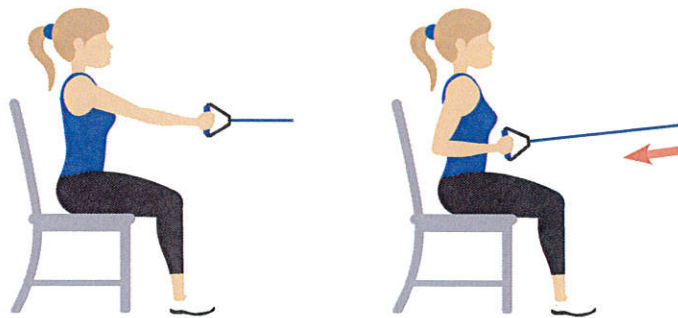
ANCHOR: Band under foot

START: With knee and hand on chair or bench, one foot on the floor, flat back and arm straight down.

MOVEMENT: Using your back, bend the elbow towards the ceiling.

TIP: Try to keep a 90 degree angle at the elbow.

Seated Row



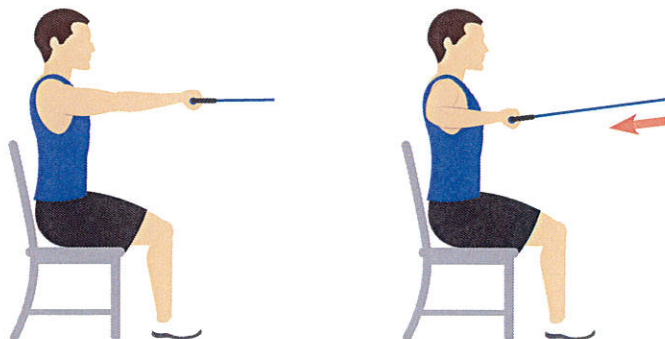
ANCHOR: Chest height while seated

START: Sit with back tall, arms straight out and holding on to the handles, palms facing each other.

MOVEMENT: Using your back pull the tubing, bending at the elbows, keeping a 90 degree angle.

TIP: Sit tall

Upper Back Row



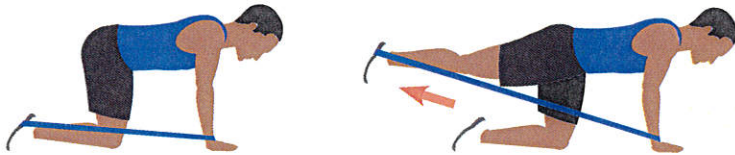
ANCHOR: Chest height while seated

START: Sit with back tall, arms straight out and holding onto the handles, palms facing down.

MOVEMENT: Keeping elbows up and using your back, bend the elbows back to a 90 degree angle.

TIP: Keep your hands in line with your elbow.

Kickback



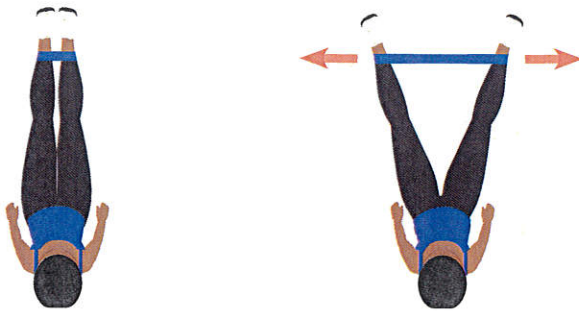
ANCHOR: Hands and feet

START: On all fours with hands directly under your shoulders holding on to the ends of the band. The center of the band is wrapped around one of the feet.

MOVEMENT: Using your Glutes push the leg back straight, making sure there is tension on the band.

TIP: Keep the back flat.

V Push



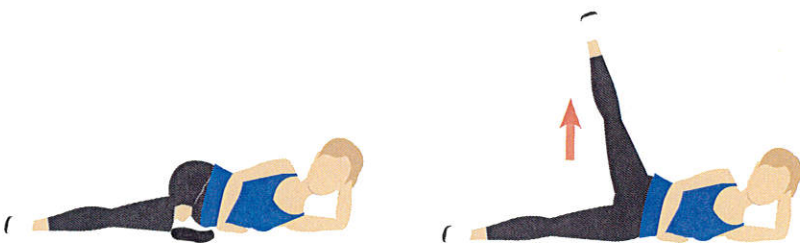
ANCHOR: Band, tied in circle and placed around the ankles

START: On your back legs together up in the air, hands at side.

MOVEMENT: Using your outer hips, open the legs as wide as possible.

TIP: Keep the abs tight.

Side Leg Lift



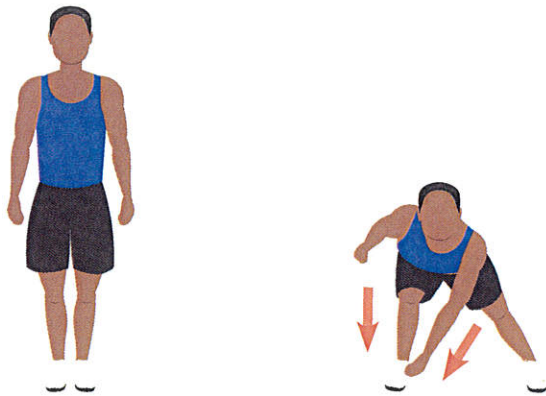
ANCHOR: None, body weight

START: Lying on your side, bottom leg straight top leg straight out in front of you.

MOVEMENT: Using the top leg and hip, keeping the leg straight, lift straight up in front of you.

TIP: Keep hand in front on floor for balance if necessary.

Side Lunge with Tap



ANCHOR: None, body weight

START: Stand with feet hip-width apart and hands at your sides.

MOVEMENT: Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Reach opposite arm over to touch the outside of the traveling foot. Push back up to starting position.

TIP: Try to keep your knee from traveling past your toes.

Single Leg Bridge



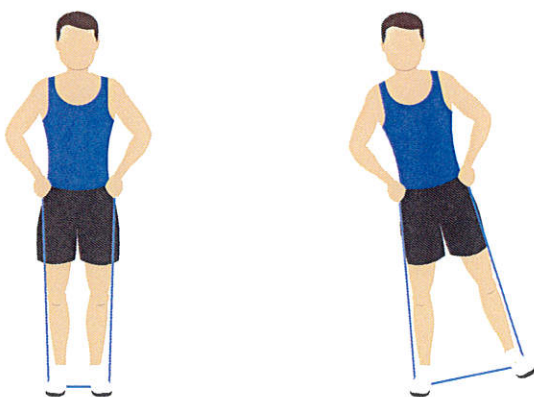
ANCHOR: None, body weight

START: On your back with one knee bent, foot flat on the floor and arms at your side, other leg is in the air.

MOVEMENT: Using the Glutes, lift the body up all the way up using the one leg, creating a straight line.

TIP: Keep abs tight and shoulders relaxed.

Hip Extension



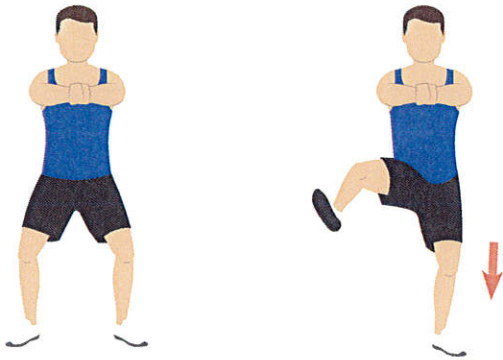
ANCHOR: Tubing under both feet.

START: Stand with feet shoulder width apart, holding handles and hands on hips.

MOVEMENT: Using the outer hip, lift one leg out to the side as you stand on the opposite leg

TIP: Try to maintain balance. Bring feet closer to make it easier.

Roundhouse

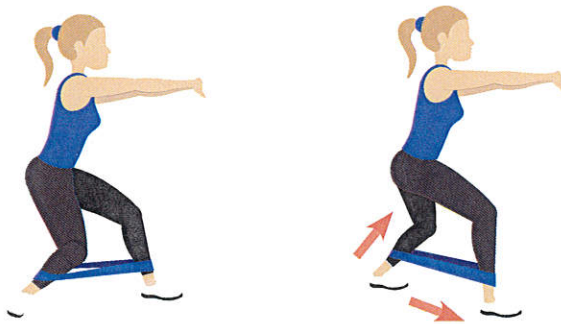


START: Squat with a wide stance in front of a small table that is about knee height.

MOVEMENT: Lift one leg as you stand (crossing the body) and lift up and over the table back to the squat position.

TIP: Be sure to keep knees behind the toes in the squat position.

Duck Walk

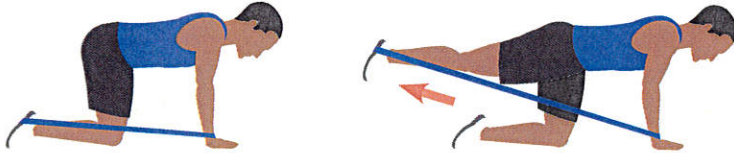


START: Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

MOVEMENT: Staying in a squat position, walk across the floor keeping the legs wide.

TIP: Keep the chest lifted up.

Kickback



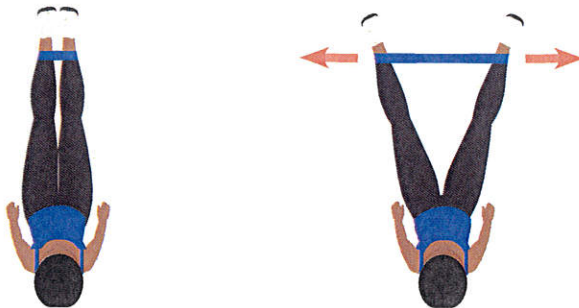
ANCHOR: Hands and feet

START: On all fours with hands directly under your shoulders holding on to the ends of the band. The center of the band is wrapped around one of the feet.

MOVEMENT: Using your Glutes push the leg back straight, making sure there is tension on the band.

TIP: Keep the back flat.

V Push



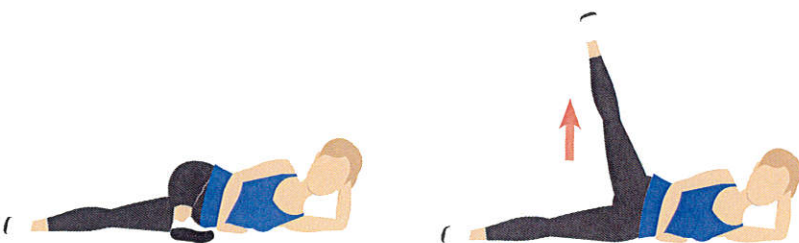
ANCHOR: Band, tied in circle and placed around the ankles

START: On your back legs together up in the air, hands at side.

MOVEMENT: Using your outer hips, open the legs as wide as possible.

TIP: Keep the abs tight.

Side Leg Lift



ANCHOR: None, body weight

START: Lying on your side, bottom leg straight top leg straight out in front of you.

MOVEMENT: Using the top leg and hip, keeping the leg straight, lift straight up in front of you.

TIP: Keep hand in front on floor for balance if necessary.

Side Lunge with Tap



ANCHOR: None, body weight

START: Stand with feet hip-width apart and hands at your sides.

MOVEMENT: Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Reach opposite arm over to touch the outside of the traveling foot. Push back up to starting position.

TIP: Try to keep your knee from traveling past your toes.

Single Leg Bridge



ANCHOR: None, body weight

START: On your back with one knee bent, foot flat on the floor and arms at your side, other leg is in the air.

MOVEMENT: Using the Glutes, lift the body up all the way up using the one leg, creating a straight line.

TIP: Keep abs tight and shoulders relaxed.

Hip Extension



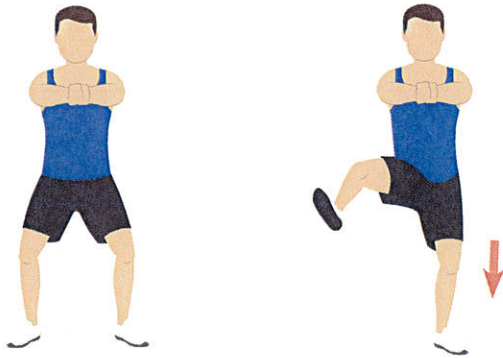
ANCHOR: Tubing under both feet.

START: Stand with feet shoulder width apart, holding handles and hands on hips.

MOVEMENT: Using the outer hip, lift one leg out to the side as you stand on the opposite leg

TIP: Try to maintain balance. Bring feet closer to make it easier.

Roundhouse



START: Squat with a wide stance in front of a small table that is about knee height.

MOVEMENT: Lift one leg as you stand (crossing the body) and lift up and over the table back to the squat position.

TIP: Be sure to keep knees behind the toes in the squat position.

Duck Walk



START: Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

MOVEMENT: Staying in a squat position, walk across the floor keeping the legs wide.

TIP: Keep the chest lifted up.

Standing Kickback



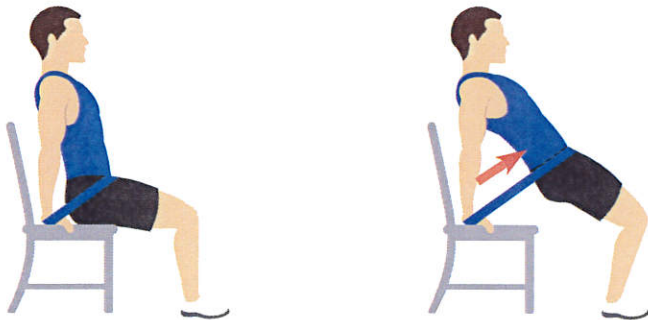
ANCHOR: Band tied in a circle or on back of chair.

START: Stand with feet hip width apart facing the chair and the band around the calf/ankle.

MOVEMENT: Using the hamstrings and glutes and your leg straight, lift the leg back.

TIP: Try not to lean too far forward.

Hip Thrust



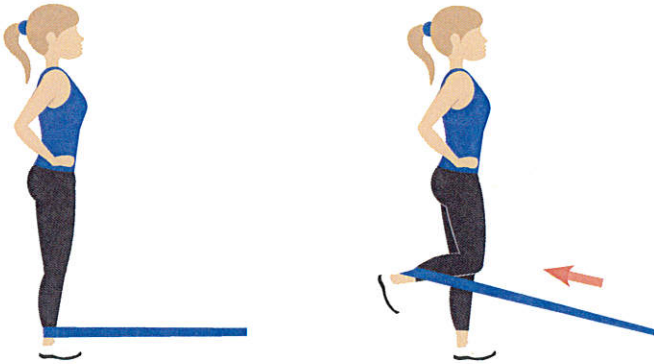
ANCHOR: Band across the hips

START: Sit on the edge of the chair with the band across your lap at the hip, holding on to the band with both hands on each side of the chair.

MOVEMENT: Using the hamstrings and glutes, lift the hips up and out, keeping the hands on the chair.

TIP: Keep a slight bend in the elbows.

Leg Curl



ANCHOR: Door, low

START: Stand with feet together facing the door and the band wrapped around ankle or foot.

MOVEMENT: Using the hamstring and keeping the knees together, lift the lower leg and foot toward your glutes.

TIP: Keep abs tight. Hold onto chair for balance if necessary.

Hamstring Pull Down



ANCHOR: Door, mid-height with the foot through the tubing handle.

START: Lie on your back, leg with the tubing in the air, the other is bent with the foot flat on the floor.

MOVEMENT: Using your hamstrings and keeping the leg straight lower the leg to the floor.

TIP: Try to keep both hips on the ground.

One Knee Bent Elbow Crossover



ANCHOR: None, body weight

START: Lie on your back, one leg bent with foot on the floor, other leg straight on the ground, hands behind head.

MOVEMENT: Using the obliques, lift the shoulder that is opposite the bent knee up, drawing the elbow towards the bent knee.

TIP: Try to keep hips on the floor.

Side Plank



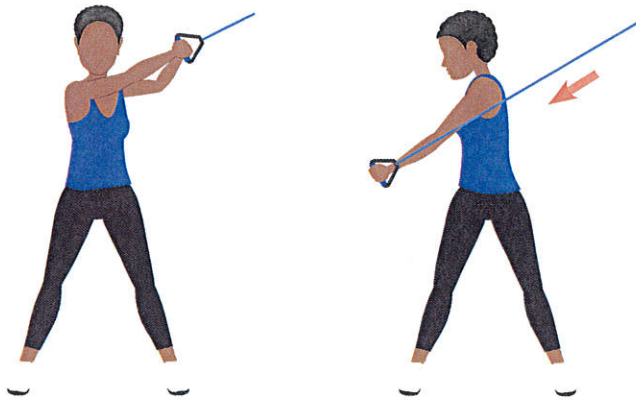
ANCHOR: None, body weight

START: On your side, legs straight and stacked, propped up on the elbow, other hand on hip.

MOVEMENT: Using your Obliques, lift the body up to a straight line and hold for 3-5 seconds

TIP: Try not to rock forward or back.

Wood Chop



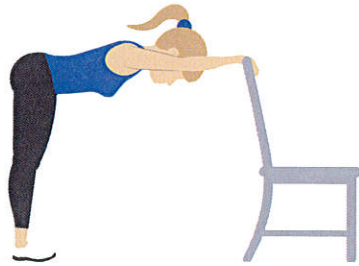
ANCHOR: Door, high

START: Stand parallel to the door, holding on to one or two of the handles (depending on difficulty), hips straight, upper body and head facing the door, arms up.

MOVEMENT: Twist the body around and keeping your arms straight, bring the arms in a diagonal across the body.

TIP: Try to stay as tall as possible.

Bent Over Chair



MOVEMENT: With hands on a chair, standing a few feet back, bend at the hips and drop your chest between the arms.

TIP: Pull hips back as the chest drops for extra stretch.

Chest Chair Stretch



MOVEMENT: Sit tall on the edge of a chair, twist to right, placing left palm on the outside of right knee and right hand behind you on left side of the chair to assist the stretch.

TIP: Sit tall and twist like a corkscrew.

Cross Shoulder Stretch



MOVEMENT: Stand with one arm across the body at shoulder height, bending the other arm to a 90 degree angle, helping assist in the stretch, pulling it closer to the body.

TIP: Keep shoulder down for greater stretch.

Forward Head Stretch



MOVEMENT: Stand with the head dropped gently forward, you can assist with both hands behind the head easing into the stretch.

TIP: Do not add too much pressure to the neck.

Overhead Tricep Stretch



MOVEMENT: Stand tall with one arm bent behind the head, elbow pointing up. Try to drop the shoulder as the other hand assists in the stretch, pulling the elbow back.

TIP: Try not to sway the back.

Side Head Stretch



MOVEMENT: Stand with the head tilted, ear towards the shoulder. The other arm hangs down, fingers toward the ground for a greater stretch. Use the opposite hand to gently assist the stretch.

TIP: Do not pull neck too hard.

Wrist Stretch



MOVEMENT: Sit or stand with your arms in front of you. Gently bend one wrist down while the opposite hand assists in a deeper stretch.

TIP: Stretch wrist in both directions.



exercise library

Assisted Quad Stretch



MOVEMENT: Holding on to a chair for balance, stand on one leg as you hold the foot of the other bent leg behind you.

TIP: Imagine pressing the knee down towards the ground as you pull the foot up for a full stretch.

Butterfly



MOVEMENT: Sit tall with the legs bent with the bottoms of the feet together, close to the body. Gently let the knees drop open.

TIP: The closer the feet to the body, the more challenging stretch.

Calf/Hamstring Stretch



MOVEMENT: Sit Tall with one leg straight. Place the band around the ball of the foot and gently pull towards you.

TIP: Try to sit tall and lean forward only slightly.

Glute Stretch



MOVEMENT: Lie on your back with left ankle over the right knee. Hold both hands behind the right knee and draw both legs to the chest.

TIP: Try to keep hips on the floor.

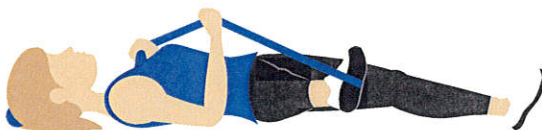
Hamstring Stretch with Band



MOVEMENT: Lie on your back one leg bent with the foot on the floor the other straight up in the air. Place one end of the band around the foot, holding the other end, pulling the leg towards your head.

TIP: Keep both hips on the floor.

Inner Thigh/Groin Stretch



MOVEMENT: Laying on your back, with one leg straight or bent, wrap the band around one foot. Move the leg out to the side until you feel a stretch. Gently pull on the band to assist a deeper stretch.

TIP: Try to keep both shoulders and both hips on the ground.

Seated Hip Stretch



MOVEMENT: Sit on the edge of the chair one ankle over opposite knee. Sitting tall, gently lean forward till you feel a stretch in the hip.

TIPS: Keep your abs tight and try not to collapse over the lap.

Seated Wide Leg Stretch



MOVEMENT: Sit at the edge of the chair. From the hips, lean forward/out with your elbows inside your knees, gently pushing knees open.

TIP: Keep your head in line with your spine, trying not to drop the head.

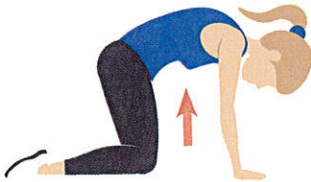
Wall Calf Stretch



MOVEMENT: Stand about 2 feet from a flat, clear wall. Place the ball of one foot against the wall, supporting yourself with your hands on the wall. Gently lean forward until you feel a slight stretch

TIP: Stay tall and keep your abs tight.

Cat Stretch



MOVEMENT: On all fours, knees directly under the hips and hands placed under the shoulders, round the back and tuck the head under, arching the back

TIP: Open the shoulder blades for extra stretch.

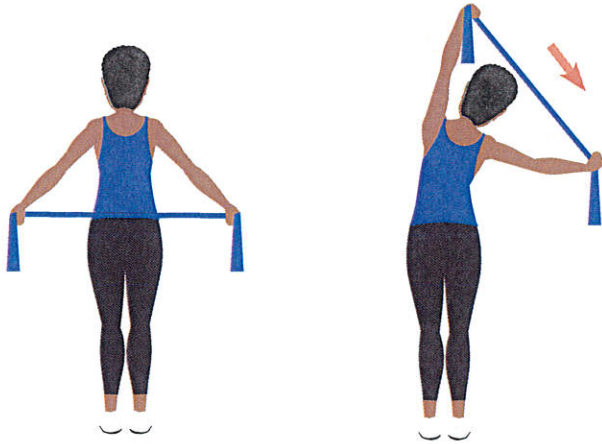
Cobra Stretch



MOVEMENT: Lie on your stomach and your hands out in front of you with your hands on the ground. Press the upper body up and look to the ceiling.

TIP: Be sure not to hyper extend the neck, just enough to look up.

Overhead Side Stretch



MOVEMENT: Grasp the band so it is taut between the hands at a 90 degree angle. Gently pull down on the arm out to the side as you pull up to the sky the other arm. Repeat sides

TIP: You should feel the stretch on the side of the body that has the arm up to the sky.

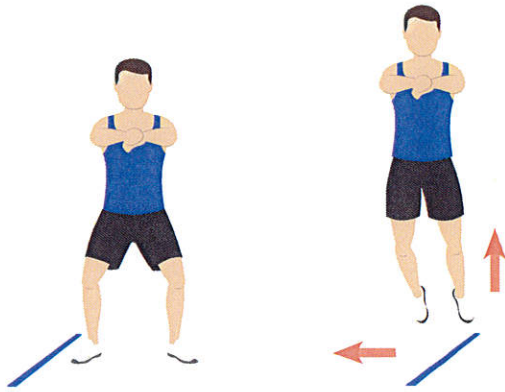
Seated Floor Twist



MOVEMENT: Sit with your right hand behind you and the right leg bent with the foot on the outside of the straightened left leg. Brace the left elbow on the outside of the right knee, helping assist the body to twist. Then switch sides.

TIP: Sit tall

Band Hop

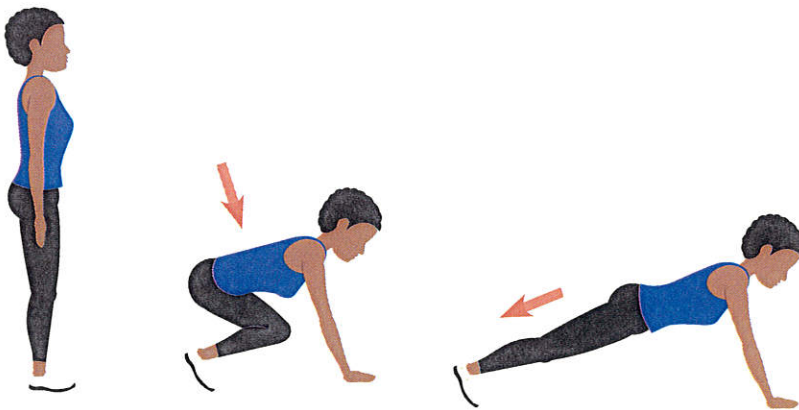


START: Lay the jump rope in a straight line on the floor and stand in a squat position on one side.

MOVEMENT: Jump up and over to the other side of the rope, landing with soft knees.

TIP: Try to keep your hands in front of you.

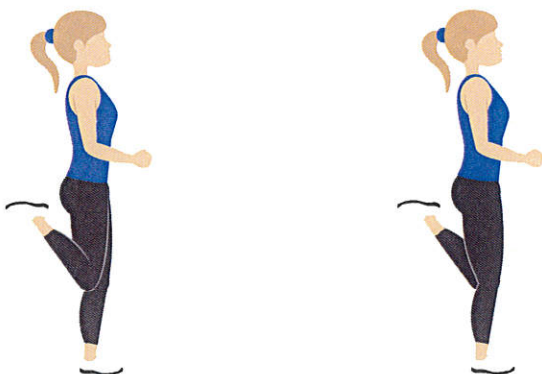
Burpee



MOVEMENT: Start standing then squat down to the floor placing your hands directly under your shoulders. In one move, thrust your legs out, landing on your toes. Then in one move, jump your legs towards your chest while keeping your hands on the floor. Back to standing position.

TIP: For more of a challenge, add a small jump in the air when you stand back up.

Butt Kick

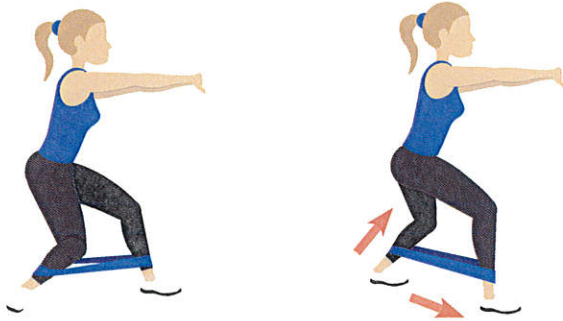


START: Stay in place and jog.

MOVEMENT: Bring each heel up to the butt on every movement, trying for a continuous run.

TIP: Use your arms as you would while jogging.

Duck Walk

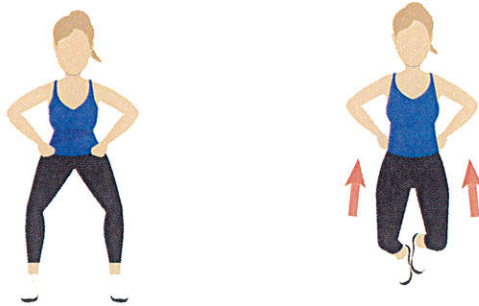


START: Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

MOVEMENT: Staying in a squat position, walk across the floor keeping the legs wide.

TIP: Keep the chest lifted up.

Frog Jump



START: Stand in squat position, but back, kneed behind the toes.

MOVEMENT: Jump up with explosive move and clap feet together.

TIP: Bend legs as you jump for more challenge.

Jump 180

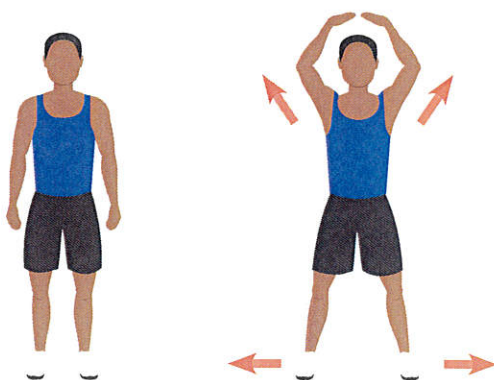


START: Stand in a squat position, hands on the hips.

MOVEMENT: Jump up and at the same time rotate the body in the air, landing to the opposite side.

TIP: Start with small rotations working up to 180 degrees

Jumping Jacks

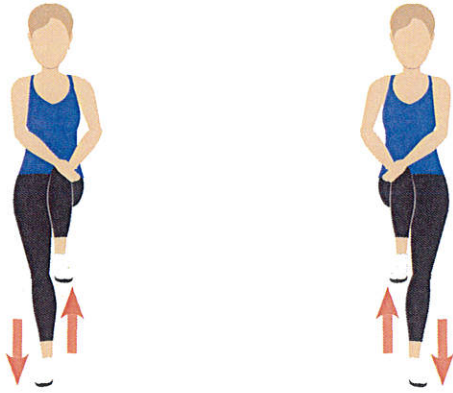


START: Stand with your feet together and hands at your side.

MOVEMENT: Jump off the ground and land with your feet a little wider than shoulder width and your hands coming together above your head. Without resting, jump back to start position.

TIP: Try to land with soft knees, not straight legs.

Knee Taps



START: Stand on one leg, the other leg lifted and bent at a 90 degree angle.

MOVEMENT: Hopping from one leg to the other while bringing the opposite knee up and tapping the lifted knee.

TIP: Try to keep a running motion, without stopping in between.

Lunge Kick

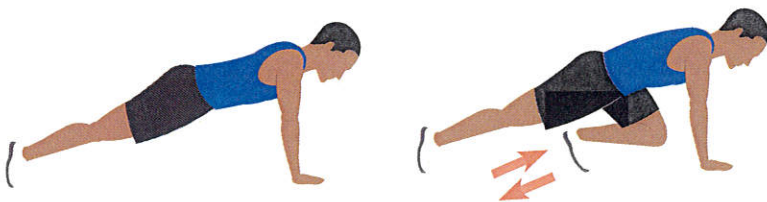


START: Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

MOVEMENT: Stand up on the front leg as the back leg comes forward to kick in front of the body. Bring the same leg that kicked back again to a lunge.

TIP: Keep your hands in front of the body.

Mt Climbers



START: With hands on the ground, just under your shoulders and on your toes with back flat.

MOVEMENT: Keeping your elbows soft, draw one knee into the chest and push back out, then bring the other in to the chest without stopping in between.

TIP: Keep your abs tight

Plank



ANCHOR: None, body weight

START: On your stomach, propped up on your elbows.

MOVEMENT: Rise up on your toes and elbows so your body is off the ground and in a straight line.

TIP: Do not let the low back sway.

Knee Slides



ANCHOR: None, body weight

START: Lie on back, knees bent, feet flat on floor and hands on the front part of the legs.

MOVEMENT: Keeping the hands in contact with the leg, use your abs to curl up as your hands slide up your legs to the knees.

TIP: Keep your neck and head in line with your spine.

Reach Up Pike



ANCHOR: None, body weight

START: Lie on your back with arms and legs straight up in the air.

MOVEMENT: Using your abs, reach the legs and arms up to the ceiling.

TIP: Try not to use momentum.

Flutter Kicks



ANCHOR: None, body weight

START: Lie on your back, hands at your side or under low back, one leg straight on the ground, one in the air.

MOVEMENT: Using the abs, alternate the legs in a slow controlled movement.

TIP: If low back is compromised, decrease the range of motion.

Plank with Leg Lift



ANCHOR: None, body weight

START: On your elbows and toes, body straight, abs tight.

MOVEMENT: Lift one leg straight up and hold for 3-5 seconds.

TIP: Keep abs tight so you don't sway the low back