



## Resistance Band Exercises

Resistance band exercises offer a great alternative to traditional resistance training, especially for individuals who are unable to access a gym. Resistance training is considered as any form of training which applies external resistance for you work against, with the aim of developing or maintaining muscle strength and tone. It can play a vital role in correcting bad posture, reducing the risk of injuries, and maintaining functional independence as you age.

### Seated Row - develops back strength

3 sets x 15 repetitions

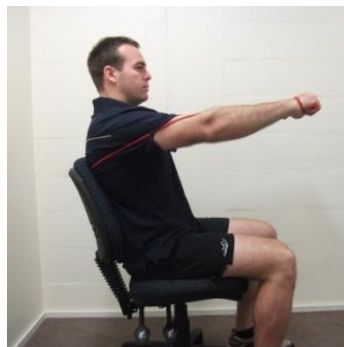
- Sit on the floor with your legs straight out in front.
- Loop the band around the soles of your feet, cross it in front of you and hold one end in each hand.
- Start with your arms straight in front of you, point at your toes.
- Start the movement by pulling your shoulder blades together, then continue to bend your elbows past your hips, until your hand reaches your chest. Keep elbows down towards your hips.
- Continue back to the start position.



### Seated Chest Press - develops strength in chest, shoulders and triceps

3 sets x 15 repetitions

- In the seated position (chair or bench), wrap the band around your back with elbows bent at 90° and shoulder level.
- Push your arms forward against the bands resistance until they are straight out in front of you. Keep your back in contact with the chair or your torso vertical.
- Slowly return to the start position, keeping elbows level with shoulders.



#### Caution!

If you have previously experienced muscle or joint pain, you will need to consult your medical practitioner before starting any new exercise program.

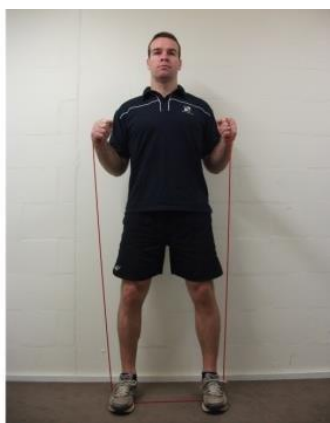
Although these exercises are great, you may need to individualise exercise for your specific condition.

For further information on individualised exercise regime, please see an accredited exercise physiologist.

## Theraband Squats - develops strength in thighs and glutes (legs)

3 sets x 15 repetitions

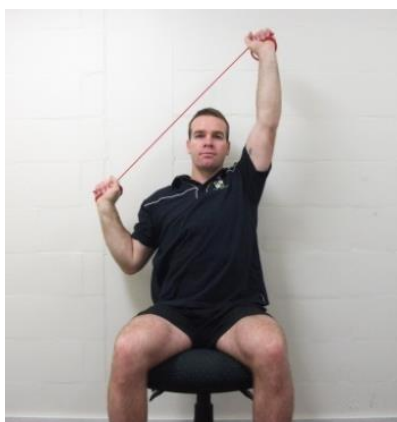
- Stand with feet shoulder width apart, and grab the band at knee level to add tension. Additional resistance can be added by flexing the elbows to 90° and locking them into the side of your body (as seen in the photo).
- Lower your body into a squat (keeping your knees in line with your toes and hips) back like you are sitting onto a chair.
- Keep your chest and head up as you stand back to the starting position.
- You can use a chair underneath you for assistance when learning this movement. You can stand once your bottom has touched the chair.



## Lat Pull Down (assisted) - develops back and bicep strength

3 sets x 20 second hold each side

- In a seated position, hold both ends of the band above your head.
- While keeping one arm straight to support the band above your head, bend the elbow down pulling against the resistance of the band.
- Aim to move the elbow towards your hip, before slowly returning to the start position.



### For more information:

- Your GP
- Accredited Exercise Physiologist
- “Exercise and Sport Science Australia” website:  
[www.essa.org.au](http://www.essa.org.au)

### Time:

20 - 30 minutes

This routine may be performed as a ‘superset’. This requires you to perform one exercise after another like a circuit. Finish all 4 exercises before resting for the set. This is a time efficient way to perform the exercises.

### Frequency:

Try to include this 2-3 times/week, along a regular cardio regime.

### Intensity:

Change resistance band thickness or colour to increase the difficulty of the exercise.