

RESISTANCE BAND EXERCISES

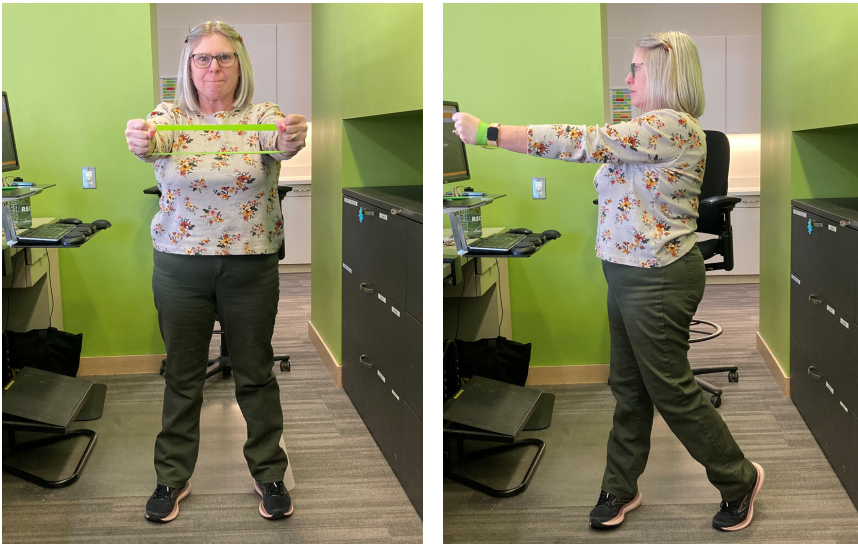
Try out these Resistance Band Exercises with your **liveWELL** Resistance Band! Utilize the photos and descriptions below to assist in your resistance band workout.

1. Banded Marches



- Start with the band placed over the middle of your shoes.
- Start standing upright with a light grip on a stable item for support with your feet hip width apart and knees slightly bent.
- While thinking about core engagement, lift one leg and then the other and feel the core engaging to help the quad muscles lift the leg.
- Do this 15 times on each foot, alternating between your right and left foot at your own pace.

2. Banded Rotation



- Place band around your wrist and be sure to keep tension on the band throughout the movement.
- Squeeze through your core and keep shoulders back.
- Rotate arms and upper body while keeping arms at shoulder height.
- Pick up your opposite heel and rotate your foot in as you twist.
- Control this movement as you rotate. When you rotate back to center, that is 1 rep. Complete 10 reps on each side.

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3. Banded Lateral Step



- Start in an athletic position with a soft bend in your knees. Feet should start hip width apart.
- Step one leg out wider. Think about leading with the heel and resist the band trying to turn your heel in.
- Be sure to return your foot to hip width apart and don't allow your foot to be closer than starting position.
- Return to starting positing. Step in and out 15 times on each leg.

4. Banded Bicep Curl



- Start with the band on your wrist. Making a fist, create tension on the band.
- Keep your elbows at your ribcage and squeeze your bicep as you pull the band up to your collar bone.
- Repeat for 15 reps.

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5. Banded Forward Press



- Start with the band around your wrist and your hands at shoulder height straight out in front.
- Bring the band in towards your body as you retract your shoulder blades and bring your elbows into your ribcage.
- Repeat front to back for 15 reps.

6. Banded Front Raise



- Start with the band around your wrist and shoulders pulled back, putting tension into the band.
- Raise hands to shoulder height while maintaining tension on the band.
- Return hands to starting position and repeat for 15 reps.

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