

Chest Press with Thera Band

Place band behind your back under your arms and grip edge of band with your hands. Starting position with elbows bent. Extend arms and push forward while breathing out. Breathe in on the return.



SHOULDER / UPPER BACK - Row: Upright

Anchor tubing under front foot in stride stance. Palms down, raise hands toward chin, elbows out and breathe out. Breathe in on the return.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3 sessions per week.

TRICEPS - Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3-4 sessions per week.

SHOULDER / UPPER BACK - Alternate Arm Raise

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3-4 sessions per week.

BICEPS - Curl: Standing

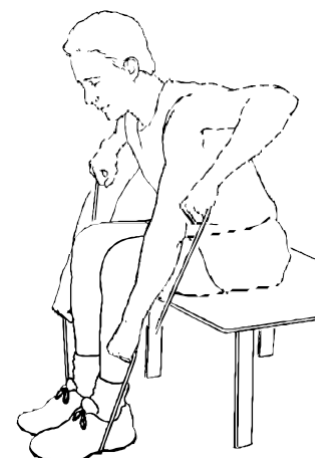
Anchor tubing under front foot in stride stance. Palms forward, curl arms and breathe out. Breathe in on the return.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3-4 sessions per week.

Back/ Shoulder Row: Sitting with Trunk Flexion

Anchor tubing under feet, sitting forward. Palms down, pull elbows back and breathe out, squeezing shoulder blades together. Breathe in on the return.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3-4 sessions per week.

QUADRICEPS - Squat (like chair squat)

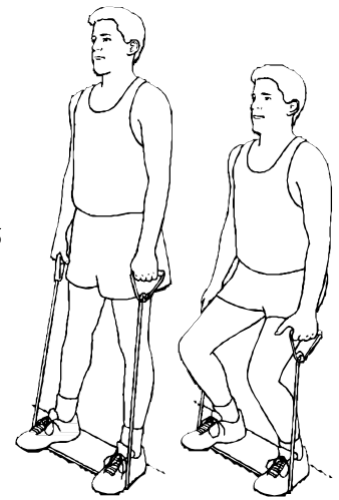
In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, breathe in and keep back straight. Breathe out on the return to standing.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3 sessions per week.

Walking Side to Side Steps

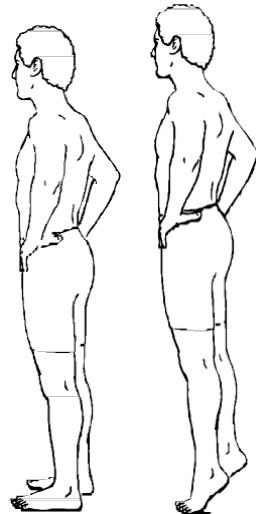
Anchor tubing under feet in shoulder width stance and cross over band. Walking 10-15 steps to the right and 10-15 steps to the left.



Do 3 sets per session.
Do 3-4 sessions per week.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

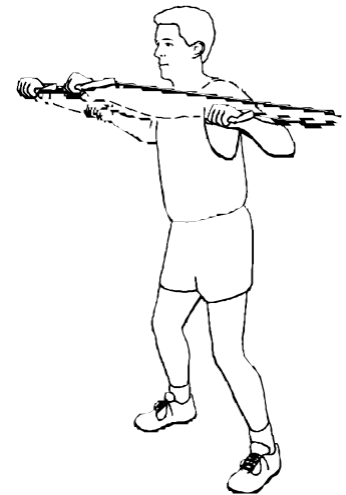
Rise on balls of feet.



Repeat 10-15 times per set.
Do 3 sets per session.
Do 3-4 sessions per day.

CHEST Press using a door anchor

Face away from anchor in shoulder width stance. Palms down, press arms forward.



Repeat 15 times per set.
Do 3 sets per session.
Do 3 sessions per week.

Anchor Height: Shoulder

BACK: Thumbs Up using a door anchor

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

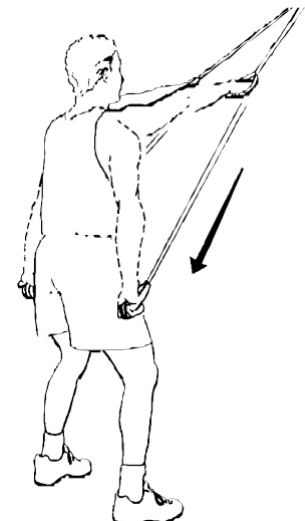


Repeat 10-15 times per set.
Do 3 sets per session.
Do 3 sessions per week.

Anchor Height: Waist

Lat Pull Down using a door anchor

Face anchor with knees slightly flexed. Palms down, pull arms down to sides, breathe out while squeezing your ab muscles.



Repeat 15 times per set.
Do 3 sets per session.
Do 3 sessions per week.

Anchor Height: Over Head