

# TRY NEW ACTIVITIES WITH YOUR RESISTANCE BAND.

Resistance bands are a great way to get exercise into your day, no matter where you are! Here are 10 exercises that you can do with your band, whether at the office, home or traveling. It is important that you warm-up before doing any physical activity, and talk with your doctor before you start any exercise program.



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For video demonstrations of these exercises, visit [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com).



**Row** Target your back and shoulders. Loop band around each hand, arms straight but not locked. Row backwards, bending your arms and squeezing your shoulder blades together, then straighten to original position. Exhale when you contract, inhale on the way down. Do 15-20 reps a few times a week.



**Bicep Curls** Target your biceps. In a seated position, loop one end of the band around your toe and grab the other loop with your fist. Make sure your arm is in a straight line with your elbow tucked into your side. Curl that bicep up and squeeze at the top. Hold that squeeze for a few seconds then release all the way down. Inhale on the way down, exhale and contract. Do 15-20 reps for each arm a few times a week.



**Tricep Extensions** Target your triceps. In a standing position with feet slightly apart, loop one end around your left hand and grab your shoulder with that same hand. The right hand goes through the other loop with your elbow tucked in. While holding your shoulder, press down, squeezing that tricep with the right hand, then bring it back up. Exhale when you squeeze, inhale as you come up 90 degrees. Do 15-20 reps per side a few times a week.



**Straight Arm Abduction** Target your shoulders. Stand up straight and grab the ends of the band with your arms straight without locking your elbows. Stretch the band as far as you can. Open, exhale, squeeze and back to the starting position. Do 15-20 reps a few times a week.



**Lateral Raises** Target your shoulders. Start in a seated position with one end of the band around your toe, grabbing the other end with your hand. Straighten your arms without locking your elbows. Raise your arm up as high as you can to shoulder level and back down. Exhale on the way up as you contract your shoulder muscle, and inhale on the way down. Take it slow. Do 15-20 reps per side a few times a week.

ARMS

# GET A LEG UP ON YOUR HEALTH.

Finding ways to get at least 30 minutes of physical activity can make a big difference for your health. Use these resistance band exercises to get yours, or band together with your kids to help them get their 60 minutes of daily physical activity.



 **TSET**

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**Lateral Walking** Target your legs. Start with the bands wrapped around each foot, with knees slightly bent and hands in a neutral position. Keeping chest up and shoulders back, step to your left as far as you can, then bring your feet back together. Do this 4-5 times per side a few times a week.



**Back Kicks** Target your glutes and back of your legs. Start with both ends of the band looped around your feet in a standing position. Balance on your left side, keeping your right leg straight and bringing it back as far as you can, squeezing your glute and then back to the starting position. If you need help balancing, brace yourself with your hand against a wall. Do 15-20 reps per side a few times a week.



**Front Kicks** Target your thighs. Start with the bands looped around each foot. Balance on the left foot and kick your right foot up, keeping your legs straight but not locked, then back down to the starting position. Exhale when you contract, inhale when you come down. Do 15-20 reps per side a few times a week.



**Hamstring Curls** Target your hamstrings. Start with the bands around both feet in a standing position. Bring your right foot back, balancing on your toe, keeping both knees pointed straight down. Bring your foot up and try to touch yourself in the back of the leg, squeezing your hamstring, then back down to the ground. Do 15-20 reps per leg a few times a week.



**Side Kicks** Target your hips. Start with the band looped around each foot. Balancing on your left leg, straighten your right leg, lifting it out to the side as far as you can, then back to the standing position. Do not lock your knees. Lead with your heel, not your toe. Do 15-20 reps per side a few times a week.

LEGS