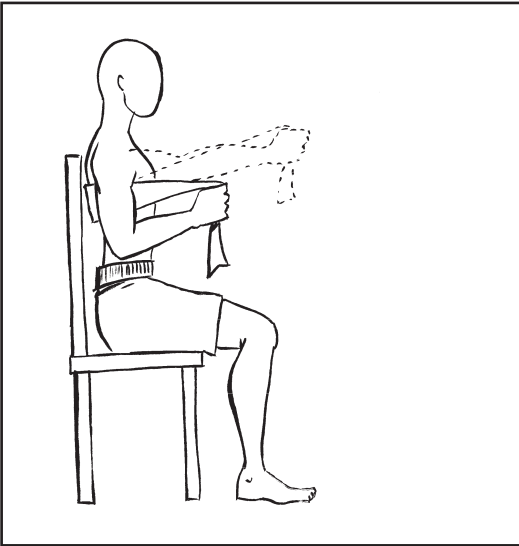




# Beginner Exercises



## EXERCISE A

### Exercise

Chest Press

### Muscles in action

Pectorals and anterior deltoids (front of shoulders)

### Description

Starting position: Sitting on a chair with straight back and abs tight, wrap band behind upper back. Hold ends out in front, at chest level.

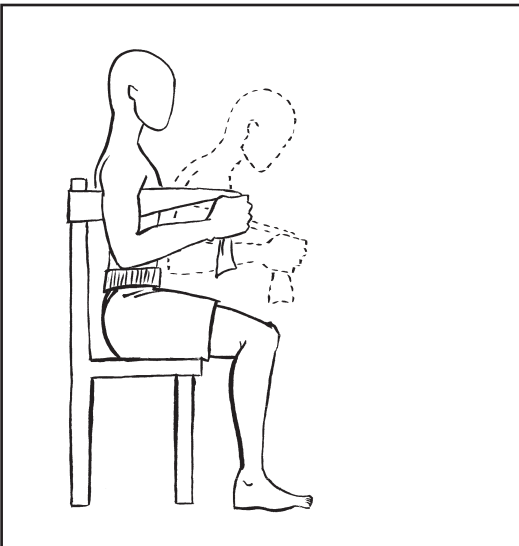
### How to do it

Exhale as you press your arms out to full extension without locking your elbows. Inhale as you return to the starting position.

Number of sets and repetitions: 2 x 15

### Rest

Thirty seconds between each set.



## EXERCISE B

### Exercise

Seated Crunch

### Muscles in action

Abdominals and back

### Description

Starting position: Sitting on a chair with straight back, wrap the resistance band around the chair or your back, making sure it will not move during the exercise. With arms at chest level, keep tension on the band.

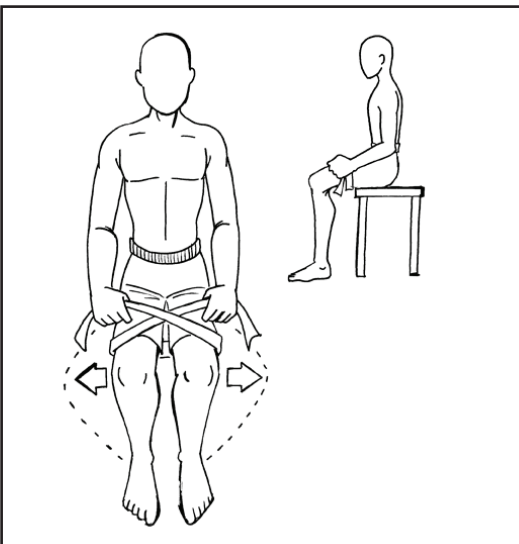
### How to do it

Exhale as you contract your abdominals, bending forward. Inhale as you return to the starting position. Release slowly to work your back.

Number of sets and repetitions: 2 x 15

### Rest

Thirty seconds between each set.



## EXERCISE C

### Exercise

Seated Abductor Press

### Muscles in action

Legs – abductors (side of the hips)

### Description

Starting position: Sitting on a chair with straight back and abs tight, tie the band around your knees tightly or loosely, depending on the desired resistance.

### How to do it

Exhale as you push your thighs apart against the band. Inhale as you slowly return to the starting position.

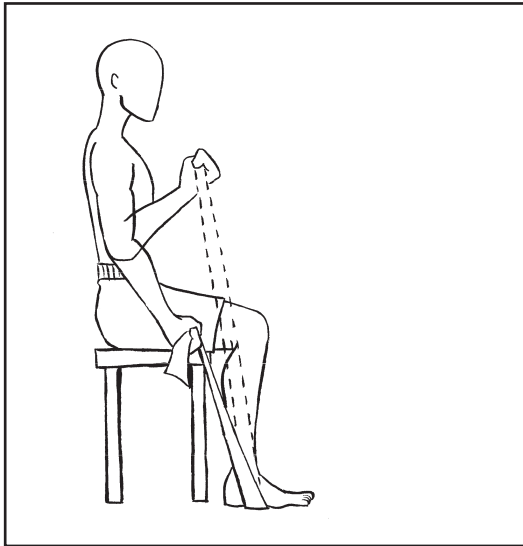
Number of sets and repetitions: 2 x 15

### Rest

Thirty seconds between each set.



# Beginner Exercises



## EXERCISE D

### Exercise

Bicep Curl

### Muscles in action

Biceps (forearm)

### Description

Starting position: Sitting on a chair with straight back and abs tight, place band under one foot, holding ends in each hand.

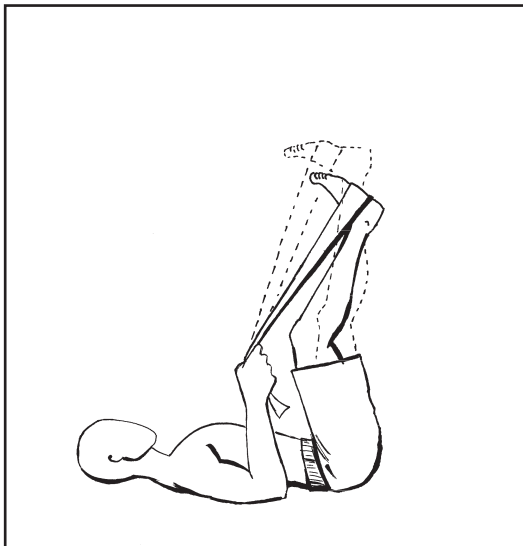
### How to do it

Exhale as you bend the elbows and bring forearms to the shoulders. Inhale as you slowly lower arms back to the starting position. Repeat. Keep elbows by your side in order to isolate the biceps.

Number of sets and repetitions: 2 x 15

### Rest

Thirty seconds between each set.



## EXERCISE E

### Exercise

Hamstring Stretch

### Muscles in action

Hamstrings and buttocks

### Description

Starting position: Lie on the floor and loop the band around your feet. Lift both legs. Bend knees until you feel a comfortable tension and keep elbows tucked tight at sides to hold the band steady.

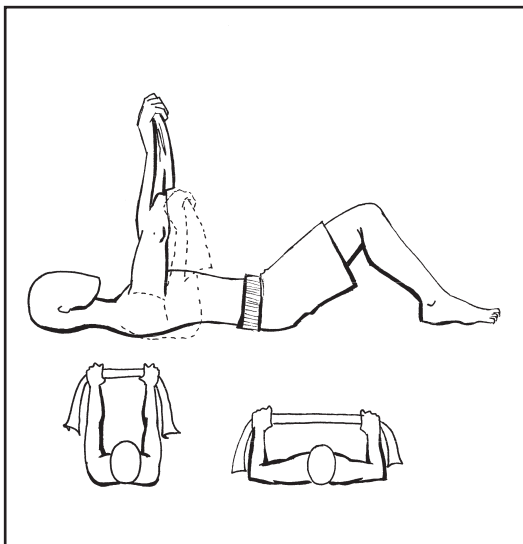
### How to do it

Exhale as you push your feet against the band, straightening your legs. Inhale as you return to the starting position.

Number of sets and repetitions: 1-2 x 12-15

### Rest

Thirty seconds between each set.



## EXERCISE F

### Exercise

Horizontal Abduction

### Muscles in action

Rhomboids, trapezius and triceps

### Description

Starting position:

Lying down, grasp the band with both hands directly stretched out at a 90° angle to your body.

### How to do it

Exhale as you pull both sides of the bands with your hands, pulling your elbows to the ground. Inhale as you slowly return to the starting position. Keep shoulders relaxed, away from your ears.

Number of sets and repetitions: 1-2 x 12-15

### Rest

Thirty seconds between each set.