

STRETCHES

An upper body workout is especially good for those with poor posture or shoulder problems.

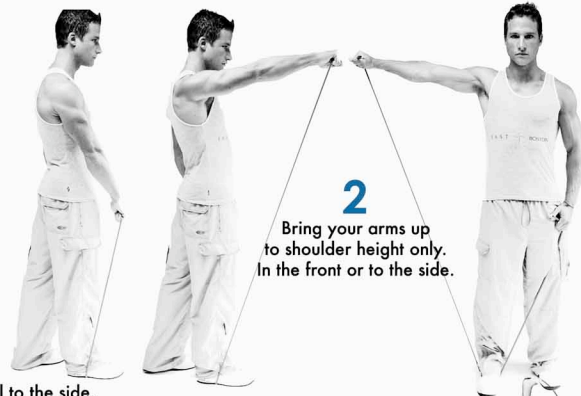
Initially exercises are to be done for a set of between 10-15 reps.

UPPER BODY WORKOUT

1 Bicep Curls
Standing on the band, hold the ends and with an underhand grip curl your arms to shoulder height.



2 Bring your arms up to shoulder height only. In the front or to the side.



3 Rotator Cuff Exercises.
Rotate your shoulder in external rotation. Extend this exercise by attaching the band to a door and pull to the side.



4 Seated Military Press
Sit on the stretch band, hold the ends at shoulder level and extend straight up overhead. Lower back to the starting position and repeat.



5 Woodchopper arms out straight. Bring your hands from one side to the other. Note there is some pelvic movement here.



6 Pull exercises work your full upper body. Attach the stretch band to a door or chair and pull the band towards your body. Push exercises complete the workout. Turn and push the band away from your body.

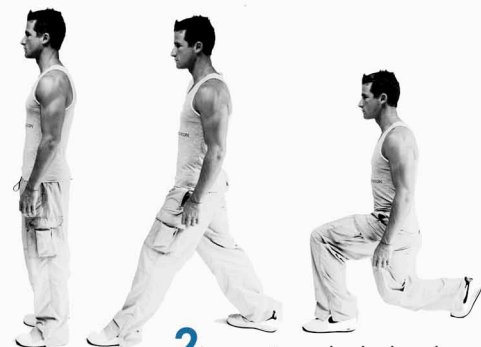


LOWER BODY WORKOUT

1 Standing Squats
Arms in front, eyes level, weight on heels, feet shoulder width apart and knees out over toes.



2 Lunges - Forward or backward. 90 degree angle on both legs - rebound off your heel to standing to activate gluteus. Don't let the knee go past the ankle.



3 Dead Lifts
Externally rotate shoulder, shoulder blades together. Keep feet shoulder width apart, knees bent at 20 degrees. Bend forward keeping arch in back until your hands reach the top of your knees. Drop further with knee bend if required.



4 Abdominal Crunches
Bend your knees and contract abdominals to bring elbows close to knees. Drop back but keep tension on your abdominals and do not allow yourself all the way to the floor. Repeat up to 30 times.

5 Extend feet into air then bring down close to backside but not allowing to hit floor and then extend out and back to backside again. Keep lumbar curve flattened to floor and keep stretch on without feet touching floor - repeat up to 10 times

