STRETCH BAND FITNESS

Stretch bands (also known as resistance bands) are great for working on strength and flexibility, giving your muscles a deeper stretch and adding intensity to your workout without adding weights. Stretch bands are versatile, lightweight, and portable, and they work for any fitness level. Give these exercises a try.

PULL APART
1) Stand with your knees slightly bent and your feet shoulder-width’s distance apart.
2) With both hands touching each other, grip the middle of the band at shoulder level, palms facing down.
3) Keeping your arms straight, pull the band out to the sides until you feel your shoulder blades engage.
4) Slowly return to starting position.

targets: back
sets: 3, reps: 10

BAND BICEP CURLS
1) Stand holding one end of the band with your right hand.
2) Place the other end under your right foot.
3) With your right palm facing up, bend your elbow as far as possible so your hand rises up toward your chest, keeping the elbow in position.
4) Slowly straighten your arm back to where you started.

targets: front of arm (Biceps)
sets: 3, reps: 10, each arm

BAND TRICEPS EXTENSION
1) Grasp the band with both hands 12-15 inches apart at your upper chest, palms facing in, elbows out to the side.
2) Keep your left elbow stationary as you press your right arm toward the floor until it is fully straightened.
3) Keep your wrists in line with your forearms and keep your abs engaged.
4) Slowly straighten your arm back to where you started.
5) Repeat with your left arm.

targets: back of arm (Triceps)
sets: 3, reps: 10

SEATED ANKLE PLANTAR FLEXION
1) Sit down (on a bed, the floor, or a chair) with your right leg outstretched and your left leg bent with your foot flat on the floor.
2) Place the middle of the band around the ball of your outstretched foot and hold near the ends of the band at a length that allows your back to be straight.
3) Keep your knee slightly bent, but nearly straight.
4) Push forward against the band with your foot, moving just your ankle.

targets: calf
sets: 3, reps: 10, each leg

CALF STRETCH
1) Sit down (on a bed, the floor, or a chair) with your right leg outstretched and your left leg bent with your foot flat on the floor.
2) Place the middle of the band around the ball of your outstretched foot and hold near the ends of the band at a length that allows your back to be straight.
3) Pull up against the band with your hands until you feel a stretch at the back of your leg.
4) Keep your knee slightly bent, but nearly straight.
5) Repeat with your left leg.

targets: calf
time: 30 seconds, each leg