General Tips

Keep non-exercising hand on hip for stability.

Do not lock elbows for upper extremity press exercises.

Keep abdominals tight to help stabilize trunk.

Keep knees slightly bent for stability.

Always stay in pain free range.

LOWER EXTREMITY - 1 Knee Extension:
Standing (Single Leg) - Flexion
Abduction, Adduction

In stride stance, anchor tubing under back foot and loop around ankle of front foot. Raise front leg and straighten knee.

Repeat 10 times per set.
Repeat with other leg.
Do 2-3 sets per session.
Do 2-3 sessions per week.

LOWER EXTREMITY - 4 Wall Squat: Tubing

Anchor tubing under feet in shoulder width stance. Slide down wall into squat position.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

UPPER EXTREMITY - 5 Wall Push-Up: Standard - Resisted

In shoulder width stance, lean to wall, band anchored under hands. Push away.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

TUBING LOOP - 10 Pull Down: Behind Neck to Lateral Front

In shoulder width stance, hold tubing above head.
Pull arms down out from sides, palms up.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

CHEST - 1 Press

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

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

Anchor Height: Shoulder

UPPER EXTREMITY - 20 Shoulder Row: Sitting with Trunk Flexion

Anchor tubing under feet, sitting forward.
Palms down, pull elbows back, squeezing shoulder blades together.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up overhead.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palm forward, curl arm.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week.

TUBING LOOP - 18 Triceps Pull Down: Single Arm

In shoulder width stance, anchor tubing over head with extended arm. Pull other arm down, straightening elbow.

Repeat 10 times per set.
Repeat with other arm.
Do 2-3 sets per session.
Do 2-3 sessions per week.

TRUNK - 3 Rotation: Standing

Side toward anchor in shoulder width stance. Hands overlapping at chest, rotate body away from anchor.

Repeat 10 times per set.
Repeat to other side.
Do 2-3 sets per session.
Do 2-3 sessions per week.

Anchor Height: Chest