

## **Muscular Strength and endurance**

1. Check sitting position – participants should be sitting in the front third of the chair, with feet hip width apart and toes forward of the knees
2. Sit up straight, shoulders back and head up, looking forward
3. Encourage participants to breathe naturally whilst performing each exercise.
4. Move slowly and smoothly through each repetition of the exercise. Avoid quick, jerky or uncontrolled movements
5. Participants should be able to perform 10 - 15 repetitions of each exercise fairly comfortably
6. Check resistance bands for damage and tears before starting
7. Muscles may be slightly stiff the day after working with resistance. Let participants know this is normal and nothing to be worried about. It is especially so for beginners, or when trying a new activity
8. Always hold the band with a ponytail as shown below or scrunched up into the palm, not twisted round the hand.



## SQUAT

This exercise will strengthen the big muscles in the legs used for walking, stair climbing, etc. and will help with getting in and out of chairs.



- Stand in front of a chair
- Push bottom back and bend the knees as if you are going to sit down
- Keep the spine and head long and chest lifted
- Touch the chair lightly then lift through the knees back to a standing position

## LEG PRESS

This exercise will strengthen the big muscles in the legs used for walking, stair climbing, etc.



- Sit up tall in the front of the chair and place middle of band securely under one foot
- Grip each end of the band and keep hands at right angles to the sides
- Have slight tension on the band before you start. Lift the foot slightly off the floor and hold in raised and forward position
- Push foot forward and extend leg then return to start, keeping band under control
- Repeat on other leg

## OUTER THIGH PRESS

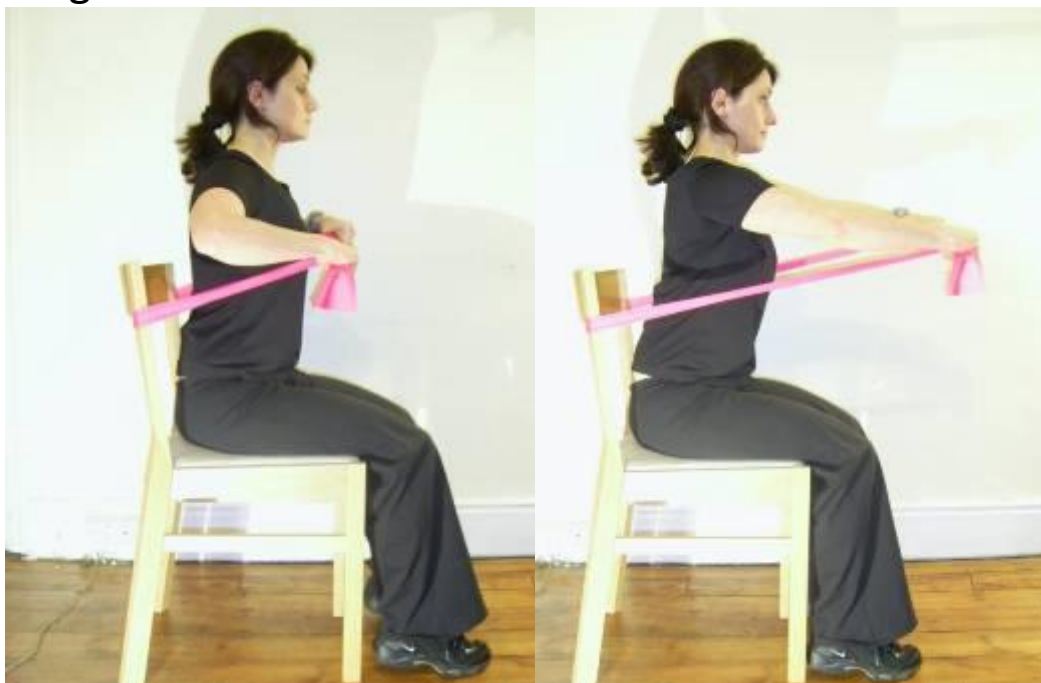
This exercise will strengthen the muscles around the hips.



- Sit up tall in the front of the chair and wrap flat band around the thighs
- Gently hold the ends of the band to keep it in position
- Keep slight tension on the band before the start of the exercise
- Pull one leg or both legs out to the side of the chair
- Then slowly move back to starting position, keeping band under control
- Keep back straight throughout

## CHEST PRESS

This exercise will strengthen up the muscles required for all 'pushing' activities.



- Sit up tall in the front of the chair and wrap band around back of chair
- Grip each end of the band as shown and raise hands to each shoulder keeping a slight tension on the band
- Push forward to straighten the elbows without locking them out
- Slowly bring hands back to start keeping band under control

## DUMB WAITER

This exercise will work the muscles required for keeping the shoulders strong and mobile.



- Sit up tall in the front of the chair
- Grip each end of the band. Avoid wrapping the ends of the band around the hands
- Raise hands to chest height and turn palms upwards
- There should be slight tension on the band before the start of the exercise
- Pull the two ends of the band apart, keeping hands at chest height and palms up
- Slowly bring hands back to starting position, keeping band under control

## UPPER BACK STRENGTHENER

This exercise will strengthen the muscles of the upper back and shoulders.



- Sit up tall in the front of the chair
- Grip each end of the band with slight tension on the band
- Raise hands to chest height and turn palms upwards
- Pull the two ends of the band apart, keeping hands at chest height and palms up. Then pull the elbows back behind the body, drawing the shoulder blades together
- Slowly bring elbows then hands back to start position, keeping band controlled

## UPRIGHT ROW

This exercise will strengthen the muscles required for all 'lifting' activities.



- Sit up tall in the front of the chair
- Place middle of band securely under both feet
- Grip each end of the band
- Keep tension on the band before the start of the exercise
- Starting the movement with the elbows, raise hands up towards the shoulders
- Then slowly bring hands back to starting position, keeping band under control and back straight throughout



## BACK EXTENSION

This exercise will strengthen the muscles of the back, improve posture and help to alleviate backache.



- Sit up tall in the front of the chair and place middle of band securely under feet
- Grip each end of the band.
- Lean forward from the hip to grip the band near the floor
- Keep slight tension on the band before the start of the exercise
- Slowly start to straighten the back, keeping tummy tight and arms long and down by sides of body
- Move back to starting position, keeping band under control

## TRICEPS EXTENSION

This exercise will strengthen the muscles of the arms required for all 'pushing' activities.



- Sit up tall in the front of the chair and grip each end of the band. Raise one hand across chest to opposite shoulder, the other hand should be at hip height on the same side
- Keep slight tension on the band at the start of the exercise
- Pull hand down and backwards from the hip
- Slowly bring hand back to starting position, keeping band under control and back straight throughout
- Repeat on other side

## CALF RAISE

This exercise will strengthen the muscles required for walking and stair climbing in particular.



- Sit up tall in the front of the chair
- Lift heels up off the floor
- Keep abdominals tight and back straight throughout
- Head and shoulders should stay forward
- Use hands to press gently down on the thighs to make this exercise harder