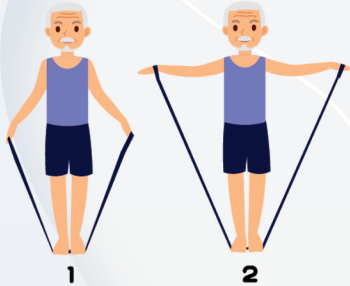


RESISTANCE BAND EXERCISES FOR SENIORS

Lateral Raise



1. Start by placing the resistance band under your feet.
2. Stand upright and with the band in each hand.
3. Keep your arms straight and lift them up.
4. Raise your arms out to your side and then straight up over your head.
5. When you are ready to release, gradually lower your arms slowly to their original position.
6. Depending on how strong the shoulders are, you may want to start out with 5 reps and gradually increase to 10.



Seated Hip Flexion Exercises

1. Sit down with your feet flat on the floor.
2. lace a resistance band around your left thigh, just above the knee.
3. Put the other end of the resistance band under your right foot.
4. Keeping your left knee bent, gradually lift your left foot up until it is about an inch or so off the ground.
5. Hold for a few seconds and then slowly lower your foot back down.
6. Repeat with your right leg.



Seated Shoulder Press

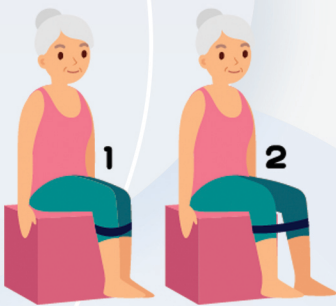
1. From a seated position, place a band under your feet.
2. Sitting as upright as possible, grasp the band and hold it at shoulder height.
3. Gradually push your hands upwards until your arms are straight and stretched up above your head.
4. Hold for several seconds and then gradually lower your hands down to your shoulders where they originally started.
5. Perform 10 and then gradually begin to increase the number and resistance as you begin to gain strength.

RESISTANCE BAND EXERCISES FOR SENIORS



Seated Chest Press

1. While sitting down, wrap a band around your shoulders with an end in each hand.
2. With your hands at chest level, begin to push your hands away from your body until your arms are straight and you are reaching as far out in front of you as possible.
3. Hold the position for several seconds and then slowly release, pulling your arms back to their original position.



Inner Thigh Stretch

1. Place a band around both legs close to the knees while you are in a seated position.
2. Spread your legs as far apart as you can. Hold for several seconds and then gradually allow your knees to come back together. You should feel a gentle pull along the inside of your thighs.
3. This not only strengthens the hip flexors but will also support the pelvic floor and the gluteal muscles as well.



Side Stretching

1. With a band under each foot and the other end in each hand, stand up straight and lift your arms, one at a time over your head. Stretch your hand over to the opposite side and reach as far as you can.
2. Stretch first with your left hand and then with your right.
3. Once you've reached as far as you can, hold for a few seconds and then slowly release back to the original position and stretch with the other hand.



RESISTANCE BAND EXERCISES FOR SENIORS



Upper Back Stretch

1. While seated, extend your legs and place a band around your feet.
2. Grab the band with each hand and pull back, arching your back.
3. Stretch as far back as you possibly can.
4. Hold the stretch for several seconds.
5. As you release, gradually allow your back to uncurl and come back up.
6. Repeat this exercise several times.



Neck and Shoulder Stretch

1. Place the end of the resistance band in each hand and place the center of the band along the back of the neck at the base.
2. While seated, rest your hands on your thighs and gently pull upward against the band with the base of your neck and the shoulders.
3. Do not force the stretch. Only go as far as you are comfortable.
4. Hold the stretch for a few seconds and gradually release.



Overhead Pull-Apart Stretch

1. Take the end of a resistance band in each hand. Stretch your arms above your head and pull your hands apart.
2. Pull the band as far apart as you can while keeping your arms as straight as possible and then hold for several seconds.
3. Slowly release the hold and repeat 10 times.

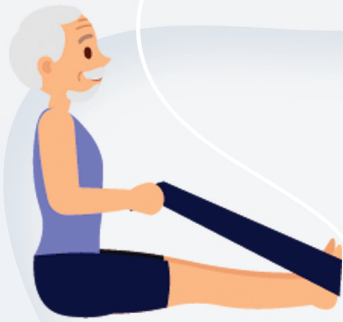


Squats

1. While standing upright and holding the ends of the band in each hand, you will want to step on the band to secure it.
2. From a squatted position, start to stand upright, pulling the resistance band taut on either side.
3. Stretch your body as upright as you can and hold for several seconds.
4. Gradually lower yourself back to a squat position.

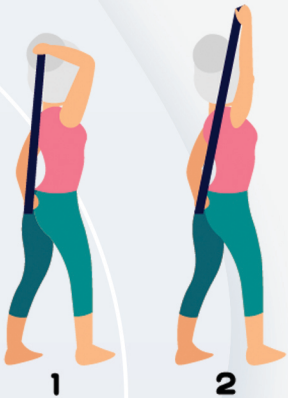


RESISTANCE BAND EXERCISES FOR SENIORS



Leg Press

1. From a seated position, place the ends of a resistance band in each hand.
2. Put the toe of your foot onto the band and press away from the body, stretching the leg out until it is completely straight. Hold for several seconds and release by bending the knee and allowing the leg to return to its original position.
3. Perform the same exercise with the other leg.



Tricep Press

1. The tricep press is performed in much the same way as the bicep press except for the position of the hands.
2. With a tricep press, the palms of the hands are facing away from the body.
3. Curl the arm up holding the end of the band in your hand.
4. Hold for a few seconds and release.