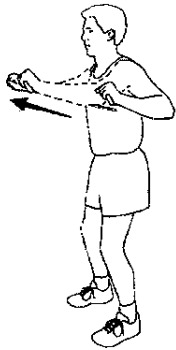


TUBING LOOP - Chest Press

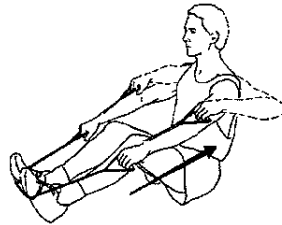
In shoulder width stance with tubing behind back and hands in punch position, press arms straight ahead.



Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.

MID BACK - High Row: Long-Sitting

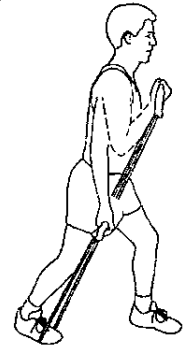
Tubing around feet and palms down, pull arms back while squeezing shoulder blades together.
 Repeat 12 times per set. Do 3 sets per session.
 Do 3 sessions per week.



BICEPS Curl: Palm Up (Single Arm)

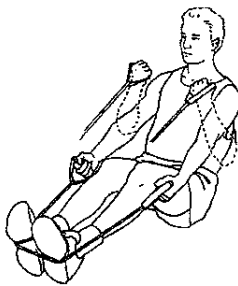
Anchor tubing under back foot in stride stance. Palm up, curl arm toward shoulder.

Repeat 12 times per set.
 Repeat with other arm.
 Do 3 sets per session.
 Do 3 sessions per week.
 To make it harder use tow hands at the same time.



BICEPS - Curl: Sitting

Legs slightly bent, anchor tubing around feet. Palms up, curl arms.
 To make harder push with legs at the same time as arm curl.



Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.

TRICEPS - Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.

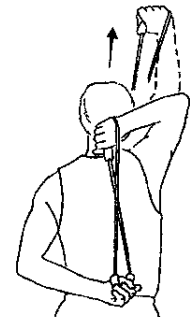
Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.



TUBING LOOP - Triceps Press: Behind Back (Single Arm)

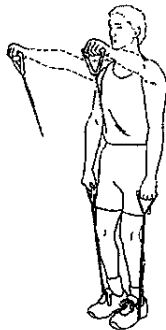
In shoulder width stance, anchor tubing behind back. Straighten other arm over head, ending palm up.

Repeat 12 times per set.
 Repeat with other arm.
 Do 3 sets per session.
 Do 3 sessions per week.



SHOULDER / UPPER BACK - Raise: Forward

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.



Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.

SHOULDER / UPPER BACK - Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head. If the band is not long enough go the exercise seated and the band under your body.

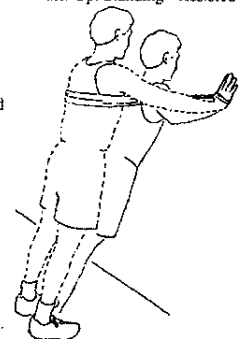
Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.



UPPER EXTREMITY -- Wall Push-Up: Standing - Resisted

In shoulder width stance, lean to wall, band anchored under hands. Push away. If it is too easy to do at an angle, you can do the push up on the floor.

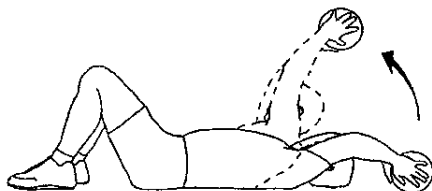
Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.



MEDICINE BALL - Trunk: Sit-Up (Over Head)

Hold a thera band in your hands and keep it pulled to the side beyond head. Perform a sit-up. This exercis can be done with a medicine ball or with a book (yellow book)

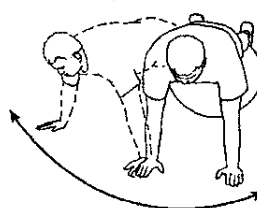
Repeat 15 times per set. Rest 30 seconds after set.
 Do 3 sets per session.



UPPER EXTREMITY - Gymball Walkout: With Travel

Walk-roll out to bed under hips. Walk hands in semicircle, one direction then the other. To make it harder tie the band around your handes.

Repeat 10 times per set. Rest 30 seconds after set.
 Do 2 sets per session.

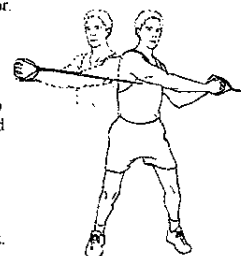


TRUNK - Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight. If you don't have a plase to anchor keep band open and do the twist

Repeat 12 times per set.
 Repeat from other side.
 Do 3 sets per session.
 Do 3 sessions per week.

Anchor Height: Chest



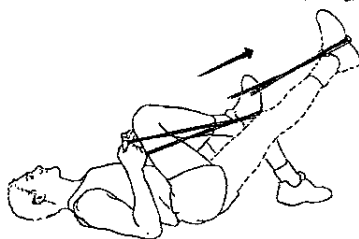
QUADRICEPS - Squat

In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, keeping back straight. If the band is not long enough, hold on your waists.



Repeat 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.

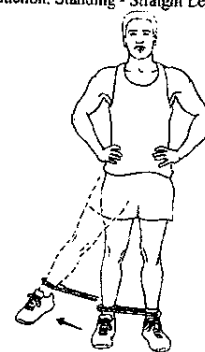
TUBING LOOP - Leg Press: Hook-Lying (Single Leg)



Tubing around one foot, anchor with both hands, knee pulled toward chest. Press leg up, straightening knee.
 Repeat 12 times per set. Repeat with other leg.
 Do 3 sets per session. Do 3 sessions per week.

TUBING LOOP - Hip Abduction: Standing - Straight Leg

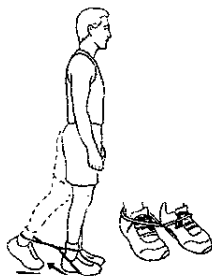
In shoulder width stance, tubing around ankles, pull leg out to side, keeping knee straight.



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

TUBING LOOP - Hip Extension: Standing (Single Leg)

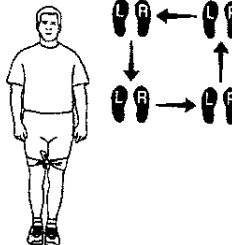
In shoulder width stance, anchor tubing under one foot. Twist and put around other ankle. Pull same leg back, keeping knee nearly straight.



Repeat 12 times per set.
 Repeat with other leg.
 Do 3 sets per session.
 Do 3 sessions per week.

LOWER EXTREMITY - Band Walk: Box Stepping

Tie band around legs, just above knees. Step in pattern of a box. Repeat in opposite direction for one box.

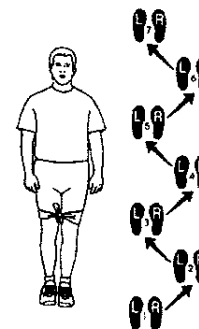


Repeat 10 boxes per session.

Note: Small towel between band and skin eases rubbing.

LOWER EXTREMITY - Band Walk: Zig Zag

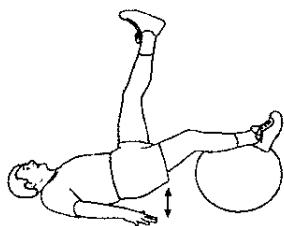
Tie band around legs, just above knees. Walk forward 8 feet in a zig zag pattern. Without turning walk backward to start for one zig zag.



Repeat 4 zig zags per session.

Note: Small towel between band and skin eases rubbing.

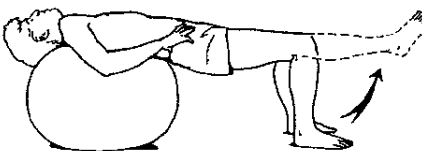
TRUNK - Gymball: Bridging (Single Leg)



Lie on back, calves on bed or chair. With left leg vertical, slowly raise and lower buttocks.

Repeat 12 times. Repeat with other leg for set.
 Rest 30 seconds after set. Do 3 sets per session.

LOWER EXTREMITY - Knee Extension from Bridging

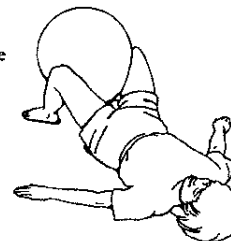


Get up to bridge position upper body on bed or chair. Straighten knee while keeping balance.

Repeat 10 times per set.
 Do 3 sets per session.

LOWER EXTREMITY - Isometric Adduction in Supine

Lying flat on back, squeeze ball between knees. You can use a book (yellow book) instead of the ball.



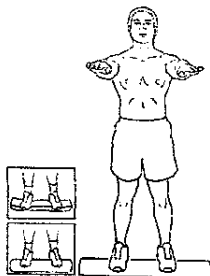
Repeat 12 times per set, hold for 5 sec. Do 3 sets per session.

UNSTABLE SURFACE - Rolled towel: Two-Leg Stand (Frontal) - Arms Forward

Stand, arms forward, feet perpendicular to length on flat down roller.

Hold each of the checked options 10 seconds:
 Eyes open
 Head turned to one side, then other same thing with your hand up.

Do 5 repetitions, 2 sets.

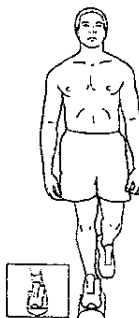


UNSTABLE SURFACE - Rolled towel: One-Leg Stand (Sagittal)

Standing on one foot, lengthwise on rolled towel, keep eyes on horizon. Hold as long as you can, make it harder by taking one hand to the side.

Repeat on other leg.

Do 5 repetitions, 2 sets.



ONE-LEG STAND - : Diagonal Plane

Standing on one leg, hold thea bend at an angle to the floor with both hands. open hands in an oppositional motion.

Repeat to each side on each leg.

Do 12 times per set.
 Do 3 sets per session.
 Do 3 sessions per week.

