

Week One

Day Two

Today is day 2 and we'll be introducing the use of therabands or resistance bands.

This exercise routine helps improve strength and function associated with carrying, lifting, pulling, and pushing.

Part 1 - 5 minutes warm-up - arm circles, wrist rolls, shoulder slides

Part 2 - Circuit

Workout: Perform each exercise with control for 30 seconds each. Rest is about 10 seconds between each exercise.

Repeat circuit 3 times

1. Lateral Standing Raise

Instructions:

Stand on the middle of the band. Grasp the ends of the band. Lift the band upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return.

VARIATION: Lift arms completely overhead for full range of motion.

TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.

2. Front Raise

Instructions:

Stand on the middle of the band under your feet. Grasp the ends of the band. Lift upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return.

VARIATION: Lift arms completely overhead for full range of motion.

TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.

3. Upward Row

Instructions:

Place middle of the band under both feet and grasp each end of the band with palms facing down. Pull the ends of the band upward toward your chin, lifting your elbows upward. Hold and slowly return to the starting position.

4. Seated Back Row

Instructions:

Extend your legs and wrap middle of band around feet. Be sure band is secure by wrapping the middle around your feet so it won't slip. Grasp both ends of band with elbows straight. Pull band upward and back, bending elbows. Slowly return to starting position.

TIP: Keep your knees and back straight.

5. Biceps Curl

Instructions:

Wrap the middle of the band around both feet and grasp each end of the band with palms facing forward. Keep elbows at your side. Keeping wrists straight, bend elbow, bringing your hands to shoulders. Slowly return to the starting position.

TIP: Keep your back straight! Don't slouch or lean forward.

6. Triceps Kick Back

Instructions:

Stand with one foot slightly in front of the other. Begin by stepping on the middle of the band under your front foot. Bend your elbow and grasp the end of the band, taking up the slack. Keeping your shoulder extended and arm back, extend your elbow against the band. Hold and slowly return.

TIP: Keep your back straight and your elbow behind your body.