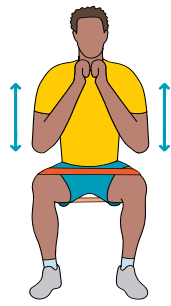


# RESISTANCE BAND WORKOUT

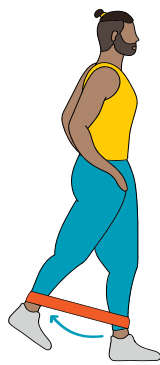
## SQUATS

Place the band slightly above your knees. Stand up straight and place your feet slightly wider than hip-width apart. Begin to push your hips back into a sitting position while bending at your knees to squat down as far as you comfortably can. Pause for 2-3 seconds and then slowly rise up and return to standing position.



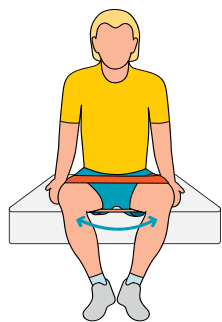
## KICKBACKS

Place the band right above your ankles. Stand up straight with feet shoulder-width apart. Start to shift your weight on your left leg and begin to lift your right leg behind you towards your back, keeping your right leg straight. Pause for 2-3 seconds before slowly returning to starting position and repeat on your left leg.



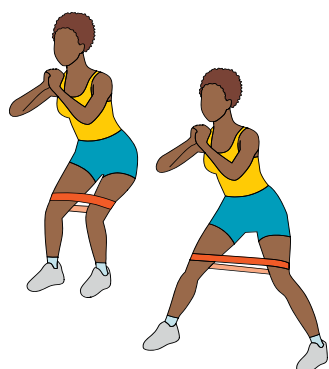
## SEATED HIP ABDUCTORS

Place the band around your mid thighs. Sit up tall with your knees and feet together. Begin to slowly push your knees out to the side against the band, keeping your heels together. Pause for 2-3 seconds and slowly bring them back to the starting position.



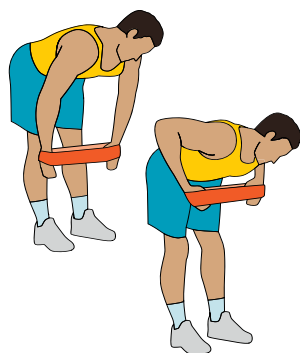
## BAND WALKS

Place the band slightly above your knees. Begin in a squat position with your feet shoulder-width apart. Step out to the side with your right foot, so that you're travelling right. Repeat in the other direction.



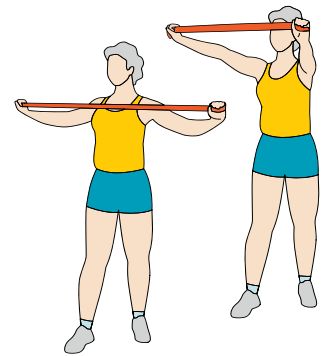
## BENT-OVER ROWS

Place the band around your wrists and turn your palms in to face each other. Stand with your feet shoulder-width apart, slightly bend your knees and bend forwards at your hips. Reach your arms down in front of you, create tension in the band by moving your hands slightly apart, slowly bend your elbows and bring your hands towards your chest. Pause for 2-3 seconds and then slowly straighten your arms out in front of you.



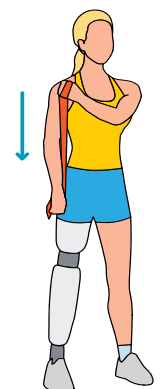
## BAND PULL APARTS

Grab either side of the band with your hands. Stand with your feet shoulder-width apart and extend your arms out in front of you. Keep elbows slightly bent and slowly begin to pull the band outwards and pause for 2-3 seconds then slowly bring your hands back to the starting position.



## TRICEP PUSHDOWNS

Put your right hand in the loop and place it on your left shoulder. Grab the bottom of the band with your left hand. Stand with feet shoulder-width apart. Keeping your elbow close to your body, begin to pull your left hand down towards your left hip. At the bottom your left arm will be straight, pause for 2-3 seconds and slowly return to the starting position. Repeat on other side.



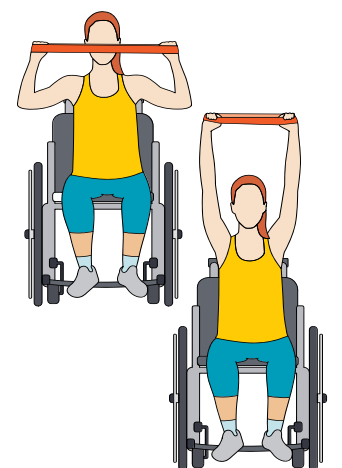
## KNEELING BICEP CURL

Start in a kneeling position, left knee on the mat and right foot on the mat. Place the band around the arch of your foot and grab the other side of the band with your right hand. Slightly bend forward at the hips and press your right elbow into your right thigh. Begin to curl your right hand up towards your right shoulder. Slowly return to the starting position. Repeat on other side.



## LATERAL PULL-DOWNS

Place the band around your wrists with your palms forward. Sit or stand-up straight with your feet shoulder-width apart. Reach your arms above your head, keeping your shoulders back and squeezing your shoulder blades together. Create tension in the band by moving your hands slightly apart and slowly lower your arms down with the band in front of your face just below your chin and slowly raise your arms back up above your head.



**Examine the band before use. Discard if you find any small nicks, tears or punctures that may cause the band to break. Do not overstretch the band - it could break. Store out of sunlight and away from heat.**



Government of **Western Australia**  
Department of **Health**

