

UPPER BODY 2



Scan for a follow-along video

Staying active with these exercises will help you improve flexibility, joint stability and strength. This in turn makes everyday tasks such as carrying shopping or opening cupboards easier. If you experience severe pain whilst undertaking any of these exercises or you aren't sure if they would work for you, please speak to your Healthcare Professional. Pick from seated or standing options. Remember to use a sturdy chair.

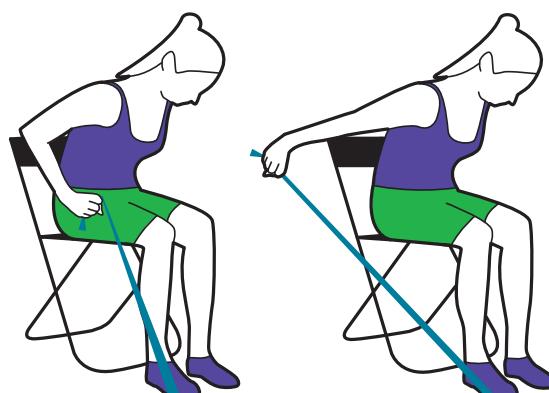
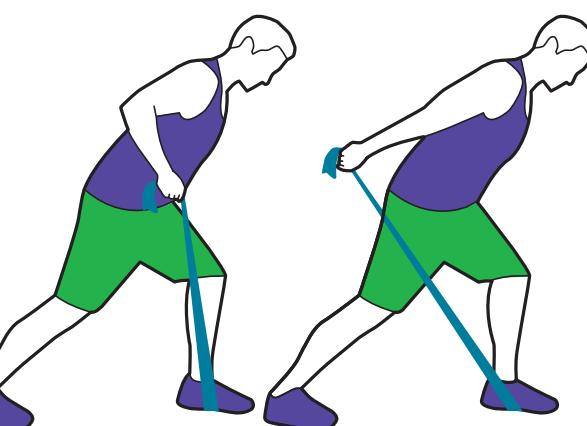
ARMS

TRICEP KICK BACK

Stand with one foot in front of the other, with the band firmly underneath your front foot. If sitting, put the band under one foot.

Hold the other end of the band in your hand on the same side as the foot the band is under. Lean forward slightly from your hips and bend your elbow - there should be some tension on the band. Then straighten your elbows to pull the band behind you, towards your hip. Hold for a few seconds then slowly bend your elbow again. This is one repetition.

Complete 3 sets of 10 repetitions on each arm.



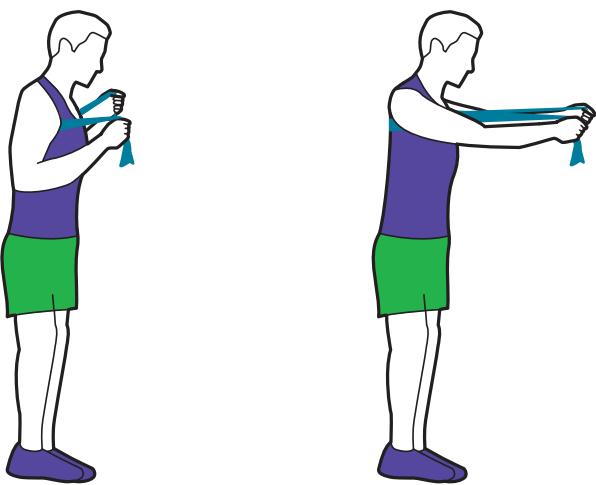
TOP TIPS



- 1 If you struggle with gripping the band during these exercises, you can wrap the band around your hand like the illustration here.
- 2 Holding the band with more slack in the start position will make the exercises easier, and holding the band with more tension will make the exercises harder.
- 3 Different colour bands will often be different strengths – so some will be easier and some will be harder. If you have a multipack of different colours, it's worth checking the strength before you start.
- 4 The longer you spend with the band under tension, the harder these exercises will be – so if you want to make them harder, slow them down – try counting to 5 during the movement stretching the band, hold for 3 seconds in the end position, then count to 5 to return to the start position.

3
SETS

10
REPS

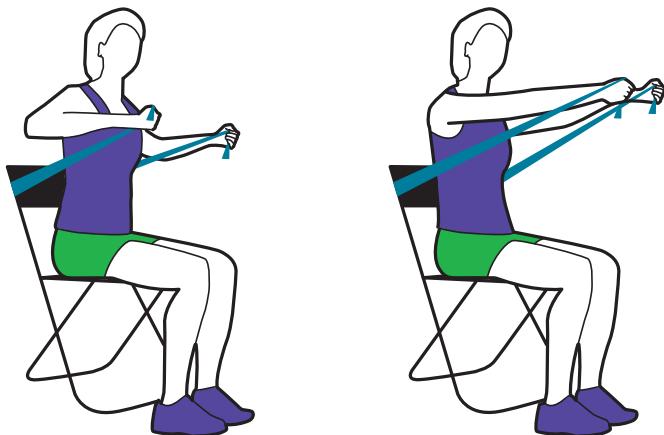


CHEST

CHEST PRESS

Stand with an end of the band in each hand, your elbows bent, and place the middle of the band behind your back at shoulder blade level. If you are sitting, loop the band behind the back of the chair. Push your hands straight in front of you to pull the band forwards. Hold for a couple of seconds then slowly return your hands back towards your chest.

This is one repetition.



3
SETS

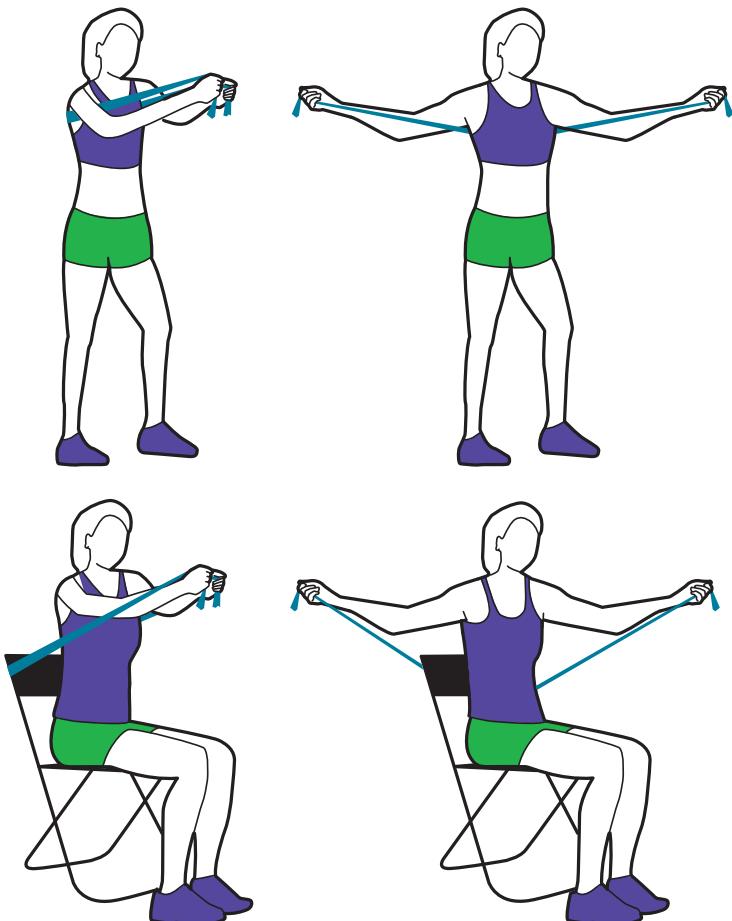
10
REPS

CHEST &
SHOULDERS

CHEST FLY

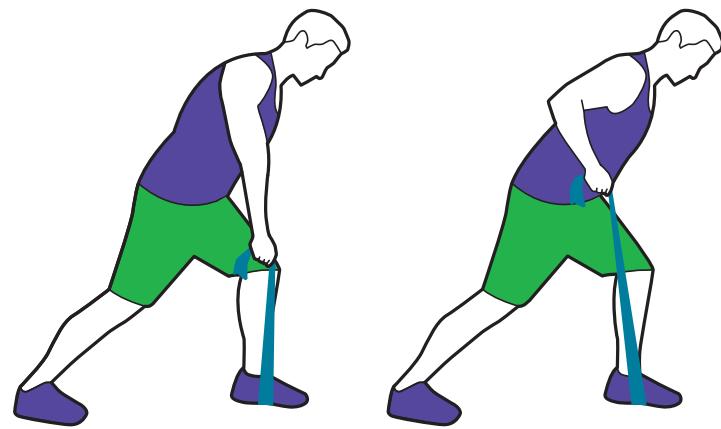
Stand with the end of the band in each hand, and the middle looped behind your shoulder blades. If you are sitting, loop the band behind the back of the chair. Bring your arms out wide with a slight bend at your elbows, so your body and arms form a 'T' shape. There should be some tension on the band. Bring your hands together in front of you, squeezing your chest muscles. Hold for a few seconds, then slowly return to the start position.

This is one repetition.



3
SETS

10
REPS



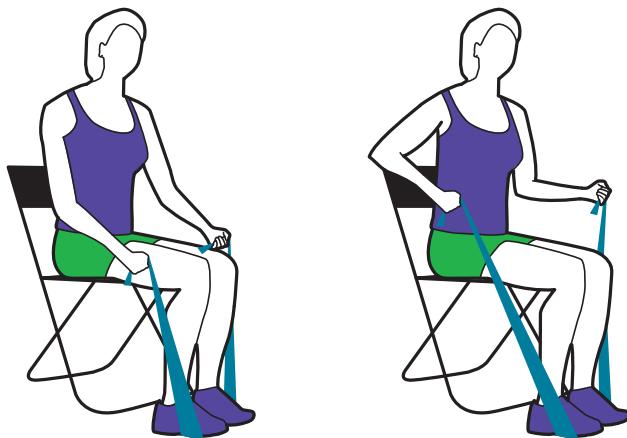
BACK

BENT OVER ROW

Stand with one foot in front of the other, with the middle of the band firmly underneath your front foot. If sitting, have the middle of the band under your feet.

Hold either end of the band in each hand. Lean forward slightly from your hips, with your elbows straight either side of your front leg, with some tension on the band. Then pull the band backwards and up so your hands move towards your hips, squeezing your shoulder blades together. Hold this position for a few seconds then slowly return to the start position.

This is one repetition.



3
SETS

10
REPS