

Resistance band exercises



All these exercises can be completed in a seated position.



Seated row

The seated row is an exercise that strengthens your upper back and arm muscles. It can help you maintain posture and keep your shoulders healthy.

1. Wrap the band around the bottom of your foot.
2. Firmly hold on to each end of the band.
3. Keep your leg straight and heel on the ground.
4. Start with your arms straight in front of you.
5. Pull the band until your hands are at the side of your chest.
6. Gently return to the start position.

You can do up to 10 reps of this exercise. If you want to do another set, remember to build up slowly and work to your fitness level.



Leg press

The leg press is a great exercise to maintain or improve your lower body strength.

1. Wrap the band around the bottom of your foot.
2. Firmly hold on to each end of the band.
3. Start by bringing your knee towards your chest.
4. Push your leg out in front of you.
5. Slowly bring your knee back up towards your chest.

You can do up to 10 reps of this exercise. If you want to do another set, remember to build up slowly and work to your fitness level.



Chest press

The chest press is a great upper body exercise that strengthens your chest, shoulder, and arm muscles.

1. Wrap the band around a chair or around your upper back.
2. Firmly holding onto each end of the band.
3. Start with your hands at the side of your chest.
4. Push both arms out in front of you.
5. Slowly return hands to the start position.

You can do up to 10 reps of this exercise. If you want to another set, remember to build up slowly and work to your fitness level.



Leg extension

The leg extension specially targets your thigh muscles to help develop strength and stability around the knee joint.

1. Tie the band around the front leg of your chair.
2. Sit down and place the band around the front of your ankle.
3. Start with your foot on the ground.
4. Straighten your knee while lifting your foot off the ground.
5. Slowly return to the start position.

You can do up to 10 reps of this exercise. If you want to another set, remember to build up slowly and work to your fitness level.



Bicep curl

The bicep curl focuses on improving the strength of your arm muscles.

1. Place the middle of the band underneath both your feet.
2. Firmly hold on to each end of the band.
3. Start with your hands down by your side.
4. Bring your hands towards your shoulder while bending your elbows.
5. Slowly return to the start position.

You can do up to 10 reps of this exercise. If you want to do another set, remember to build up slowly and work to your fitness level.

Important

These exercises may not be suitable for you. Consult a health professional if you are unsure. Stop the exercise if you are feeling any new or increasing pain, feel dizzy, clammy, or shortness of breath. Seek medical assistance immediately if symptoms persist.

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