

RESISTANCE EXERCISES



Push Ups - Military or modified; move hands around for more difficulty.



Prone Flys - Sit on a chair with chest on thighs, band under feet and in hands; raise straight arms out to sides at shoulder level (like flying).



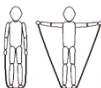
Bicep Curls - Stand, band under feet and in hands; bend elbows, bringing forearms toward upper arms while keeping upper arms tucked at sides.



Bench Dips - Sit on bench, wood chair, low table, etc., with hands right next to buttocks holding lip of "seat"; move buttocks to just in front of seat, lower buttocks toward floor until elbows are bent to 90° while keeping spine straight; more difficult with straighter and raised legs.



Overhead Presses - Sit on chair, band under hips and in hands, hands on shoulders; press hands directly overhead until elbows are straight.



Lateral Raises - Stand, band under feet and in hands; raise straight arms directly out to side until they reach shoulder height.



Half Superman (Opposite Arm/ Opposite Leg) - Lie face down on floor with arms extended overhead; lift right arm and left leg off floor, return; lift left arm and right leg off floor, return.



Partial Sit Ups - Lie on back with knees bent, heels planted into floor, hands behind head with fingers cradling head; slowly sit up as far as you can without lifting low back off of floor.



Oblique Sit Ups - Lift only one shoulder blade off the floor at a time.



Squats - Stand with feet shoulder width apart. Bend knees as if going to sit in a chair. Keep heels on floor. More difficult with hands behind back. Less difficult with arms extended at front.



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