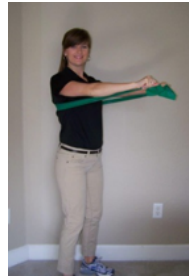


Strengthening at your desk

General Instructions

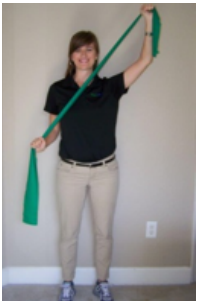
- Warm-up with 3-5 minutes of cardio before starting theraband exercises
- Never hold your breath while using therabands, exhale during the exertion/hard part
- Use SLOW, continuous movements
- Strength train 2-3 days a week, allow 48 hours for muscles to recover
- Perform 1-3 sets of 12-15 repetitions

Chest press



Press both hands straight out and toward each other in a smooth, controlled motion until your elbows are almost locked and your hands nearly touch.

Lat Pull-down



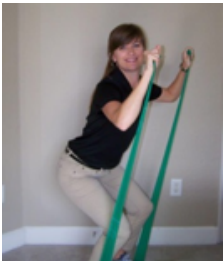
Hold a band in both hands above your head. Keeping the left hand stable, contract the lat muscles on the right side to pull the elbow down.

Chair Squat



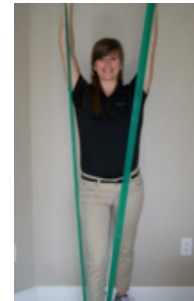
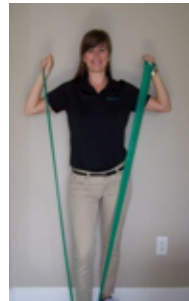
Stand a few steps in front of your chair with feet shoulder width apart. Bend at the hips, pushing your hips back towards the chair. Extend your arms out so they are parallel to the ground. Making sure that your knees NEVER come forward past your toes, lower yourself in a slow, controlled motion, to a count of four, until you reach a near-sitting position. Pause. Then, to a count of two, slowly rise back up to a standing position.

Squat with Theraband



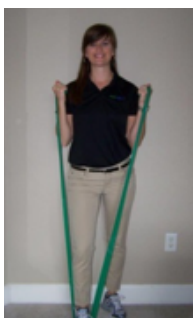
Place feet hip to shoulder width distance apart standing firmly on resistance band. Bring hands up to shoulder height, holding resistance band firmly in palms. Looking straight ahead and slightly up, keeping back straight and abdominals engaged, slowly lower hips straight back and down, keeping knees aligned with ankles. Lower to chair height, pause and return to standing.

Overhead Press



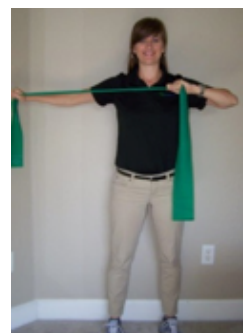
Place both feet on tube and grasp handles, bringing hands up just over shoulders with elbows bent and palms in. Press arms up over head and then lower.

Bicep Curl



With your palm(s) facing forward, bend your elbow(s), bringing your hand(s) up toward your shoulder(s). Keep your wrist(s) straight and bend only at the elbow.

Tricep Extension



Begin the move with the elbows bent and at shoulder level, hands in front of the chest and palms facing the floor. Begin the move with the elbows bent and at shoulder level, hands in front of the chest and palms facing the floor. Bring the right arm back in and repeat all reps before switching arms.