

## exercise 18



### Shoulder raise (front)

#### Instructions

1. Stand in the middle of the band
2. Hold the two ends of the band in your hand
3. Lift one arm up in front of you to shoulder level
4. Hold it there count to 3, then slowly return

Repeat with other arm



### upper body

#### Areas of the body:

Triceps, biceps, forearm

#### Equipment:

Band

Difficulty: ★★★★★☆

## exercise 19



# Seated shoulder raise (double)

### Instructions

1. Place one foot in the middle of the band, securing the band on the floor
2. Hold both ends of the band, palms facing down, keeping elbows straight in front of you, lift the bands to shoulder level, hold it and count to 3, then release



### upper body

#### • Areas of the body:

• Triceps, biceps,  
• arms, chest

#### • Equipment:

• Band, chair

• Difficulty: ★★★☆☆

## exercise 20



# Double arm shoulder raise (side)

upper body

### Instructions

1. Place the middle of the band under both feet and hold each end of the band
2. Keep elbows straight and pull the band up on the side of your body
3. Hold it at shoulder level count to 3, then release

### Areas of the body:

Triceps, biceps, shoulders

### Equipment:

Band

Difficulty:★★★★☆

## exercise 21

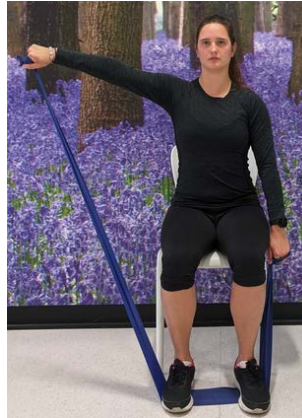


### Single arm shoulder raise (side)

#### Instructions

1. Sit in a stable chair and hold the ends of the band
2. Lift one arm up, keeping your elbow straight and your thumb facing down
3. Stop at shoulder level count to 3, then slowly release

Repeat with other arm



#### upper body

- **Areas of the:**
- Triceps, biceps, arms, shoulders
- **Equipment:**
- Band, chair
- **Difficulty:** ★★★★★☆

## exercise 22



### Chest pull



### upper body

#### Instructions

1. Hold the band in your two hands at shoulder width
2. Stretch the band apart as far as you can
3. Hold it and count to 3, then slowly bring your arms back to the middle

#### Areas of the body:

Triceps, biceps, pectoralis (chest muscles)

#### Equipment:

Band

Difficulty: ★★★☆☆

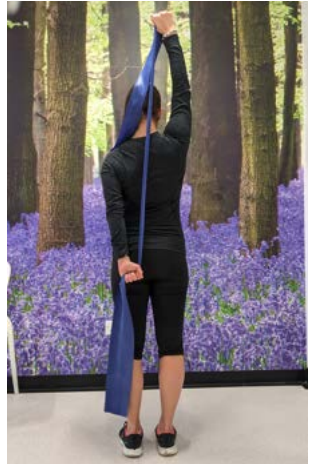
## exercise 23



### Back pull

#### Instructions

1. Put the band behind your back
2. Hold both ends of the band and stretch it by moving one arm up and the other down
3. Count to 3, then slowly release



### upper body

#### Areas of the body:

Triceps, biceps, shoulders

#### Equipment:

Band

Difficulty: ★★★★★

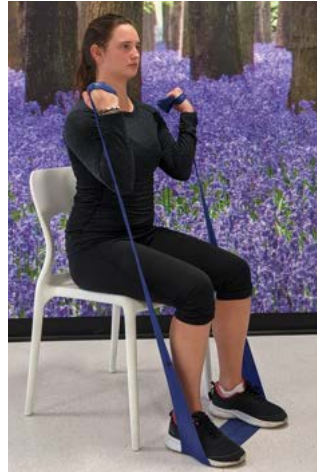
## exercise 24



### Arm curl

#### Instructions

1. Sit in a stable chair, put your feet inside the middle of the band and hold the band ends
2. Start with your arms hanging next to your body
3. Slowly flex your elbows towards your shoulders



### upper body

#### Areas of the body:

Triceps, biceps

#### Equipment:

Band, chair

Difficulty: ★★★☆☆

## exercise 25



## Pull apart I

## upper body

### Instructions

1. Form a loop with your resistance band
2. Put your hands inside the loop and push your arms against the band as shown in the picture
3. Stretch as far as you can and count to 3, then release

Repeat with other arm

### Areas of the body:

Triceps, biceps

### Equipment:

Band, chair

Difficulty: ★★★☆☆



## exercise 26



### Pull apart II



### upper body

#### Instructions

1. Form a loop with your resistance band
2. Put your hands inside the loop
3. Stretch the loop via moving your arms to the side pushing against the band
4. Stretch as far as you can and count to 3

#### Areas of the body:

- Triceps, biceps, pectoralis (chest muscles)

#### Equipment:

- Band, chair

#### Difficulty: ★★★☆☆

## exercise 27



### Chest press

#### Instructions

1. Put the band behind your back and hold the two ends
2. Slowly stretch your arms forward pushing against the band
3. Hold and count to 3, then slowly release



### upper body

#### Areas of the body:

Triceps, biceps, pectoralis (chest muscles)

#### Equipment:

Band, chair

Difficulty: ★★★☆☆

## exercise 28



### Pull back

#### Instructions

1. Stand in the middle of the band
2. Hold the two ends of the band in your hand
3. Gently pull the band behind your back
4. Keep pulling the band and count to 3, then slowly release



### upper body

• **Areas of the body:**

• Triceps, biceps, forearms

• **Equipment:**

• Band

• **Difficulty:** ★★★★★