

# MORE LIFE HEALTH RESISTANCE BAND WORKOUT

## Warm Up

30 SECS  
MARCHING →

KNEE  
EXTENSIONS X 5  
EACH LEG →

30 SECS  
MARCHING →

HANDS TO  
CEILING X 5 →

30 SECS  
MARCHING

**EXERCISE 1:**  
SIT TO STAND W/ BAND  
ALTERNATIVE:  
SIT TO STAND NO BAND  
SEATED ALTERNATIVE:  
KNEE EXTENSIONS

### How To

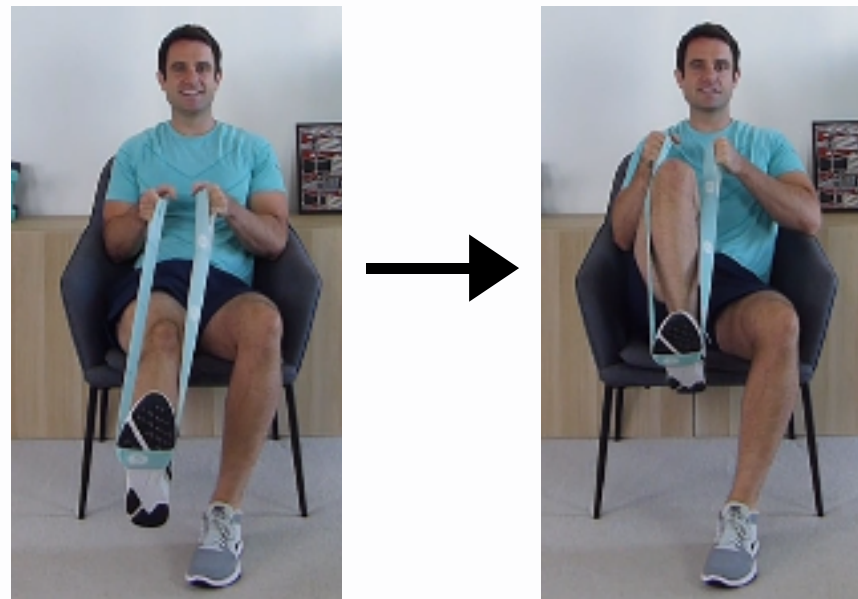


1. Sitting towards the front of your chair, in an upright posture, holding onto the end of your bands.
2. Place the bands underneath each foot with feet hip width apart
3. Maintain that upright posture, whilst holding on to the band stand up to full standing position.
4. Slowly Sit back down. Repeat.

10 REPETITIONS  
2 SETS  
90 Seconds REST  
BETWEEN SETS

**EXERCISE 2:**  
LEG PRESS

### How To

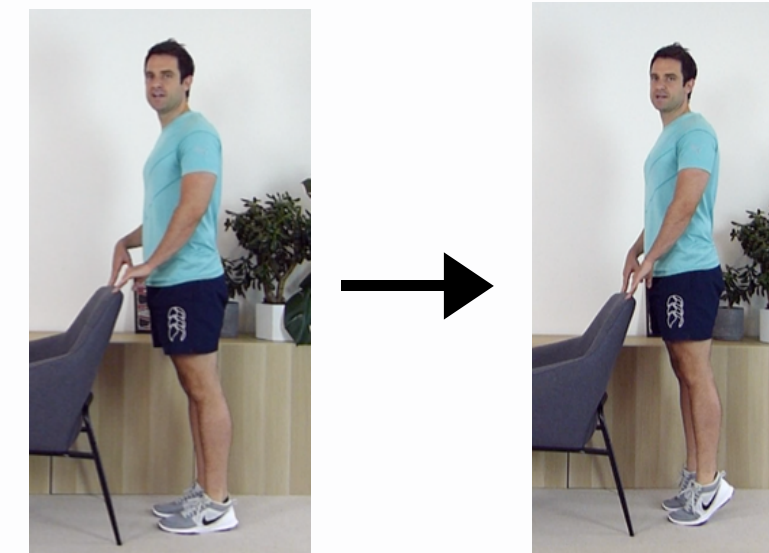


1. Sitting back in your chair, in an upright posture, holding onto the band at each end.
2. Place the band underneath one foot.
3. Slowly bring your knee up to your chest and whilst your hands and arms are locked in push your leg out straight. Repeat and change legs.

10 REPETITIONS  
EACH LEG  
2 SETS  
60 Seconds REST  
BETWEEN SETS

**EXERCISE 3:**  
SEATED OR STANDING  
CALF RAISES (NO BAND)

### How To



1. Standing up tall with your feet about hip width apart.
2. Keeping your knees straight and holding onto the chair with both hands.
3. Coming up on to the toes, raising your heels up off the floor, holding briefly and slowly lowering yourself back down.
4. Repeat for the set repetitions.

12 REPETITIONS  
2 SET  
60 Seconds REST  
BETWEEN SETS

**EXERCISE 4:**  
SEATED OR STANDING  
HIP ABDUCTIONS

### How To

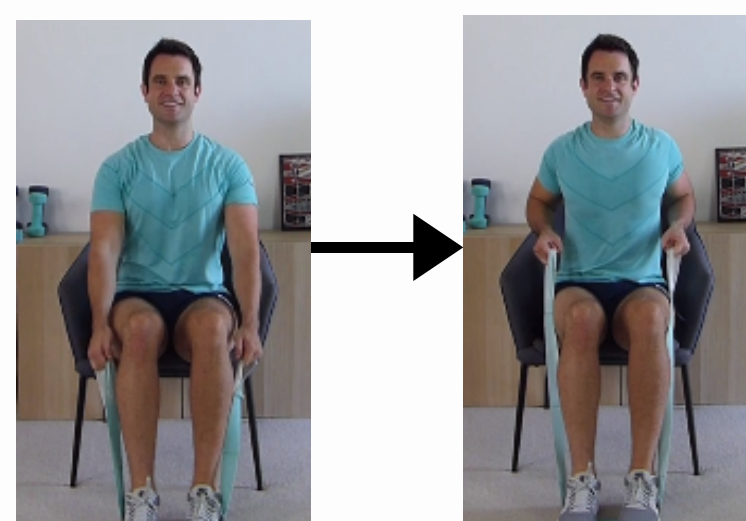


1. With bands looped over ankle and on chair leg.
2. Standing tall behind your chair, with both hands on the chair.
3. Move your leg out to the side with your toes facing the front, and slowly bring back to the start position. Repeat and change legs.

10 REPETITIONS  
EACH LEG  
1 SETS  
60 Seconds REST  
BETWEEN SETS

**EXERCISE 5:**  
SEATED ROW

### How To



1. Holding onto ends of band with bands under feet. Sitting in an upright posture and holding onto the bands at each end.
2. Keep your chest up and your back straight pull the bands back squeezing your shoulder blades together at the end of the movement.
3. Gently allow your arms to return to the starting position, straightening the arms. Repeat.

10 REPETITIONS  
2 SETS  
60 Seconds REST  
BETWEEN SETS



# More Life Health

## RESISTANCE BAND WORKOUT

### EXERCISE 6: CHEST PRESS

#### How To



1. Holding onto the ends of the bands, place band behind back. Sitting in an upright posture and holding onto the band at each end.
2. Place the band around your back and push out to the front, straightening your arm.
3. Gently allow your arms to return to the starting position. Repeat.

10 REPETITIONS  
1 SETS  
60 Seconds REST  
BETWEEN SETS

### EXERCISE 7: SHOULDER PRESS

#### How To



1. Sitting to the front of the chair, band under foot and holding onto end of band. In an upright posture and holding onto the band at one end, whilst the band is under or around your foot.
2. With your hand at shoulder height your elbow bent, push to the ceiling, straightening the elbow.
3. Gently allow your arm to return to the starting position. Repeat and change arms.

10 REPETITIONS  
EACH ARM  
1 SETS  
60 Seconds REST  
BETWEEN SETS

### EXERCISE 8: BICEP CURLS

#### How To

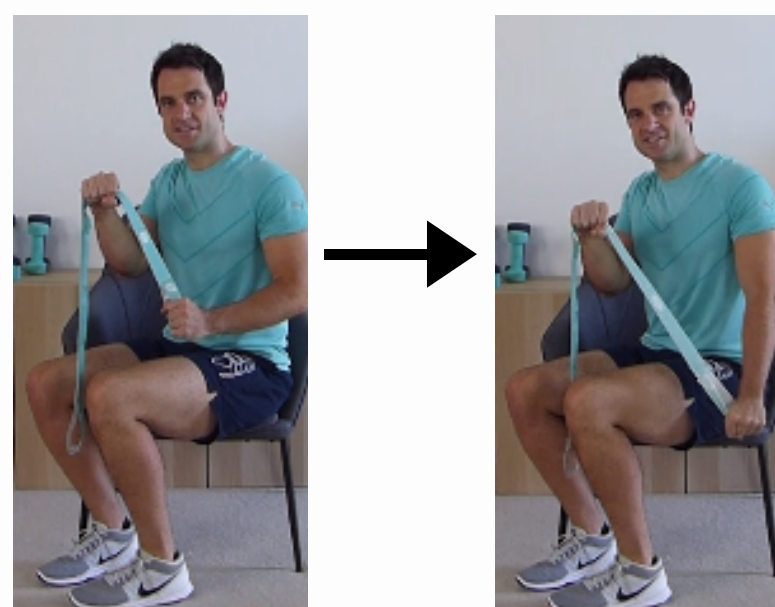


1. Sitting to the front of the chair, band under foot and holding onto end of band.
2. With your arm straight by your side, slowly lift up straightening at the elbow, bringing your hand up as close to the shoulder as able.
3. Slowly lower back, from the elbow to the start position. Repeat and change arms.

10 REPETITIONS  
EACH ARM  
1 SETS  
60 Seconds REST  
BETWEEN SETS

### EXERCISE 9: TRICEPS EXTENSION

#### How To

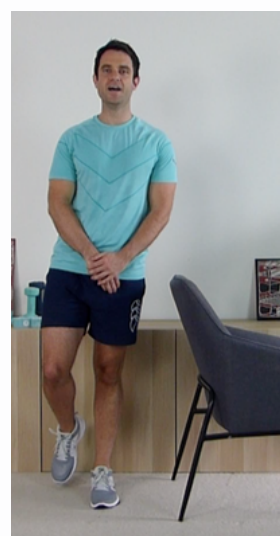


1. With band in place as per video sitting in an upright posture, keeping one arm locked in place.
2. With one arm bent holding the elbow, straighten this arm and when completely straight squeeze the muscle at the back of the arm.
3. Gently allow the arm to return the start position. Repeat and change arms.

10 REPETITIONS  
EACH ARM  
1 SETS  
60 Seconds REST  
BETWEEN SETS

### EXERCISE 10: BALANCE SINGLE LEG STANCE (HOLD ON IF NEED TO)

#### How To



1. Standing next to your chair.
2. Whilst holding onto the chair take one leg off the ground standing on the other leg.
3. Take your hand off if able.
4. Hold for the set time, change legs and repeat.

45 SECONDS  
EACH LEG  
2 SETS  
60 Seconds REST  
BETWEEN SETS

### Cool Down

POSTURE  
STRETCH



LOWER BACK  
STRETCH



INNER THIGH  
STRETCH



CALF AND QUAD  
STRETCH