

Shoulder and Upper Body Exercises

Start



Finish



Exercise Description:

Front Raises with thera band

Instruction:

Stand with feet slightly less than hip-width apart with the middle of the theraband under both feet. Hold the ends of the theraband in each hand. Extend both arms in front of the body and release. For variation, alternate arms.

Classification:

Shoulders, Upper Body.



Exercise Description:

Standing Shoulder Press with theraband Body.

Classification:

Shoulders, Upper

Instruction:

Stand with feet hip-width apart and middle of theraband secured under both feet. Hold the ends of the theraband with both hands by your shoulders. Raise both hands overhead until the arms are almost straight. Keep the wrists neutral. Release and repeat.



Classification:

Shoulders, Upper Body.

Instruction:

Stand with good posture, holding one end of a theraband in your right hand. Securely attach the other end of the band to a door knob. Bend the right arm and place the elbow by your side. Put your left hand on your left hip. Begin with the forearm extended away from the body. Slowly internally rotate the shoulder until the forearm is crossed over your mid-section. Complete set and repeat left side. For variation, securely anchor the theraband under your right foot. Keep right arm bent and lift it to shoulder height. The upper arm and forearm should be parallel to the floor (palm faces down). Externally rotate the shoulder until the palm faces forward. You can also perform the same movement with the theraband in the right hand but anchored under the left foot and the elbow bent at 45 degrees



Classification:

Back.

Instruction:

Securely attach theraband to a sturdy object. Stand with feet hip-width apart and knees slightly bent. Contract the abdominals and hinge from the hips so the chest faces floor. Extend arms overhead, biceps by ears and ends of theraband in each hand. Pull hands toward chest. As arms bend, keep elbows close to body. Release and repeat.



Classification:

Back, Upper Body, Shoulders.

Instruction:

Securely anchor theraband in a high position in front of you. Loosely wrap the theraband around both hands. Bend the knees slightly and contract the abdominals. Bend at the waist until the upper body is at a 45 degree angle. Extend arms overhead, then pull elbows to the sides and down toward your hips. Release and repeat.

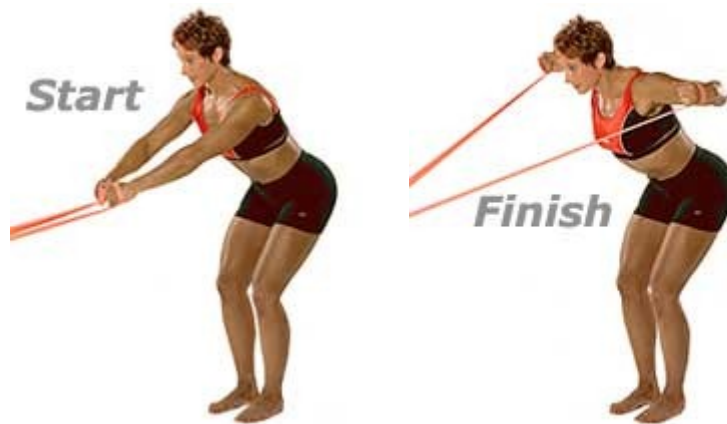


Classification:

Back, Upper Body.

Instruction:

Securely anchor theraband to an object or door knob in front of you. Stand with proper posture and loosely wrap theraband around each hand. Extend arms in front of you, hands in line with your chest. Pull elbows to sides and behind you. Release and repeat. For more intensity, pull elbows back while arms are bent at a 90 degree angle.



Classification:

Shoulders, Upper Body.

Instruction:

Securely anchor theraband to an object or door knob in front of you. Loosely wrap ends of theraband around each hand and lean forward from the waist until your upper body is at a 45 degree angle. With your knees slightly bent and your abdominals contracted, extend your arms in front of you. Then, open arms to the sides while pulling your elbows behind you. For variation, alternate arms.



Classification:

Shoulders.

Instruction:

Stand with feet slightly less than hip-width apart with the middle of the theraband under both feet. Hold the ends of the theraband in each hand with arms extended toward the floor, palms facing the body. Slowly bend the arms, pulling the theraband up toward your chest. Your elbows should be pointing to the sides. Return to starting position and repeat.



Classification:

Chest.

Instruction:

Lie face up on mat with legs bent, feet on floor. Place theraband under your mid back and hold ends of theraband in each hand. Bend arms to 90 degrees with upper arms on floor and elbows in line with shoulders. Extend arms over chest, bringing hands together. Release and repeat.

Lower body and Legs



Classification:

Lower Body, Legs.

Instruction:

Securely attach one end of theraband to an object behind you. Loop theraband around right ankle and face away from anchor. Stand with hands on hips and pelvis stable. Slowly extend right leg behind you, then simultaneously bend the right knee to 90 degrees and lift the leg in front of you. For more intensity, keep the leg straight and pull ankle forward.



Classification:

Lower Body, Legs.

Instruction:

Securely attach one end of theraband to an object on your left-hand side. Loop theraband around right ankle. Stand with hands on hips. Balance on left leg and extend right leg slightly in front of you. Pull right leg away from your body, keeping the pelvis stable. Return to starting position and complete set. Repeat left side.



Classification:

Legs, Lower Body.

Instruction:

Loop one end of theraband around right foot and hold the other end behind your head. While standing, bend the right leg to 90 degrees. Using the theraband for resistance, extend leg back to floor. Complete set and repeat left side.



Classification:

Legs.

Instruction:

Stand on middle of theraband with feet hip-width apart. Hold the ends of theraband in each hand and bend arms, positioning hands below chin. Perform a squat, making sure your knees do not exceed your toes. Release and repeat.



Classification:

Legs.

Instruction:

Begin in a lunge position with theraband under right foot, right knee over right ankle. Hold the ends of theraband in each hand, arms bent and elbows close to body. Place ball of left foot behind you on floor, heel up. With left knee pointing to floor, slowly straighten left leg, keeping heel off floor. Release and repeat other side.



Classification:

Calves.

Instruction:

Lie face up with legs extended and hands by hips. Place theraband securely around feet (just under the toes). Hold the ends of the band in either hand. Alternate between pointing toes away from body and toward body.