

Biceps



Start in a crab position with bottom off ground and close to hands.

Rock forward and hold for 20 seconds.



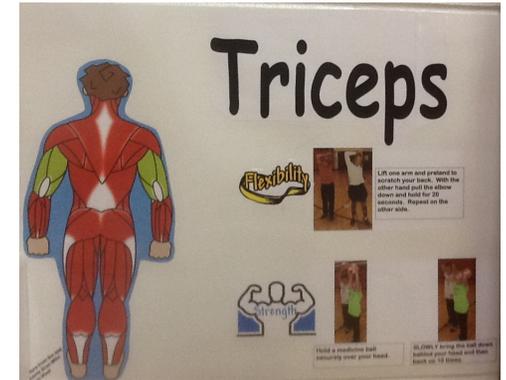
Stand on stretch band with thumbs away from leg.

Slowly lift band to chest and slowly return to start position 10 times.

Triceps



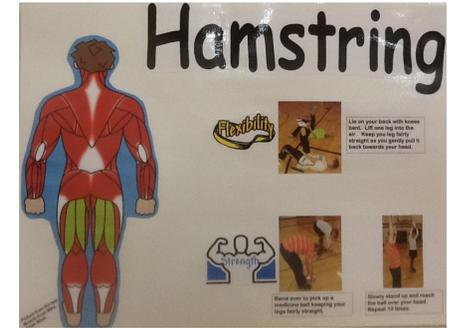
Lift one arm and pretend to scratch your back. With the other hand pull the elbow down and hold for 20 seconds. Repeat on the other side.



Hold a medicine ball securely over your head.

SLOWLY bring the ball down behind your head and then back up 10 times.

Hamstring



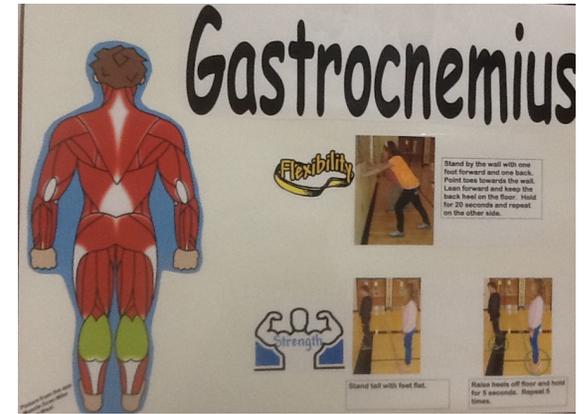
Lie on your back with knees bent. Lift one leg into the air. Keep you leg fairly straight as you gently pull it back towards your head.



Bend over to pick up a medicine ball keeping your legs fairly straight.

Slowly stand up and bring ball towards chest. Repeat 10 times.

Gastrocnemius



Stand by the wall with one foot forward and one back. Point toes towards the wall. Lean forward and keep the back heel on the floor. Hold for 20 seconds and repeat on the other side.

Stand tall with feet flat.

Raise heels off floor and hold for 5 seconds. Repeat 5 times.

Pectorals



Stand with arms in a “T” position.

Cross your arms in front of you then return to the “T” Repeat 10 times.



Start in a push up position.

Bend elbows to an “L” position-bringing chin towards the floor. Repeat 5 times.

Deltoids



Put one arm across your body and under your chin. Take the other arm and pull it in. Hold for 20 seconds and repeat on the other side.

Stand on the stretch band with thumbs pointing to your leg.

SLOWLY raise your arms to the side. Keep both your arms and wrists straight. **SLOWLY** return to the starting position. Repeat 10 times.

Quadriceps



Stand by the wall on one foot. Keep your balance by touching the wall with one hand. The other hand grabs your toe and pulls it towards your bottom. Do not pull it to the side of your leg. Hold for 20 seconds and repeat on the other side.

Stand with your arms in front of you for balance. Feet should be slightly apart.

Squat down and try to keep your back as straight as you can and heels close to the floor. Repeat 5 times.

Gluteal



Put your foot across your knee.



Lift your other foot off the ground and hold for 20 seconds. Repeat on the other side.

Stand with hands on your shoulders.

Step forward and lunge holding for 5 seconds and repeat with the other leg. Keep your knee over your ankle. Do a total of 3 lunges on each leg.

Abdominals



Do the Cobra. Hold for 20 seconds.



Lie on the floor with your knees bent. Hands are at your side.

Curl up sliding your hands forward, bringing your shoulders off the floor. Do not lift feet off the floor. Repeat 10 times.

Latissimus Dorsi



Sit on the floor in an “L” position. Cross one leg over the straight leg. Put the opposite elbow over the bent knee and push getting a twisting stretch. Hold for 20 seconds and repeat on the other side.

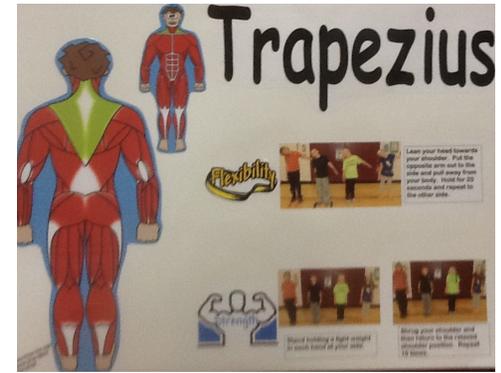
SAFETY
Keep your toes pointed slightly forward or the band can slide off your foot and snap you!



Sit on the floor in an “L” position. Put the stretch band under your feet and point your toes a little bit forward.

Pull back like you are rowing a boat. Keep your toes pointed slightly forward or the band can slide off your foot and snap you. Repeat 10 times.

Trapezius



Lean your head towards your shoulder. Put the opposite arm out to the side and pull away from your body. Hold for 20 seconds and repeat to the other side.

Stand holding a light weight in each hand at your side.

Shrug your shoulder and then return to the relaxed shoulder position. Repeat 10 times.

