

# BUILD STRENGTH WITH RESISTANCE EXERCISES

Resistance exercises improve or maintain muscle and bone mass, improve balance, reduce the risk of falls, and improve functional ability. This eases tasks such as carrying groceries, opening jars, getting in and out of a car or chair and climbing steps. Older adults see the greatest benefit from resistance exercises, more than any other activity.



## How often

Do these exercises one to two days a week, not on consecutive days.

## How to begin

Try 10 repetitions of each exercise with enough resistance to make you a little tired by the last one to two repetitions. If 10 is too much, increase the length of the resistance band and keep building your way up to 10. Rest between each exercise if necessary. Breathe normally during these exercises and maintain good form.

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Remember, muscle soreness can be expected with any new activity. It should pass in one to two days. If you have pain or any other persistent discomfort, call your healthcare provider.

## Goal

To perform exercises two to three days a week, one to two sets for 10-15 repetitions.

## How to advance

1. To increase strength, shorten the resistance band. This adds more work to each exercise.
2. Increase each exercise to 12-15 repetitions.
3. Add an extra set of exercises when you are ready.

## Sitting posture

Sit tall on the end of the chair with back straight and feet on the floor. Maintain this position with each exercise.



## Chest Crossover

Begin with the band wrapped behind your back and up under your arms. Grasp both ends of the band with elbows bent and fists facing forward. Extend one arm at a time across your chest



at chest height. Slowly return to starting position and use the other arm. Alternate arms for 10 times.



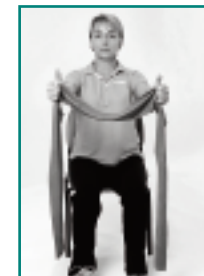
## Chest Press

Extend both arms straight ahead at the same time at chest height. Repeat for 10 times.



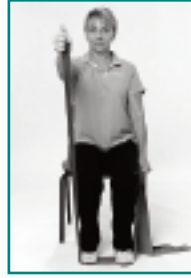
## Back Pull

Grasp the band with straight arms in front of your chest. Shoulders are relaxed and down. Thumbs point up and there is a little slack in the band. Pull the band back with straight arms while squeezing the shoulder blades together. Slowly return to the starting position. Repeat exercise six to eight times.



## Arm Raises

Anchor the center of the band under one or both feet securely. Grasp one end of the band firmly with thumb pointing up. Raise the arm to the side at shoulder height 10 times and then to the front 10 times. Reposition and grasp band with the opposite hand and pull the band diagonally across your body 10 times.



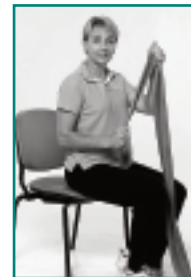
## Bicep Curl

Anchor the center of the band under one or both feet and grasp one end of the band. Keeping elbows tight to your side, bend or curl lower arm up, and return to straight arm. Repeat 10 times.



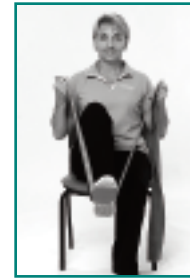
## Tricep Press

Anchor one end of the band with one hand. With the other hand, grasp about 12 inches of the band with a bent arm. Extend the bent arm down and back slowly to a straight arm. Return to the starting position. Repeat 10 times.



## Leg Press

Place middle of band around a foot with the knee bent. Hold both ends of the band securely as you extend the leg. Slowly return to the starting position and repeat leg press 10 times. Switch sides and do 10 more. Shorten the band to increase the resistance.



## Toe Flex and Point

Keep middle of band wrapped around one foot as you point and then flex 10 times. Switch to the other foot for 10 repetitions.



## Row

Place feet in the middle of the band and extend your legs in front of you, toes up. Grasp the band with both hands palms facing down. Pull arms toward the chest with elbows out. Squeeze the shoulder blades together as you pull back. Return to the starting position. Repeat 10 times.



## Chair Stand

Sitting on the end of the chair, place the center of the band under both feet. Lean forward and grasp the band, choking up on the band as needed. Slowly lean your weight over your legs and rise up using your leg strength. You should feel the resistance of the band as you straighten to a full body stand. Slowly squat down and back as you return to the seated position. Try 8 to 10 repetitions. If standing up out of a chair is difficult without using your hands, practice without the band first. This is a very controlled and intentional movement.



**If you have any questions, call Gundersen Community & Preventive Care Services at (608) 775-4717 or (800) 362-9567, ext. 54717.**

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