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.

**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.