

1. Elbow Flexion

- Stand on elastic
- Grasp elastic in hand, palm up, arm straight
- Pull upward, bending at elbow
- Slowly return to starting position



2. Reverse flies

- Grasp elastic in hands, elbows straight, as shown
- Move arms away from each other, out to sides
- Slowly return to start position



3. Overhead press

- Stand on elastic
- Grasp elastic in hands, arms at side



4. Upright row

- Stand on elastic
- Grasp elastic in both hands in front of hips, elbows straight
- Lift upward toward chin, bending elbows
- Keep hands close to chest
- Slowly lower and repeat



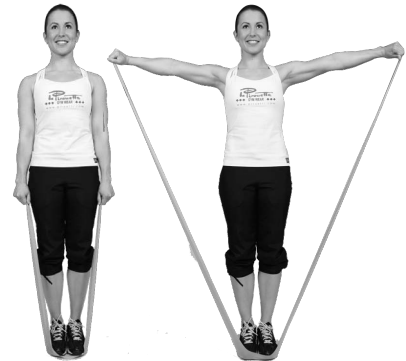
5. Bent over row

- Secure elastic under opposite foot
- Hold elastic in involved arm
- Slightly bend hips and knees and support upper body with other arm as shown
- Pull up on elastic, raising elbow to shoulder height
- Slowly return to start position and repeat



6. Lateral Raise

- Stand on elastic
- Hold elastic in both hands
- Begin with arms at sides
- Position palms forward
- Keep elbows straight and lift arms to shoulder level
- Slowly lower and repeat



7. Front Raise

- Secure elastic at waist level as shown
- Grasp elastic and pull arm backwards keeping elbow straight
- Slowly return to start position



8. Shrug

- Stand, arms at sides
- Stand on elastic as shown, holding elastic in hands
- Raise shoulders upward towards ears, and roll backwards
- Keep elbows straight
- Slowly return to start position



9. Squat

- Stand on both legs
- Hold elastic in both hands, elbow straight
- Place elastic under feet
- Bend knees to 90 degrees
- Pull to add tension to elastic
- Straighten knees
- Slowly repeat



10. Lunge

- Stand with one foot on middle of band. Grasp ends of band and loop around hands at chest level, keeping elbows bent
- Place other leg behind with knee slightly bent
- Keep trunk straight and bend front knee, lowering body downwards
- Slowly return to upright position and repeat



11. Trunk Curl-up

- Securely attach the ends of band to a stationary object near floor
- Lie on back with knees bent, holding ends of bands in hands, arms in front and elbows straight
- Keep hands close together and curl trunk upward, lifting shoulder blades from floor
- Hold and slowly return



12. Hip Adduction

- Attach elastic to secure object at ankle level
- Stand with involved leg toward pull, as shown
- Keep knee straight, pull in, moving leg inward
- Slowly return to start position



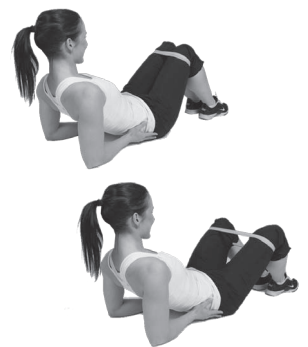
13. Quick Kicks

- Loop elastic around ankles
- Kick leg outward and quickly repeat
- Keep toes pointed straight ahead and do not bend trunk



14. Hip Abduction + External Rotation (Clam)

- Loop elastic around thighs
- Lie on back propped on elbows with knees bent
- Move thighs apart
- Return to start position and repeat



15. Wrist Extension

- Secure elastic under foot
- Grasp elastic with hand
- Place forearm on the table with hand off edge of table, palm down as shown
- Move wrist upward
- Slowly return to starting position



16. Radial Deviation

- Secure elastic under floor
- Support forearm on table on knee as shown
- Hold elastic in hand, thumb up
- Move hand upward
- Return to start position and repeat

