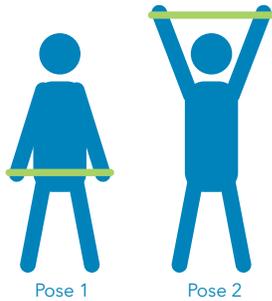


BAND EXERCISES

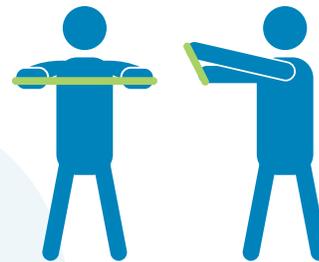
Kaiser Permanente wants you to live your healthiest life. If you're looking for an easy way to fit more activity into your day, give band exercises a try. Exercise bands are portable, easy to use, and help develop muscle strength and endurance.

Important: Always consult with your physician before beginning any exercise program.



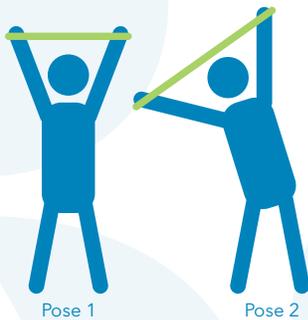
Lat Stretch

Hold the band at both ends as shown in image 1. Bring your arms as high as you can while keeping them straight. When at the top, spread the bands lightly to add some tension. Perform 10 reps for up to 3 sets.



Trunk Rotation (Back Stretch)

Hold the band at both ends. Slightly rotate the body to one side and hold it for 2 seconds. Repeat it on the other side. Perform 10 reps per side for up to 3 sets per side.



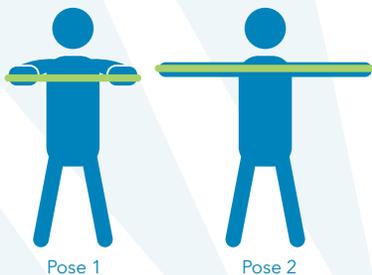
Trunk Stretch

Hold the band at both ends as shown in image 1. When on top, tilt the body sideways. Go as far as you are comfortable. Hold that position for 2 seconds and release. Perform 10 reps per side alternating sides. Up to 3 sets per side.



Glute Kicks

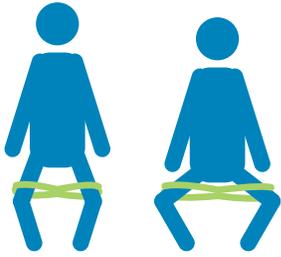
Secure the band by putting one foot through a loop while holding the other end with your opposite hand. Perform glute kicks going in a 45 degree angle. Perform 10 reps per side. Up to 3 sets per side.



Rear Delt Opener

Hold the band at both ends as shown in image 1. Spread the band until your arms are straight out. Perform 10 reps for up to 3 sets.

Learn more about living an active life at kp.org/fitness.

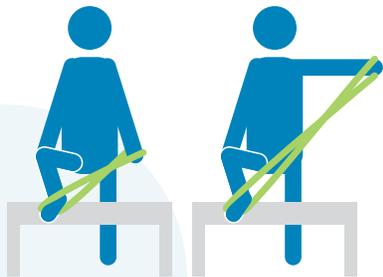


Pose 1

Pose 2

Hip Strengthenener

Put the band through both legs as shown in image 1. Go down into a squat position. Push the legs outward and go against the tension of the band while staying in the squat position. Perform 10 reps for up to 3 sets.



Lateral Raises

To make the exercise easier, put your foot on a chair or bench to release some of the tension from the band.



Back Rows

Secure one side of the band with your foot and hold the other end with your hand on the same side. Perform 10 rows while keeping the elbows close to your body. Up to 3 sets per side.

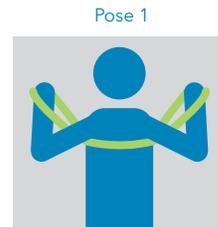


Pose 1

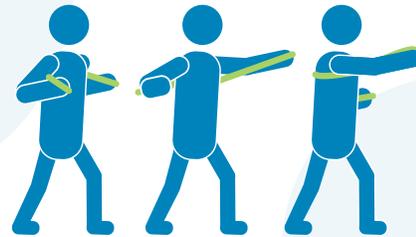
Pose 2

Tricep Extensions

Secure the band as shown in image 1. Perform 10 reps of tricep extensions per side for up to 3 sets per side.



Pose 1



Boxing

Secure the band as shown in image 1. Alternate punches with a slight rotation of the trunk. Perform 10 reps per side for up to 3 sets per side.



Pose 1

Pose 2

Bicep Curls

Secure 1 side of the band with your foot as shown in image 1. Perform 10 curls per arm for up to 3 sets per side.

