

Stretch Bands at Your Desk

Strength exercise with stretch bands can improve muscular strength, range of motion, and flexibility. Using stretch bands can also help increase lean body mass, which burns more calories. Follow the instructions for using the stretch bands. Remember to maintain good posture and good form while exercising.

Warm-up: start by taking a few deep breaths. While seated, roll your shoulders forward five times and then backwards five times. Stretch your neck by placing your chin all the way to your chest and holding for several seconds. Bring your head back to a neutral position and then tilt it to the left and then to the right and hold for several seconds.

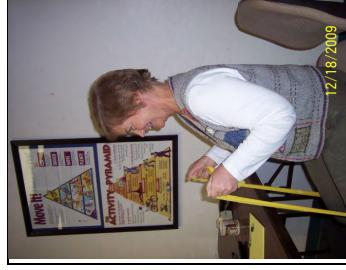
Chest Press:

1. Place the band across the back of your shoulder blades, grasping the band with both hands.
2. Extend your arms forward at chest height, pressing away from the body.
3. Do several controlled stretches, bringing your hands back towards your chest with your elbows at right angles.



Lateral Pull:

1. Grasp the stretch band above your head, arms straight, creating a "V" shape with your arms.
2. Bending arms down, pull down and out on the band, lowering the band either behind your head or in front.
3. Control the band as you raise your arms above your head. Alternate the stretch behind and in front of your head.



Bicep Curl:

1. While seated, place the middle of the band under your feet, holding the band in both hands just above thighs.
2. Palms facing inwards and thumbs up, slowly bend your elbows and the forearms to your shoulders.
3. Control the band as you lower it back to the starting position.



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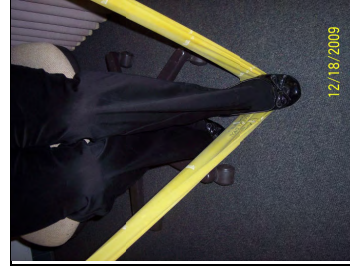
Bicep Extension:

1. Grasp stretch band with both hands approximately shoulder width apart and hold arms straight out in front of you with your palms facing down.
2. Keeping your left arm stationary, move your right arm clockwise to the right keeping your arm straight, but not locking your elbow.
3. Control the stretch band as you bring your arm back to the starting position. Repeat with the left arm, holding the right arm stationary.



Tricep Extension:

1. Hold band in right hand above head, elbow bent at right angle with loose end draping behind your back.
2. Grasp loose end with left hand at lower back.
3. Keeping left arm in place, extend right arm above head, without locking your elbow.
4. Control stretch band and lower to starting position.
5. Switch to left arm after several repetitions.



Leg Press:

1. While seated, place center of the stretch band under left foot, grasping the band at a natural length just above your thighs.
2. Keeping right foot on the floor, and elbows bent at your sides, lift your left foot up and then out away from your body.
3. Return to the starting position by first bending your leg, then bring your foot in towards your body, and then lowering your foot to the floor. Repeat with right foot.