

## Home Exercise Program

Perform each exercise 10-15X, 2-3X/day, most days of the week  
All exercises can be completed seated or standing

### BICEP CURLS



Step on the middle of the band. With your arms at your side, bend at your elbows bringing the band towards your shoulders.

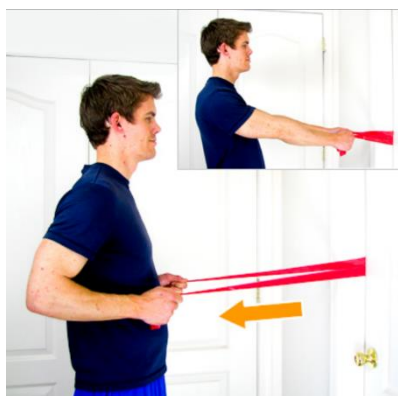
### TRICEPS EXTENSION



Start by holding the band across your chest. With your other hand, pull the band down, straightening your arm.

Repeat on the other side.

### MID ROW



Use your foot to hold the middle of the band. Holding the ends of the band in each hand, pull back, bringing your elbows behind you and squeezing your shoulders back.

### CHEST PRESS



Begin with the band behind you back. Holding onto the band close to your body, push the band out in front of you straightening your arms.

### SHOULDER EXTERNAL ROTATION



Hold the band with your elbows bent at your side. Pull the band outwards, squeezing your shoulders back and together.

### CLAMS



Wrap the band around your legs. Keeping your feet together, move both knees to the sides, separating your legs.

**REMEMBER:** Use pursed lip breathing – breathing out with your first movement, breathing in on your second

Stand in front of a chair or counter and use your arms for support if needed for balance and safety

## MARCHING



Bend up your knee, then set back down.

Repeat on the other side.

## HIP ABDUCTION



Moving from your hip, raise your leg out to the side.

Repeat on the other side.

## HAMSTRING CURLS



Bend your knee so that your heel moves towards your buttock. Lower back down.

Repeat on the other side.

## CALF RAISES



Raise up on your toes as you lift your heels off the ground.

## SINGLE LEG STANCE



Stand on one and try to maintain your balance in this position for 10 seconds. Complete 2-3 times on each side.

## TANDEM STANCE



Place your feet heel to toe in front of each other and try to maintain your balance in this position for 10 seconds. Complete 2-3 times on each side.

**REMEMBER:** Use pursed lip breathing – breathing out with your first movement, breathing in on your second