

DYNA-BAND EXERCISES

1. **Shoulder Strengthening**: Start with elbows bent at sides and band wrapped around hands at waist height. Open arms out to side, keep elbows tucked in tight at sides as you squeeze shoulder blades together. Repeat 15 times, slowly.



2. **Seated Row**: Secure the resistance band under both feet, legs extended, holding the ends of band with palms facing inward and elbows close to body. Pull your hands toward your body, keeping elbows near sides and squeeze your shoulder blades together at the end of the movement. Repeat 12 times.



3. **Leg Press**: Loop band around one foot and grasp the ends of the band in each hand as you bend your knee toward chest. Push leg down until leg is almost straight. Keep your hands still as you push your leg downward. Repeat 15-20 times, each leg.



4. **Toe Point and Flex**: Secure band around the ball of your foot and point your toe away from your body against the resistance band. Resist the pull of the band as you flex your foot back. Repeat 20 times, each foot after presses.



5. **Seated Hip Flexion:** Wrap band around both legs, above your knees. Grasp both ends of band in one hand and hold tightly by the outside of one knee. Lift the **OPPOSITE** knee toward chest pushing against the band. Repeat 20 times each leg.



6. **Arm Firmer:** Grasp the middle of the band in each hand. Rest your left hand by the outside of your left hip. With your right hand, pull the band up and out, fully extending your right arm. **Keeping your right elbow pointed toward the ceiling,** slowly bring your right hand toward your left shoulder. Extend your right arm back to the starting position. Repeat 8-10 times, both sides.



7. **Seated Bicep Curl:** Secure band under your feet and grasp the ends of the band in each hand with your arms fully extended toward the floor. Tuck your elbows tight by your side (remember that the elbow acts as a hinge in arm exercises). Bend your arms and lift your hands to your shoulders. Repeat 12 times.



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Exercise routine designed by Senior Fitness Instructor Kelly Ward.
Exercises performed by Betty Burt.