

# Resistance band exercises



## 1. Seated row

The seated row is an exercise that strengthens your upper back and arm muscles. It can help you maintain posture and keep your shoulders healthy.

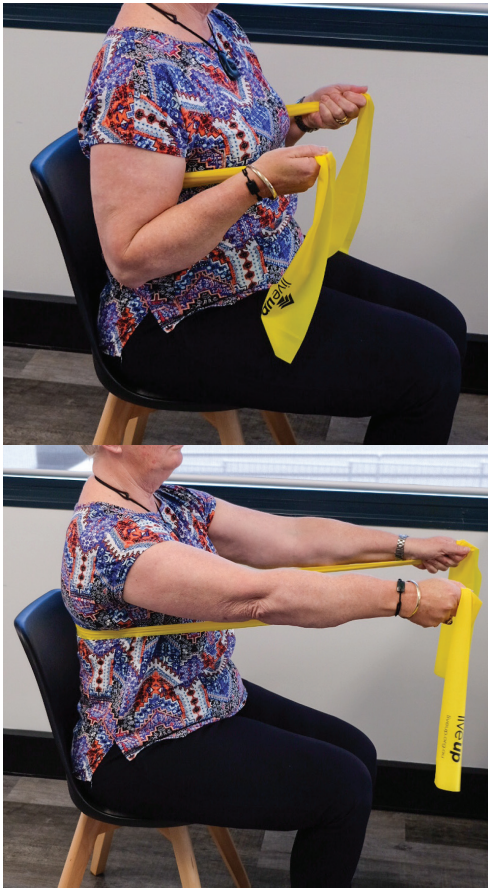
1. Wrap the band around the bottom of your foot.
2. Firmly hold on to each end of the band.
3. Keep your leg straight and heel on the ground.
4. Start with your arms straight in front of you.
5. Pull the band until your hands are at the sides of your chest.
6. Gently return to the start position.

## 2. Leg press

The leg press is a great exercise to maintain or improve your lower body strength.

1. Wrap the band around the bottom of your foot.
2. Firmly hold on to each end of the band.
3. Start by bringing your knee towards your chest.
4. Push your leg out in front of you.
5. Slowly bring your knee back up towards your chest.





### 3. Chest press

The chest press is a great upper body exercise that strengthens your chest, shoulder, and arm muscles.

1. Wrap the band around a chair or around your upper back.
2. Firmly hold onto each end of the band.
3. Start with your hands at the sides of your chest.
4. Push both arms out in front of you.
5. Slowly return hands to the start position.

### 4. Leg extension

The leg extension specially targets your thigh muscles to help develop strength and stability around the knee joint.

1. Tie the band around the front leg of your chair.
2. Sit down and place the band around the front of your ankle.
3. Start with your foot on the ground.
4. Straighten your knee while lifting your foot off the ground.
5. Slowly return to the start position.

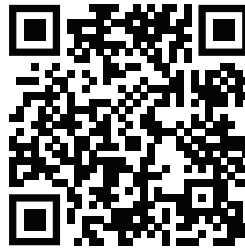




## 5. Bicep curl

The bicep curl focuses on improving the strength of your arm muscles.

1. Place the middle of the band underneath both your feet.
2. Firmly hold on to each end of the band.
3. Start with your hands down by your side.
4. Bring your hands towards your shoulder while bending your elbows.
5. Slowly return to the start position.



Scan the QR code for more helpful articles and downloadable exercise sheets on the LiveUp website.

### Important

These exercises are provided for general information and educational purposes only. Some of these exercises may not be for you.

Exercise is not without its risks and may result in injury. To reduce your risk of injury, use your own judgement or consult a healthcare professional before trying these exercises. This is not a comprehensive guide of all aspects of these exercises. This information is not intended to replace professional medical advice.

Perform these exercises at your own risk. Independent Living Assessment Incorporated is not responsible or liable for injury, loss, or damage caused by performing these exercises. Stop the exercise and consult a healthcare professional if at any point you feel new or increasing pain, faint, dizzy, clammy, short of breath, or any physical discomfort.

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LiveUp is a healthy ageing initiative  
Australian Government Department of Health and Aged Care.