

Lower Body	Upper Body	Bodyweight (Core)
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SKATER SQUATS		Stand with your arms by your side, feet shoulder-width apart and band securely under your feet. Keeping left foot planted, step with your right foot out to the side and squat down, keeping your knees behind your toes and over ankles. Hold for two counts and come back up to standing. Repeat on left side. Tip: Keep chest lifted and abdominal muscles tight when squatting.
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WOODCHOPPERS		Stand with your feet shoulder-width apart, band securely under one foot and grip with both hands. Begin exercise in the lower squat position. Straighten arms with hands alongside of bent knee closest to attachment site. Stand up and slowly rotate trunk, pulling upward and across body with hands ending above opposite shoulder. Shift bodyweight to foot furthest from the attachment site. Keep the trunk hinged slightly forward and hip back while keeping the opposite leg straight.
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LUNGES		Stand with your feet staggered, wide stance and toes pointing forward with the band securely under the front foot. While engaging your abdominals, bend at the knees only and lunge down. Keep front knee above or behind the toes; do not lean forward or let the front knee go past the toes. To lift up to starting position, squeeze the glutes on the back leg.
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CHEST PRESS		Stand with feet shoulder-width apart, knees soft, posture erect and abdominals tight. Grasp the ends of the band in both hands and place behind your back, under the arms, at chest level. Bend and raise your elbows to chest level. Keeping your wrists firm and palms parallel with the floor, extend your arms straight in front of the body; do not lock out the elbows. Return to starting position and repeat.
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LAT PULLDOWNS		Stand upright with your arms shoulder-width apart and straight over your head. Hold the resistance bands with your palms facing out and down and make sure you have enough tension. Slightly bend your arms and pull the band apart and down in front of your head while bringing the hands next to your shoulders. Tip: Keep your shoulders down and squeeze your shoulder blades together. Slowly return to the starting position.
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FRONT SHOULDER RAISE

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Stand with your feet staggered and resistance band securely under the front foot. Hold the handles in front of your waist or thighs with your palms facing you. Keeping your abdominal muscles and your back muscles tight, lift the band directly in front of you with your arms straight. Stop once you reach the level of your shoulders. Keeping your core muscles tight, return the bands to the starting position.

LATERAL RAISE

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Stand with your feet staggered and resistance band securely under your front foot. Hold the ends of the band with your palms facing inward. While maintaining a slight bend in the elbow, lift your arm laterally to shoulder height. Keep your core muscles tight, your wrist firm, thumb pointed up and palm facing downward. Slowly lower and repeat.

ONE ARM ROW

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Stand with your feet staggered and resistance band securely under your front foot. Hold the end of the band in your right hand next to your bent leg and bend forward from the hips, keeping your back straight. While keeping your core muscles tight, drive your right elbow past your back until band is fully taut.

PUSH-UPS

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Start in plank position, with hands shoulder-width apart. Place band across shoulders and securely under the palm of your hands. Shoulders, elbows, and hands should be in alignment. Maintain a neutral spine (see arrow); keeping head and neck in alignment with the spine and do not bend at the neck by looking up or down. Bend elbows to lower your chest to the surface. Slowly push away to starting position; do not lock elbows

BRIDGE

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Lie on your back with knees bent and heels at shoulder-width. Drape band over hips and pull towards the floor with hands so that it is tight to the body. Squeeze glutes and lift hips into a bridge, and then lower hips, keeping arms still. **Tip:** Keeps abdominals tight and back flat creating a long spine.

BICEPS CURL

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Stand with feet hip-width apart and band securely under your feet. Hold the handles in front of your waist or thighs with your palms facing you. Curl both biceps, pausing at the top. Release arms and return to starting position. **Tip:** Keep elbows close to your body.

OVERHEAD TRICEPS EXTENSION

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Stand with your feet staggered and resistance band securely under your back foot. Hold the band over your back with both arms bent at the elbow and parallel to the ground. Keeping back flat and core engaged, extend right arm up overhead, palm facing away from body. then lower back down. Repeat on left side. **Tip:** Elbow should be facing forward and held firmly with the opposite hand to help isolate the triceps.

PLANK



Hold in plank position with hands shoulder-width apart and in alignment with the chest. **Tip:** Shoulder should be positioned directly over wrist. You can hold either on your hands or on your elbows (if you have wrist problems). Maintain a neutral spine, keeping head and neck in alignment with the spine; do not bend at the neck by looking up or down.

Tip: Do not bend or arch your back.

SIDE PLANK



Lie sideways on the mat. Place forearm on mat, under shoulder and perpendicular to body. Place upper leg directly on top of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged. Hold position. Repeat with opposite side. Brace your abdominals and hold.

RUSSIAN TWIST



Start seated on the floor with your knees bent and heels in contact with the ground. While keeping your back flat and not arched, lean back until you feel the abdominals engaged to stabilize your body. Rotate to one side, while making sure you rotate your entire torso and are not just reaching around with your arms. **Tip:** Wherever your hands or the weight goes, your shoulders and eyes should go as well. After your elbow touches the ground, change direction and move the load to the other side (without pausing).

Advanced: Lift your feet off the ground for a more advanced work and hold a dumbbell or medicine ball.

BIRD DOG



Start on all fours and tighten your abdominal muscles, keeping your spine and neck in a neutral position; you should be looking at the floor. Slowly extend your left leg behind you while reaching your right arm forward. Keep your hips and shoulders square and make sure your lower back doesn't arch. Hold for five seconds. Slowly return to the starting position and do the move on the opposite side. Complete 5 to 10 repetitions on each side.

OFFICE STRETCHES

Stretching is a safe and useful activity for healthy adults that can help improve overall flexibility, posture, coordination, balance and postural awareness. Consistently moving muscles and joints through their full range of motion three to five days per week, can also decrease the risk of injury when performing activities of daily living and ease pain from chronic conditions such as back pain and osteoarthritis.

Stretching may affect your mind as well as body. When done in a slow and focused manner, an extended stretching routine can be an excellent relaxation method and stress reducer.

Perform these office stretches to feel more energized, focused and better throughout the workday.



March in Place



Neck Stretch



Chair Twist



Hip Circle



Chest Stretch



Side Stretch