



trent health in motion

Enhancing HEALTH... Optimizing PERFORMANCE

Upper Body Band Exercises

Start by holding an elastic band in front of your chest with overhand grip and your elbows straight. Then, pull your arms apart into a "T" position. Return to starting position and repeat.



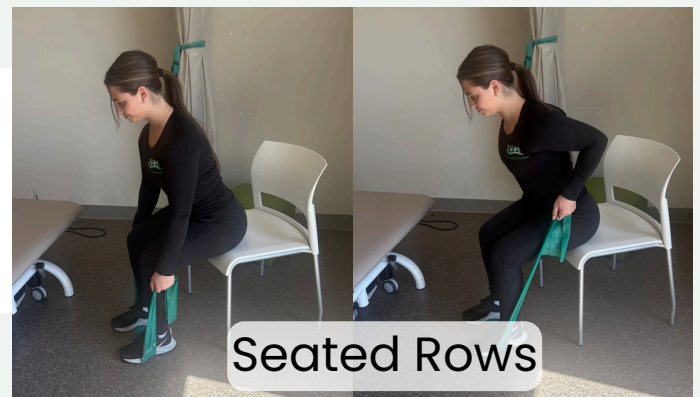
Banded Pull-Aparts



Bicep Curls

Start with the band in each hand, using your feet to anchor the band to the floor. Keep your elbows tucked to your sides and bring your fists up towards your shoulders. Return to the starting position.

Start with your band in each hand, using your feet to anchor the band to the floor. Hinge your hips forward, draw your elbows back and squeeze your shoulder blades together. Hold for 3 seconds and return to the starting position.



Seated Rows



PNF Sword

Start with your feet staggered and your band underneath your right foot. Engage your core and pull the band with your left hand to extend your arm up by your head. Slowly lower back down to the starting position. Repeat with the left foot and right hand.

Complete 3 sets of 10 reps for each exercise throughout day.

Lower Body Band Exercises

Start with your feet hip distance apart with your band tied in a circle above your knees. Hinge at your hips and it back into a squat position. Return to a standing position and repeat.



Begin standing tall using our chair or desk for support we will engage our calves to lift onto tip toes then lower down slowly. You can place the band around your thighs to promote further muscle activation.

Start in a seated position with your band tied in a loose circle around your feet. Extend your right leg out straight, hold for 3 seconds, lower back to the starting position. Repeat on the left side.

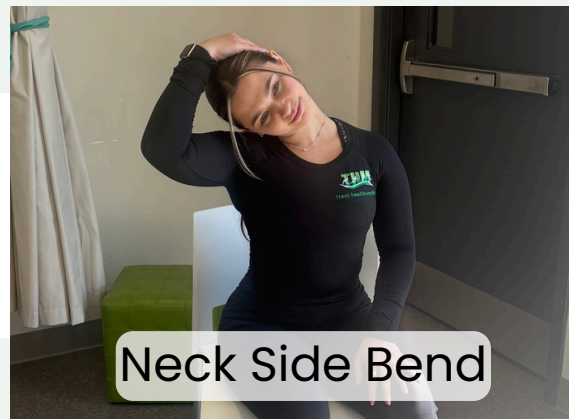


Start seated with your band tied above your knees. Press your knees outwards, squeezing the muscles on your outer thighs, hold for 3 seconds, return to the starting position.

Complete 3 sets of 10 reps for each exercise throughout day.

Upper Body Seated Stretches

Begin seated, rotate your head side to side, tipping ear and chin to the sky. Slowly let chin drop and roll to other side.



Begin seated with your arm extended straight and palm towards the ceiling. Use your other hand to gently pull down your fingers. Flip your palm over and repeat. Rotate between flexion and extension of your wrists on both sides.

Begin in a seated position, rotate your spine to the left, hold for a full breath. Then rotate to the right side.



Begin seated we will complete 5 cycles rounding and retracting through your shoulders. Try to have the rounding during your exhale and retraction with the inhale.

Complete 3 sets of 5 reps for each exercise throughout day.



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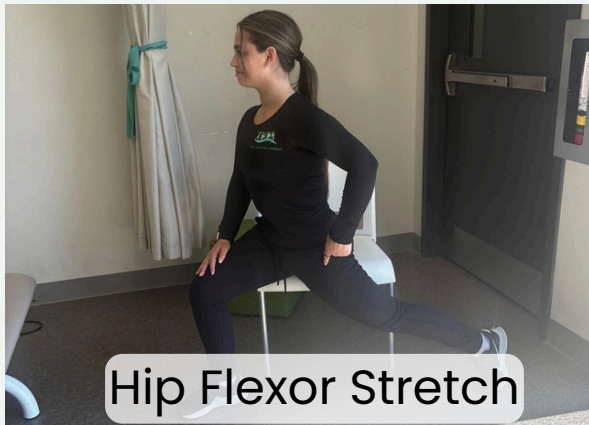
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Lower Body Stretches

Begin standing tall with palms pressed into desk and up on tippy toes making an inclined position. Then push hips back and lower heels to floor to feel stretch down the back of legs.



Downward Dog with Desk



Hip Flexor Stretch

Begin in a seated position with the hip to be stretched off of the seat of a firm chair, with leg extended behind you as shown. Extend leg behind you until a stretch is felt in the front of the thigh and/or hip.

Begin seated or in a standing position, we will cross one ankle over top of thigh. Keeping back straight we will hinge forward with upper body to feel stretch in glute region.



Seated Figure 4



Hamstring Stretch

Begin seated at the top of chair. Extend one leg straight out and pull your toes to nose while other knee is bent. Keep back straight and begin to lean forward until feel stretch.

Complete 3 sets of 5 breaths for each exercise throughout day.



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