

Upper Body Exercises:

Go for 10 reps and do for 2 sets

Bicep Curl



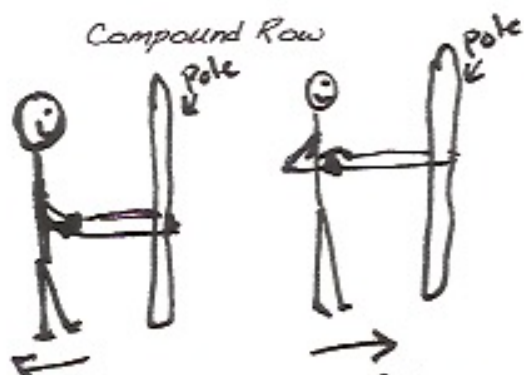
Keep your elbows close to your sides and slowly raise your arms up

Overhead Press



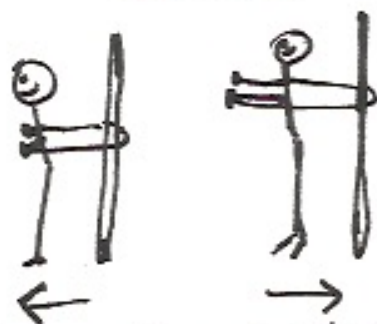
Do one arm at a time if band is too tight to do both at once

Compound Row



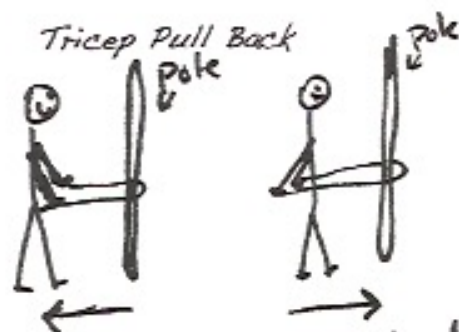
Using a pole, banister, deck railing, or table leg - loop band around it with elbows bent + pull back

Chest Press



Keep elbows shoulder height bent and extend forward

Tricep Pull Back



Keep elbows locked, stretch band back moving arms past back

Lateral Raise



Keep arms out to your side straight and lift up - very little range needed