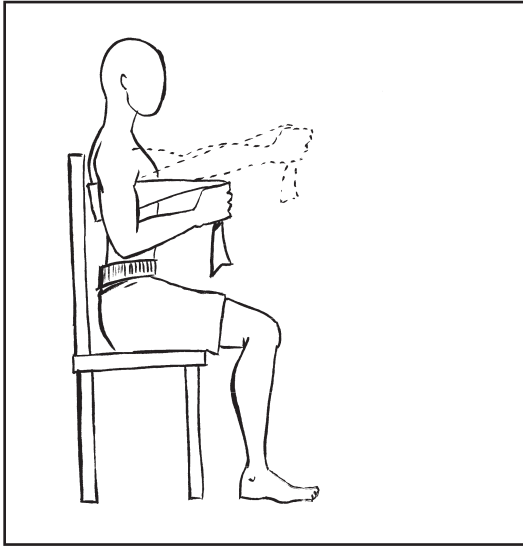




Exercises at Work



EXERCISE A

Exercise
Chest Press

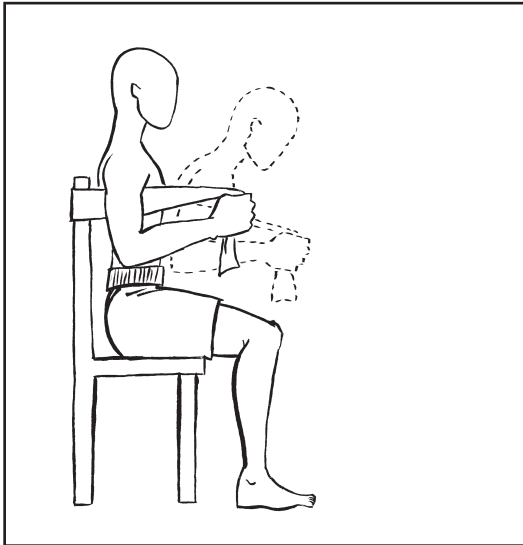
Muscles in action
Pectorals and anterior deltoids (front of shoulders)

Description
Starting position: Sitting on a chair with straight back and abs tight, wrap band behind upper back. Hold ends out in front, at chest level.

How to do it
Exhale as you press your arms out to full extension without locking your elbows. Inhale as you return to the starting position.

Number of sets and repetitions: 2 x 15

Rest
Thirty seconds between each set.



EXERCISE B

Exercise
Seated Crunch

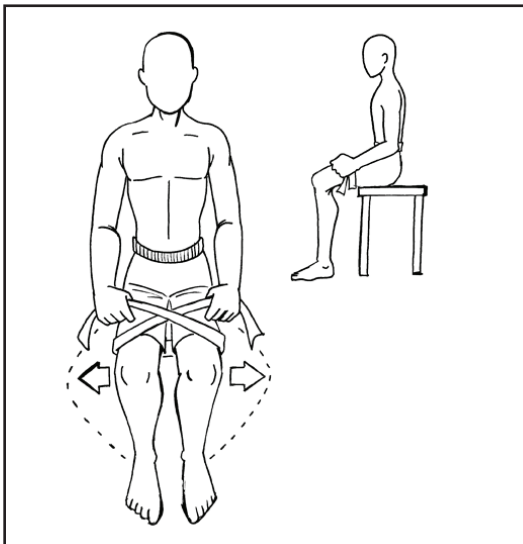
Muscles in action
Abdominals and back

Description
Starting position: Sitting on a chair with straight back, wrap the resistance band around the chair or your back, making sure it will not move during the exercise. With arms at chest level, keep tension on the band.

How to do it
Exhale as you contract your abdominals, bending forward. Inhale as you return to the starting position. Release slowly to work your back.

Number of sets and repetitions: 2 x 15

Rest
Thirty seconds between each set.



EXERCISE C

Exercise :
Seated Abductor Press

Muscles in action
Legs – abductors (side of the hips)

Description
Starting position: Sitting on a chair with straight back and abs tight, tie the band around your knees tightly or loosely, depending on the desired resistance.

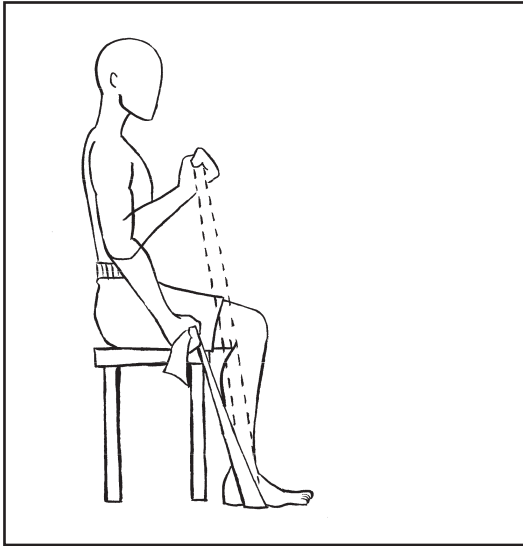
How to do it
Exhale as you push your thighs apart against the band. Inhale as you slowly return to the starting position.

Number of sets and repetitions: 2 x 15

Rest
Thirty seconds between each set.



Exercises at Work



EXERCISE D

Exercise
Bicep Curl

Muscles in action
Biceps (forearm)

Description

Starting position: Sitting on a chair with straight back and abs tight, place band under one foot, holding ends in each hand.

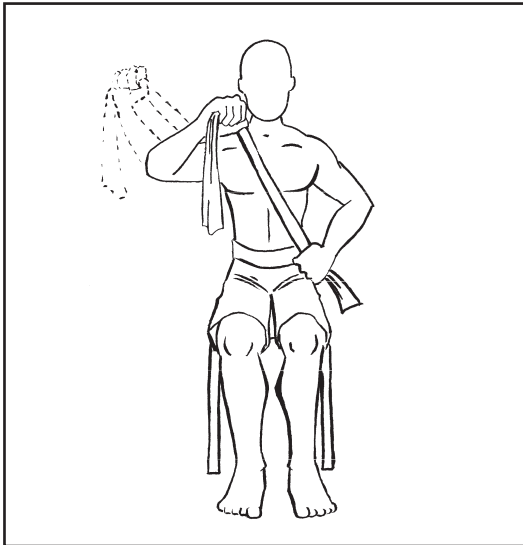
How to do it

Exhale as you bend the elbows and bring forearms to the shoulders. Inhale as you slowly lower arms back to the starting position. Repeat. Keep elbows by your side in order to isolate the biceps.

Number of sets and repetitions: 2 x 15

Rest

Thirty seconds between each set.



EXERCISE E

Exercise
Shoulder Diagonal Flexion

Muscles in action
Triceps (back of arms) and shoulders

Description

Starting position: Sitting on a chair with straight back and abs tight, hold one end of the band in one hand at hip level. This hand will not move during the exercise. Grasp the other end with the free hand. The elbow of this free hand must be parallel to the ground.

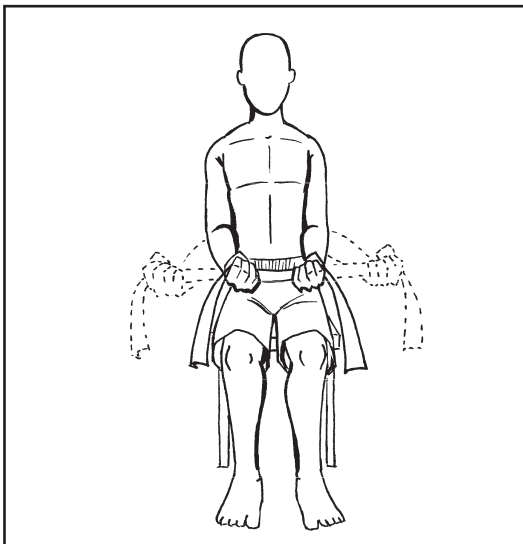
How to do it

Exhale as you pull the band up and out with the free hand by straightening your elbow. Inhale as you return to the starting position.

Number of sets and repetitions: 2 x 15

Rest

Thirty seconds between each set.



EXERCISE F

Exercise
Shoulder External Rotation

Targeted muscle group
Exterior rotator cuff (shoulders)

Description

Starting position: Sitting on a chair with back straight and abs tight, grasp band in front of you with both hands close together and facing up, elbows tucked in tight at sides and bent to 90 degrees.

How to do it

Exhale as you pull the elastic in opposite directions, keeping elbows tucked in tight at sides.

Number of sets and repetitions: 2 x 15

Rest

Thirty seconds between each set.