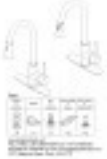


RESISTANCE



RESISTANCE BAND EXERCISES

1. **Hand Stand:** Stand on your hands with feet together, holding the band around your feet. Push up against the band to lift your body. This exercise strengthens the shoulders and core.

2. **Seated Band Pull:** Sit on the floor with legs extended. Hold the band with both hands at the ends. Pull the band towards your chest, then release it. This exercise works the back and shoulder muscles.

3. **Band Squat:** Stand with feet shoulder-width apart. Place the band under your front foot. Squat down, pulling the band back. This exercise targets the quadriceps and glutes.

4. **Band Row:** Kneel on one knee with the band under the other foot. Pull the band towards your chest. This exercise strengthens the back and shoulder muscles.

5. **Band Lunge:** Stand with feet shoulder-width apart. Place the band under your back foot. Step forward with your left foot, pulling the band back. This exercise works the legs and glutes.

6. **Band Push-up:** Place the band under your hands and feet. Push up against the band. This exercise is a variation of a push-up that adds resistance.

7. **Band Pull-apart:** Stand with feet shoulder-width apart. Hold the band with both hands at the ends. Pull the band apart horizontally. This exercise works the shoulder muscles.

8. **Band Calf Raise:** Stand with feet shoulder-width apart. Place the band under your feet. Rise up on your heels, pulling the band back. This exercise strengthens the calf muscles.

9. **Band Bicep Curl:** Stand with feet shoulder-width apart. Hold the band with both hands at the ends. Curl the band up towards your shoulders. This exercise works the biceps.

10. **Band Tricep Extension:** Stand with feet shoulder-width apart. Hold the band with both hands at the ends. Extend your arms out to the sides, then pull the band back. This exercise works the triceps.