

EXERCISE BAND 10 MINUTE DESK WORKOUT

Resistance Band Bent Over Rows

1. Start by placing the band under feet.
2. Bend over keeping your back flat and stop at a 45 degree angle.
3. Pull the bands up towards your waist keeping your elbows in close together.
4. Squeeze your shoulder blades together when performing rowing motion.



Lateral Raises with Resistance Band

1. Place your foot on the resistance band.
2. Start position: Grasp ends with a neutral grip. Arms should hang down along the sides of your body.
3. Raise band to side of body at shoulder height keeping elbows slightly bent.
4. Return to start position



Biceps Curls with Resistance Band

1. Place your foot on resistance band.
2. Start position: Grasp ends with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
3. Flex at the elbows and curl band up to approximately shoulder level. Keep elbows close to sides throughout movement.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.



Leg Press

1. Sit in chair.
2. Loop elastic around bottom of foot.
3. Hold elastic in both hands.
4. Push leg down straightening at knee.
5. Slowly return to start position and repeat.
6. Repeat on opposite side.



Oblique Twist

1. Place resistance band under your rear.
2. Place the other part of the band on the back of your shoulders...forming a circle from rear to shoulders
3. Place hands down by your side and reach for your ankles.
4. Side to side with your fingers - causing the "crunch motion" targeting your obliques



Seated Leg Extensions with Band

1. Fold band in half. Place resistance band around your left foot, holding both ends securely in your right hand.
2. Sit tall on your chair without leaning into your chair back
3. Lift your left leg up so that the back of your thigh comes off the chair.
4. Keeping your leg elevated, extend your leg out, straightening at the knee and then bend the knee.
5. The only movement should come from bending and extending the knee. Keep your left thigh lifted off of your chair the entire time.
6. Exhale as you extend leg and inhale as you bend it.
7. Repeat on the opposite side.

