



## H3 Resistance Band Training

For optimum safety and effectiveness, be conscious to use proper form for all exercises. Three positions are listed below:

### Neutral Position

- Stand with your legs about shoulder width apart, with soft knees (slightly bent)
- Keep your abdominals and buttocks contracted, with your shoulders relaxed and back.

### Seated Position

- Sit on the floor with legs extended.
- Maintain good posture – abdominals contracted, chest high, shoulders relaxed.
- On Your Back
- Start with your knees bent, feet flat on the floor
- Keep your abdominals contracted (belly button toward the spine).

## Exercises

### Upper Back

#### Lat Pull Down – Neutral Position

- Hold the band with hands slightly closer than shoulder width.
- Extend arms overhead
- Open the arms wide as you pull the band in front of the head, just below the chin.
- Slowly return the band to starting position, keeping the band taut.

#### Back Squeezes – Neutral Position

- Hold the band with hands slightly closer than shoulder width, directly out from your chest.
- Bend your elbows as you pull the band towards your chest, squeezing your shoulder blades together.
- Slowly return the arms to starting position.

#### Seated Row – Seated Position

- Grip each end of the band and loop it around the balls of your feet.
- Keeping your knees slightly bent, your back straight, and your elbows close to your body, pull the band toward the torso, bending your arms at the elbows.
- Squeeze the shoulder blades back and together, return to starting position.

### Chest

#### Chest Press – Neutral or On Your Back

- Place Dyna-band around your back across the shoulder blades and under the arms.
- Grip the ends with each hand beneath the underarms, elbows bent.
- Extend the arms forward, in front of the chest, squeezing the chest at extension, and slowly return to starting position.



### Chest Fly – Neutral Position or On Your Back

- Place Dyna-band around your back across the shoulder blades and under the arms.
- Grip the ends with arms extended in front of the chest, elbows slightly bent.
- Open arms wide to the side, keeping elbows fixed in the slightly bent position, and slowly return to starting position, squeezing the chest together.

## **Shoulders**

### Lateral Raise – Neutral Position

- Place one end of the band under your right foot and hold the other end in your right hand, palm facing the side of your thigh.
- Raise arm out to the side of your body to shoulder height, keeping in mind not to bend the torso. Slowly lower to start position.
- Repeat on opposite side.

### Front Raise – Neutral Position

- Place one end of the band under your right foot and hold the other end in your right hand, palm facing the front of your thigh.
- Raise the arm in front of the body to shoulder level, palm facing the ground. Slowly return to starting position.
- Repeat on opposite side.

## **Biceps**

### Bicep Curl – Neutral Position

- Hold one end of the band in your right hand with arm extended down to side and step on the other end with your right foot. Your palm should face forward, away from your body.
- Keeping your elbow fixed at your side, curl the band up by bending your elbow and bringing your hand toward your shoulder. Slowly return to starting position.
- Repeat on opposite side.

### Hammer Curl – Neutral Position

- Hold one end of the band in your right hand with arm extended down to side and step on the other end with your right foot. Your palm should toward the outside of your thigh.
- Keeping your elbow fixed at your side, curl the band up by bending your elbow and bringing your hand toward your shoulder. Slowly return to starting position.
- Repeat on opposite side.

## **Triceps**

### Tricep Pressdown – Neutral Position

- Grip the middle of the Dyna-band with the right hand and the end with the left hand.
- Bring the right hand across the body to the left shoulder.



- The left hand should be directly below the right hand, with elbow bent and fixed to the side.
- Extend the left forearm down to the side, keeping a slight bend in your elbow and slowly return to starting position.
- Repeat on opposite side.

#### Overhead Extension - Neutral Position

- Hold one end of the band in your right hand, raise overhead so that the band is behind your back. Grasp the band behind your back with your left hand and hold steady on the small of your back.
- Keeping your elbow high and close to your ear, extend the right hand toward the ceiling and slowly return to starting position. Repeat on opposite side.