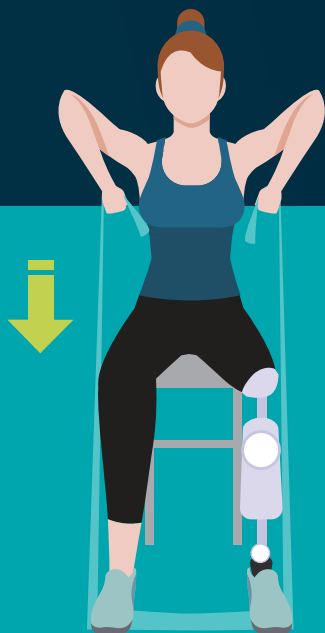


Exercise Circuit

Strength Circuit 2

Perform each exercise for 30 seconds. Repeat 4 times.
All exercises can be completed seated or standing and with or without the suggested resistance bands.
Alternatives for resistance bands can be wrist & ankle weights or 500ml water bottles. We recommended that you start of light and gradually increase your weight/resistance as you progress in the exercise movements.

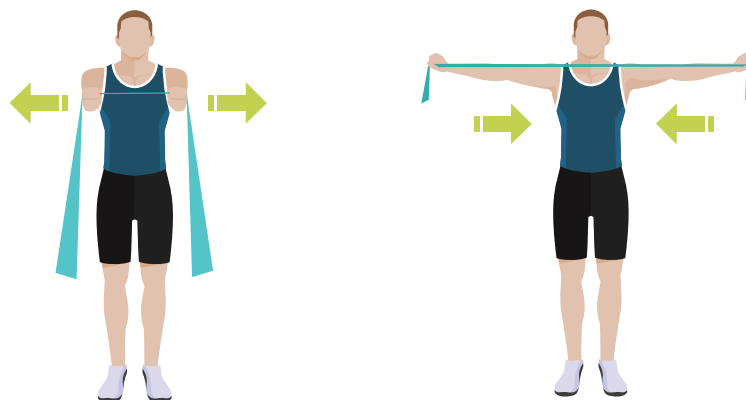


Standing

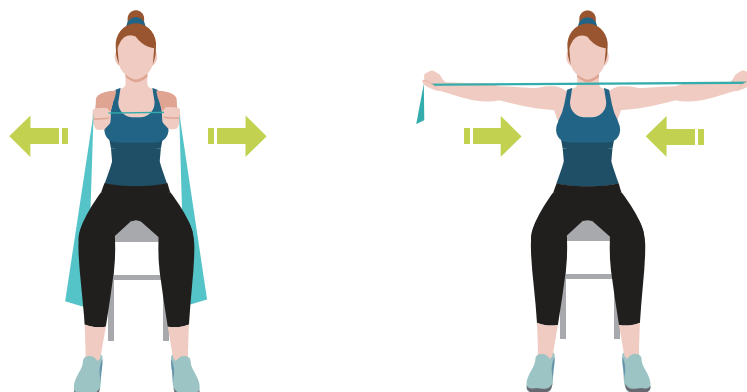
Resistance Band Pull Apart

Hold the resistance band with an underhand grip a little wider than shoulder-width apart. Raise your arms out in front of you at chest level.

Keep the feet shoulder-width apart. Pull the band apart by squeezing your shoulder blades together. Pause for a second and slowly return your hands to starting position.



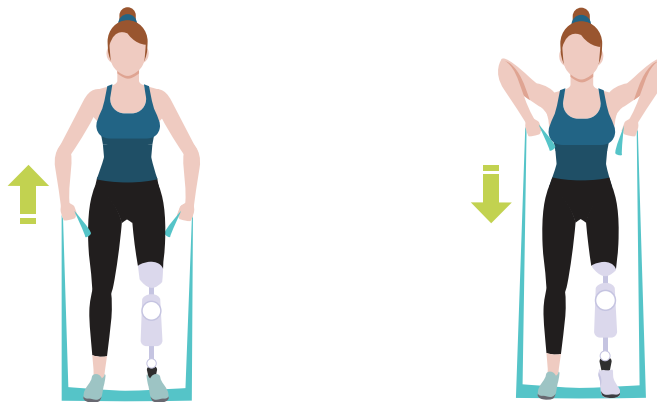
Seated



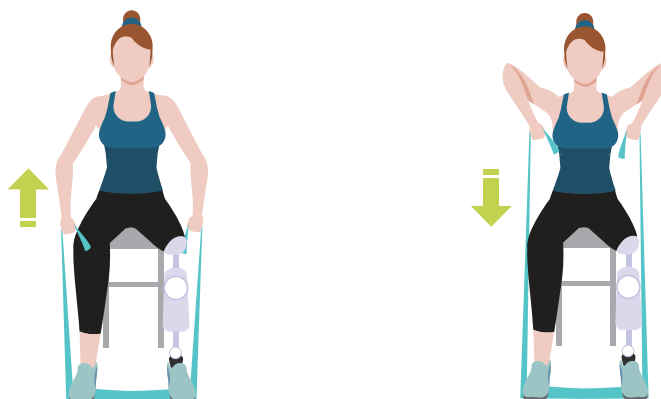
Standing

Resistance Band Upright Row

Secure the band under your feet or wheelchair base. Keep the feet shoulder-width apart. With an overhand grip, bend elbows to pull the band up from hip height toward your shoulder with palms facing inward. Keep the elbows facing upward. Slowly return your hands to starting position.



Seated

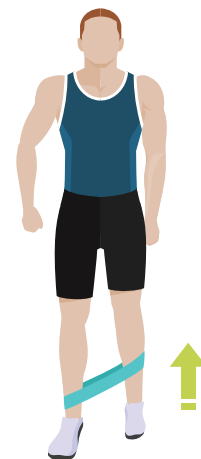


Standing

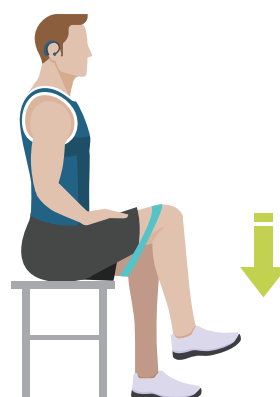
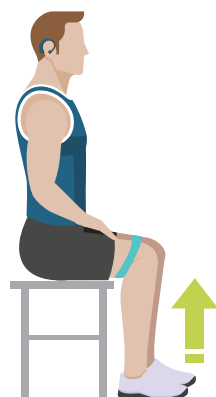
Resistance Band Marching

In a standing position loop the band around your mid – calf and tie both ends. In a seated position wrap the resistance band around your lower calf and hold on to ends in each hand. Keep your feet shoulder-width apart.

Slowly bring your knee up as high as possible raising the foot of the ground. Bring the foot back to starting position and repeat on other side. If you have limited leg mobility this can be completed by placing the band under your toes and pointing your toes up and down.



Seated



Standing

Resistance Band Tricep Press Outs

Hold the band in each hand with one hand at shoulder height with a bent elbow facing outward and the other hand anchored at opposite hip with elbow tucked.

Keep with your feet shoulder-width apart. Keeping your lower hand anchored at your hip, pull the band outward by straightening the elbow with hand facing down. Keep the hand at shoulder level. Bend the elbow and bring the hand back to starting position. Complete 5 times and swap arms.



Seated



Standing

Resistance Band Rotations

Hold the resistance band with an underhand grip a little wider than shoulder-width apart. Raise your arms out in front of you at chest level and keep tension on the band.

Turn as far as possible to the left, back to centre, then as far as possible to the right while keeping your arms out and resistance on the band. If you have limited mobility in your trunk, this exercise can be done from the neck upwards, completing the exercise by rotating the head from left to right.



Seated

