

Seated/Standing Row



useful for these daily activities

- Pulling open a heavy door.
- Help maintain good posture.

technique/tips

- Keep upper body tall & upright try not to hunch forward.
- Do not let elbows completely straighten or “lock out”.
- Keep your body still, trying to only move your arms.

other ideas

- Attach the resistance tube or theraband to any immovable object such as a shut door, heavy furniture or gym equipment.
- Do one arm at a time.
- This exercise can also be done sitting on a bench or chair.

standing - before



standing - after



exercise

Upper Back



twelve

12

useful for these daily activities

■ Posture. ■ Getting dressed.

technique/tips

- Keep your upper back tall.
- Keep your elbows in at your sides.
- Open your hands apart and then draw the band in towards your tummy button.

other ideas

- Do one arm at a time.

seated - before



seated - after



exercise

Pectoral Flye



thirteen

13

useful for these daily activities

■ Putting on your coat. ■ Pushing or throwing something.

technique/tips

- Keep your elbows slightly bent.
- Keep your hands in line with the middle of your chest.
- Keep your wrists fixed still.

other ideas

- If lying down, use either the weight of your arms, or use hand or wrist weights or a resistance tube.
- If seated, use a theraband looped behind the back of your chair.

seated - before



seated - after



lying - before



lying - after



exercise

Chest Press



fourteen

14

useful for these daily activities

- Getting up from the floor.
- Pushing open a heavy door.

technique/tips

- If seated, keep your knuckles pointing forwards.
- If lying, keep your knuckles pointing towards the ceiling.

other ideas

- Can be done lying down using just the weight of your arms, or with hand or wrist weights or a resistance tube.
- Can be done seated using a resistance tube or theraband looped behind the back of your chair.
- Can be done standing by pushing away from a wall.

seated - before



seated - after



lying - before



lying - after



exercise

Bicep Curl



fifteen

15

useful for these daily activities

- Eating and drinking.
- Lifting a bag from the floor.

technique/tips

- Gently squeeze your shoulder blades together to stop your shoulders hunching forwards.
- Tuck your elbows into your sides.
- Keep your upper arm still.

other ideas

- Use hand or wrist weights or use a resistance tube or theraband securely fixed under your feet or a chair.
- Do one arm at a time using the other arm for balance.

seated - before



seated - after



standing - before



standing - after



exercise

Tricep Extension



sixteen

16

useful for these daily activities

- Lifting something above your head.
- Pushing open a heavy door.

technique/tips

- Keep your shoulders relaxed - keep them below your ears.
- Keep your wrist firm so that it does not move.

other ideas

- Use just the weight of your arm or use hand weights, wrist weights or a resistance tube or theraband.
- If using a resistance tube or theraband, it can be secured using your feet or the chair/bench.

seated - before



seated - after



kneeling - before



kneeling - after



Grip Strength



useful for these daily activities

- Opening jars. ■ Wringing out washing.

technique/tips

- Keep your hands below chest height.
- Maintain the squeeze for up to five seconds.
- Avoid holding your breath.

other ideas

- Any exercise which involves gripping will work the same muscles.
- Do one hand at a time.

seated with band - before



seated with band - after



seated with ball - before



seated with ball - after



exercise

Abdominal Curl



useful for these daily activities

- Getting out of the bath.

eighteen

18

technique/tips

- Keep your chin off your chest.
- Do the exercise slowly.
- Squeeze your tummy in.

other ideas

- If your neck hurts, support your head with your fingers behind your ears or with a mat.

lying - before



lying - after



Back Extension



useful for these daily activities

■ Good posture. ■ Lifting.

technique/tips

- Do the exercise slowly.
- If lying down, keep your toes on the floor.
- If lying down, keep looking at the floor.

other ideas

- If lying down, you could use your elbows for support.
- To make the exercise harder, place your hands on your lower back, or place your fingers behind your ears.
- If seated, hold a theraband under your feet or other secure object.

seated - before



seated - after



lying - before



lying - after



exercise

Hip Abduction



twenty

20

useful for these daily activities

- Getting out of the car

technique/tips

- If standing, keep your back upright.
- Point your toes forward.
- If lying, try to lift your leg without moving your pelvis.

other ideas

- Lift just the weight of your leg or use ankle weights.
- Alternatively, use a theraband tied looped around both your ankles or a resistance tube securely fastened to a piece of heavy furniture.

standing - before



standing - after



lying - before



lying - after



exercise

Leg Extension

useful for these daily activities

■ Walking. ■ Climbing stairs. ■ Balance when standing.



twenty-one

21

technique/tips

- Sit up straight, if possible without using the back rest.
- If seated, try to keep your hands still.
- Do not let your knees completely straighten or “lock out”.

other ideas

- Use just the weight of your legs, or use ankle weights, or hold a theraband wrapped around your foot.
- Do one leg at a time for better balance.

seated - before



seated - after



lying - before



lying - after



Leg Curl



useful for these daily activities

■ Walking. ■ Climbing Stairs.

technique/tips

- Do not let your knees completely straighten or “lock out”.

other ideas

- Use just the weight of your legs, or use ankle weights or a theraband attached securely to a shut door, heavy furniture or gym equipment.

standing - before



standing - after



lying - before



lying - after



Squats



useful for these daily activities

- Standing up from a chair.
- Lifting heavy objects.

technique/tips

- Stick your bottom out as you sit down.
- Keep your legs apart and your feet pointing forwards.
- Do not let your knees go further forward than your toes.
- Do not let your knees completely straighten or “lock out”.

other ideas

- To make the exercise harder, use a resistance tube or theraband looped under your feet.
- Hold hand or wrist weights to make the exercise harder.

seated - before



seated - after



standing - before



standing - after



Lunges



useful for these daily activities

- Picking things up.
- Kneeling.

technique/tips

- Have a long distance between your front and back foot so that your front knee does not go forward of your front toes as you bend.
- Have your feet hip distance apart rather than on a tightrope.
- Keep your back straight.

other ideas

- Stand near a wall to help balance.
- To make it harder, try holding dumbbells.

standing - before



standing - after

