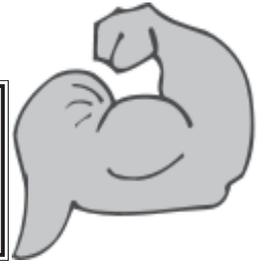


Upper-Body-Strength



It is important to set goals for strength activities that best meet your individual needs. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



1. Arm Curl

Stand on the stretch band with your right foot. Grasp one end of the band in your right hand palm facing down. Lift your right forearm bending at the elbow with your upper arm against your body. Hold for a moment and then slowly return to the start position. Repeat with palm up and then switch to the left side and repeat.

2. Side Lateral Raise

With good posture, stand with your feet about 12" apart. Stand on the stretch band with your right foot and raise your right arm out to the side, keeping the palm down to the floor. Switch to the left side and repeat.



3. Front Arm Raise

With the right foot slightly in front, stand on the stretch band with your right foot. Keeping your back straight and tummy tight lift your right arm palm down in front of your body until eye level keeping a slight bend in the elbow. Switch to the left side and repeat.

Upper-Body-Strength

4. Chest Press

With good posture, stand with your feet about 12" apart. Holding onto both ends of the band raise your arms chest high. Keeping the band tight move hands gently apart until you feel tension and return to the starting position.



5. Vertical Press

With good posture, stand with your feet about 12" apart. Holding onto both ends of the band raise one hand above your head and the other hand waist high. Keeping the band tight move hands gently apart until you feel tension and return to the starting position. Switch hand positions and repeat.

6. Shoulder Press

With good posture, place the stretch band behind the upper back and across the upper arms. Hold onto both ends of the band adjusting the length to maintain tension. Keeping the elbows slightly bent straighten arms out as if to reach for something in front of you. Make sure to do movements slowly and under control.



Lower-Body-Strength

It is important to set goals for strength activities that best meet your individual needs. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



1. Calf Press

Wrap the band around the bottom of the right foot. Hold the ends of the band and position the band to maintain tension. Point the toe while pulling back on the band. Hold the position a moment and then slowly return to the starting position. Switch to the left foot and repeat.

2. Leg Extension

Sitting on a chair, with good posture wrap the band around the bottom of the right foot with the leg bent. Hold the ends of the band and position the band to maintain tension. Straighten the leg until there is only a slight bend in the knee. Hold the position a moment and then slowly return to the starting position. Switch to the left foot and repeat.





3. Outer Thigh Press

Sitting on a chair, with good posture, wrap the band around both legs just above the knees. Maintain tension and slowly move legs apart and hold the position then slowly return to the starting position. Repeat with the opposite leg.

4. Knee Lift

Sitting on a chair, with good posture, wrap the band around both legs just above the knees. Maintain tension and slowly move one knee upward and hold the position then slowly return to the starting position. Repeat with the opposite leg.



5. Abdominal Curl

Sitting on the edge of the chair, with good posture, place the band across both knees and lift the knees toward your chest until you feel tension in your abdominal area and slowly return to the starting position.



Tied-Band Strength

The tied band should allow 6" width between legs. It is recommended that you hold on to a chair for balance while doing the following strength exercises. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



1. Backward Press

Standing with the band around both ankles and holding on to a chair for balance, stand on the left foot and lift the right leg behind with a slight bend in the knee until feeling tension. Hold it for a moment and then return to the start position. Switch to the left foot and repeat.

2. Forward Raise

Standing with the band around both ankles and holding on to a chair for balance, stand on the left foot and extend the right leg forward with a slight bend in the knee until feeling tension. Hold it for a moment and then return to the start position. Switch to the opposite side.





3. Side Hip Abduction

Standing with the band around both ankles and holding on to a chair for balance, put weight on the left foot, lift right leg slowly to the side until you feel tension and return slowly to the start position then switch to the opposite side.

4. Leg Curl

With the band around both ankles stand with feet shoulder length apart. Slide right leg slightly back and keep the knee lightly bent. Flex the knee and pull foot toward the buttocks slowly then return to the start position. Switch to the left foot.



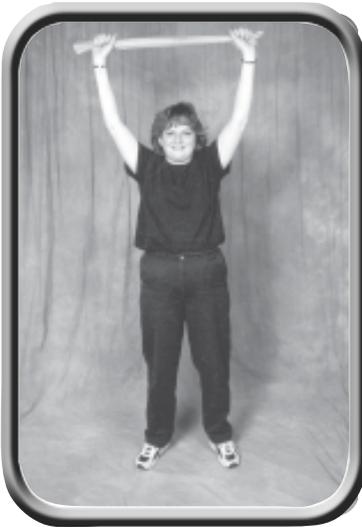


SOUTH DAKOTA
DEPARTMENT OF HEALTH

Stretching



It is important to set goals for stretching activities that best meet your individual needs. Stretching activities can be done 5 days a week. It is recommended that you do 5 of each stretch.



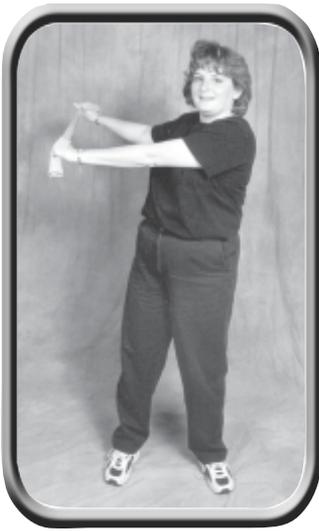
1. Overhead Stretch

Standing with the feet shoulder width apart, holding both ends of the band to maintain tension. Raise arms over your head and reach as high as you can.



2. Side Bends

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With arms raised over your head bend to the side until you feel tension. Repeat on the opposite side.



3. Torso Twist

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With the band stretched across the chest twist at the waist to the right and then repeat going to the left.

4. Toe Reach

Standing with the feet shoulder width apart, hold both ends of the band to maintain tension. With the band stretched reach down toward your knees until you feel tension and return to the start position.



5. Lunge Forward/Backward

Hold both ends of the band in front of the chest to maintain tension. Stand with feet together and step back with the left leg, keeping the back straight and eyes focused in front. Lower the body until the knee is bent to a 90 degree angle and the back knee is close to the ground but not touching. Hold for a moment and return to the starting position and switch to the opposite leg.