



UPPER BODY 1

Scan for a follow-along video

Staying active with these exercises will help you improve flexibility, joint stability and strength. This in turn makes everyday tasks such as carrying shopping or opening cupboards easier. If you experience severe pain whilst undertaking any of these exercises or you aren't sure if they would work for you, please speak to your Healthcare Professional. Pick from seated or standing options. Remember to use a sturdy chair.

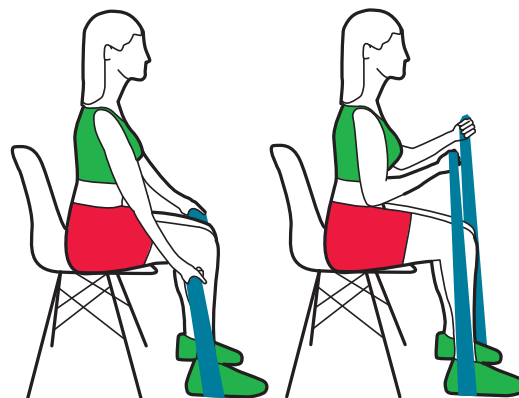
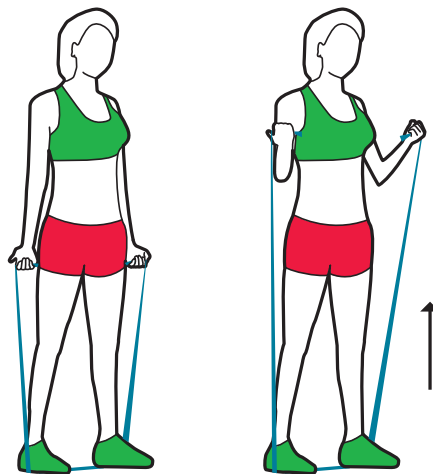
ARMS

BICEP
CURL

Sit or stand with an upright posture, and the middle of the band firmly underneath your feet, holding each end of the band in either hand with your palms facing forwards. There should be some tension in the band in this start position.

Keeping your elbows tucked in by your side, slowly bend both your elbows, pulling against the band until your thumbs almost touch your shoulders. Pause for one second, then slowly lower your hands until your elbows are straight.

This is one repetition.

TOP
TIPS

- 1 If you struggle with gripping the band during these exercises, you can wrap the band around your hand like the illustration here.
- 2 Holding the band with more slack in the start position will make the exercises easier, and holding the band with more tension will make the exercises harder.
- 3 Different colour bands will often be different strengths – so some will be easier and some will be harder. If you have a multipack of different colours, it's worth checking the strength before you start.
- 4 The longer you spend with the band under tension, the harder these exercises will be – so if you want to make them harder, slow them down – try counting to 5 during the movement stretching the band, hold for 3 seconds in the end position, then count to 5 to return to the start position.

3
SETS10
REPS

SHOULDERS

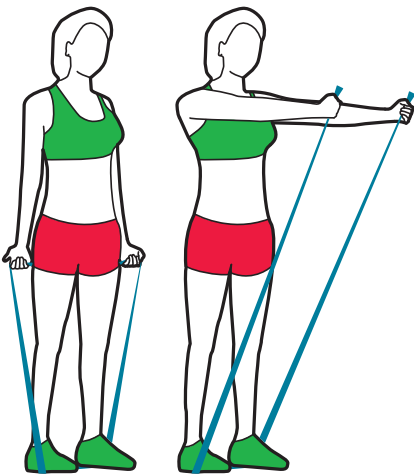
FRONTAL RAISES

Sit or stand with an upright posture, and the middle of the band firmly underneath your feet, holding each end of the band in either hand with your palms facing the floor.

There should be some tension in the band in this start position.

Keeping your elbows straight, lift your arms straight out in front of you as high as you comfortably can, then slowly lower back down. This can be done one arm at a time if more comfortable.

This is one repetition.



3 SETS

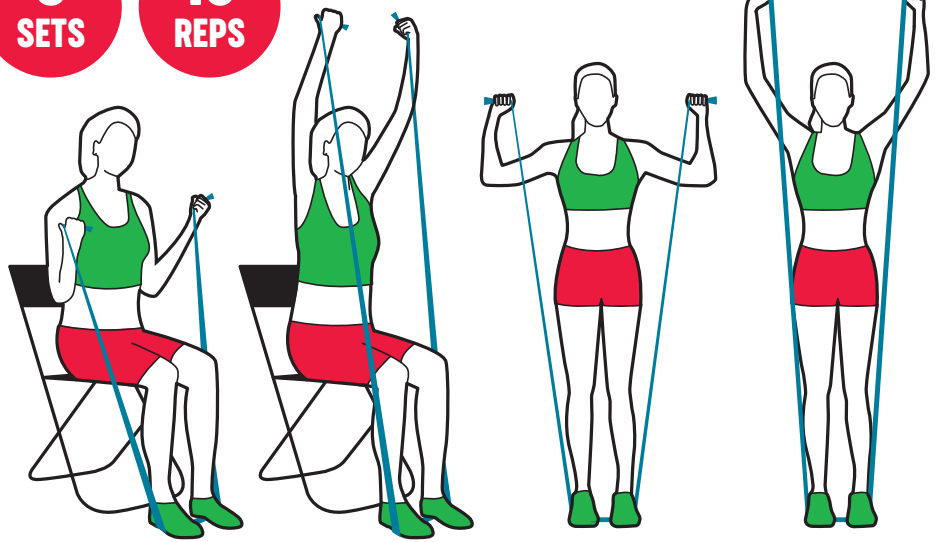
10 REPS

SHOULDERS

SHOULDER PRESS

3 SETS

10 REPS



Sit or stand with an upright posture, and the middle of the band firmly underneath your feet, holding one end of the band in each hand.

Bend your elbows so your hands are just above shoulder height with your palms facing forwards.

Press your hands over your head until your elbows are straight, then slowly lower your hands back towards your shoulders.

This is one repetition.

BACK

RESISTANCE BAND STRETCH AND SQUEEZE

Sit or stand with an upright posture, holding the resistance band in both hands, at chest height with your arms straight out in front of you.

Your arms should be parallel with some slack in the band. Move your hands back towards your body and away from each other to pull the band longer, so your body and your arms form a 'T' shape, squeezing your shoulder blades together.

Slowly return to the start position.

This is one repetition.

3 SETS

10 REPS

