OhioHealth | Reshape Your Health

Increasing Physical Activity | Five Fitness Band Exercises

A resistance band is a strip of elastic used for strength training. It's inexpensive, portable and can be a very effective tool for your fitness routine. Repeat the circuit two to three times.



1 Lats/Upper Back Pull Downs

Hold the fitness band wider than your shoulders overhead, then pull down and extend in the front of your body.

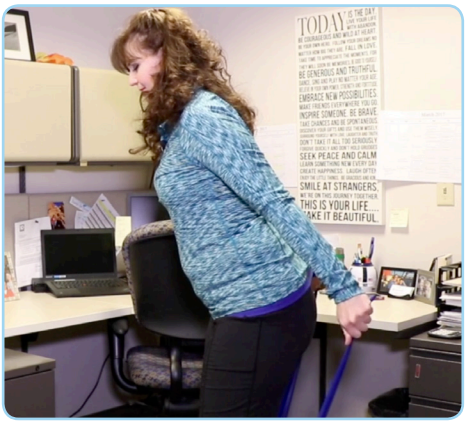
10-12 repetitions



2 Bicep Curls

Place the band smoothly under both feet. Place your feet hip-width apart. Adjusting the tension by holding more or less of the band, begin curling the band up with palms facing your upper body.

10-12 repetitions



3 Tricep Kickbacks

Standing on the band with feet hip-width apart, hold the band and extend both arms backward, extending your triceps.

10-12 repetitions



4 Side-to-Side Legs

Begin by standing hip-width apart, then step side-to-side while keeping the band in place.

5-6 repetitions on each side



5 Bicep Curls

Stand on the fitness band with feet hip-width apart, then hinge at your hips as if you were sitting back in a chair.

10-12 repetitions

Tips for all exercises:

Make sure that you have the right fitness band for your fitness level. Always check your band to make sure there are no tears. If you do find a tear, replace your band immediately.