

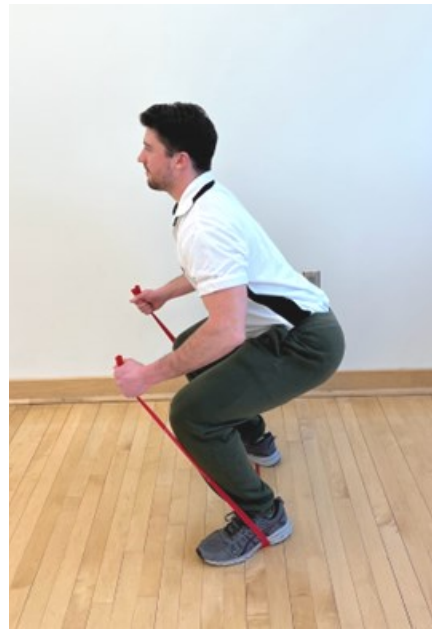
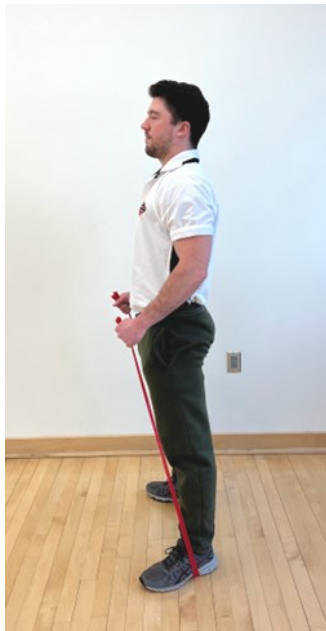


Resistance Band Exercises for Total Body Activity



Band Squat

1. Stand with feet shoulder width apart on the middle of the band, holding either end in each hand.
2. Squat down, finding that invisible chair. Don't forget to keep a straight back!
3. Stand back up against the resistance of the band.
4. Give me ten!



Don't have a resistance band?

Please stop by the Pitney Bowes Foundation Wellness Center (H003)
to pick one up while supplies last!



Resistance Band Exercises for Total Body Activity



One Arm Lateral Raises

1. Grip the band in one hand. On the same side, step one foot on the band, selecting your tension (difficulty) for the exercise.
2. Raise your arm to the side. Bring it to 90 degrees against resistance.
3. Return to the starting position but resist the band as you slowly lower your arm.
4. Okay, nine more!



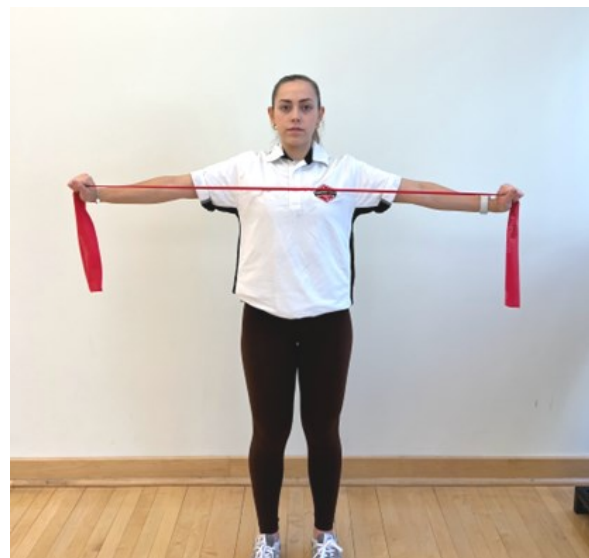


Resistance Band Exercises for Total Body Activity



Band Pull Apart

1. Hold the band in both hands, arms extended straight out front and parallel.
2. Pull the band apart horizontally, squeezing your shoulder blades together.
3. Return to starting position slowly, resisting the pull of the band.
4. Do a total of ten reps.





Resistance Band Exercises for Total Body Activity



Standing Rows

1. Anchor the band securely. Step away, holding the band in both hands.
2. Pull the band toward you, driving your elbows back to engage the muscles of the back. Squeeze your shoulder blades together.
3. Return to starting position, resisting the band.
4. Rep it out for nine more!



NOTE: Be sure to securely anchor the resistance band prior to performing this exercise and ensure that the door is securely closed and locked.