

Resistance bands are surprisingly effective and are great for those who want to exercise at home. The exercises are low impact and help improve strength and flexibility across all areas of your body. Many exercises can be done while seated so are ideal for those with limited mobility, a health condition or in rehabilitation.

For seated exercises it is important to choose a solid, stable chair without wheels to do these exercises and you should be able to sit with your feet flat on the ground, with your knees bent at right angles. Wear loose, comfortable clothing and have some water to hand to stay hydrated.

If you have a health condition, please consult your doctor before starting any of these exercises.

## Lateral Raise

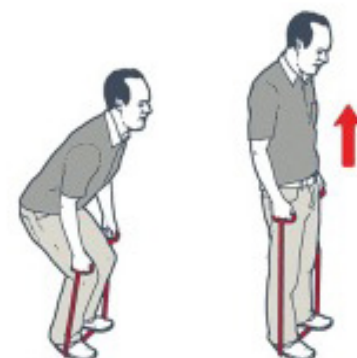
Stand up, place both feet on the middle of the resistance band and hold each end of it with your hands.

Raise both arms to the side, until they reach shoulder height, then return to your starting position and repeat ten times.



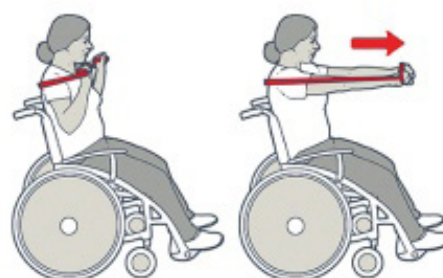
## Squats

Place both feet on the middle of the resistance band and hold each end of it with your hands. Slowly bend your knees into a squatting position, then return to your starting position and repeat ten times.



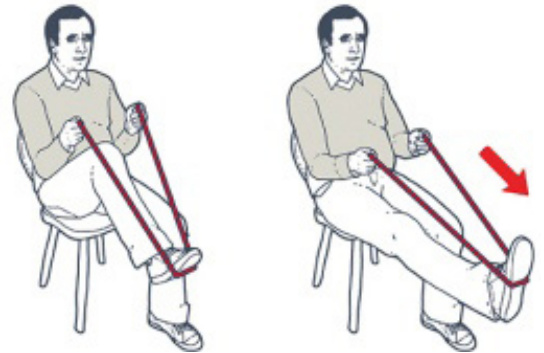
## Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it. Stretch both arms out in front of your chest, then return to your starting position and repeat ten times.



## Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten times.



## Bicep Curl

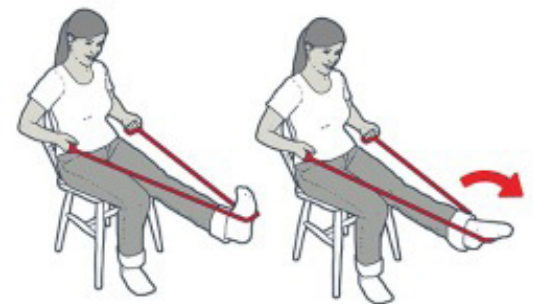
Sit or stand, place both your feet on the middle of the resistance band and hold each end of it with your hands. Raise your arms out in front of you to chest height, then return to your starting position and repeat ten times.



## Seated Calf Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands.

Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground.



Return to the starting position and repeat with each leg ten times.

## Tricep Press

Stand up and place one end of the resistance band under the heel of one of your feet. Hold the other end of the band with both your hands, stretch the band so it runs behind your body and pull it above your head, then return to your starting position and repeat ten times on each side.

