



# Group Lifestyle Balance Resistance Training Program

## 1. Wall Push-up



- Facing the wall, stand one arm's length away.
- Put both palms flat against the wall at shoulder height.
- Keep abdominals tight and spine straight.
- Slowly lower yourself against the wall. Slowly lift yourself back up.
- More challenging: find a lower surface like a kitchen counter or bench.

## 2. Seated Row



- Anchor the tubing to a sturdy object.
- Sit tall. Keep abdominals tight (pull bellybutton to spine) and keep spine straight.
- Pull the tubing towards chest while squeezing shoulder blades together.
- Slowly relax your arms allowing them to return to the starting position.

## 3. Bicep Curl



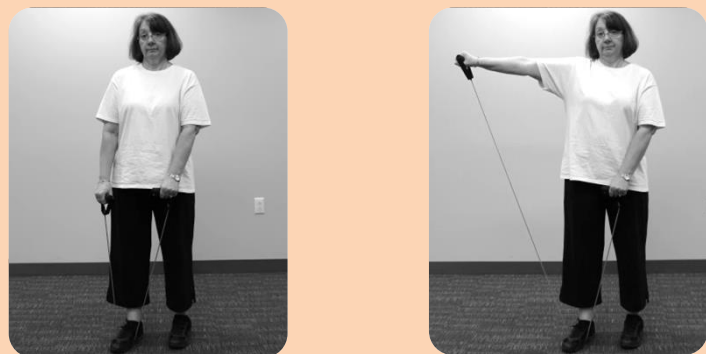
- Place tubing under your feet, hold with palms facing forward. Stand up straight with feet shoulder width apart.
- Bend your elbows, bringing your hands toward your shoulders. Make sure you keep your elbows tucked in at sides.
- Slowly lower your arms allowing them to return to the starting position.

## 4. Triceps Extension



- Hold one end of the tubing at the middle of your chest.
- Using the other hand grasp the tubing with the elbow bent to 90 degrees.
- Keeping the elbow tucked into the side, slowly straighten your arm to 180 degrees.
- Slowly return to the starting position with elbow bent.

## 5. Lateral Raise



- Stand on the tubing with one foot and set feet shoulder width apart.
- With your thumb pointing up, slowly raise one arm out to the side until it is parallel with the floor.
- Do not raise arm higher than shoulder and be sure to keep your shoulders and neck relaxed.
- Slowly return to the starting position.

## 6. Chair Sit-to-Stand



- Start seated on the edge of the chair, fold your hands across chest.
- Lean slightly forward and slowly stand up.
- Fully extend your hips as you come to standing.
- Return to the seated position by sticking your buttocks back towards the chair and slowly lower yourself down. Try not to let yourself drop into the sitting position, use control.

## 7. Inner Thigh Squeeze



- While sitting in a chair, place a rolled up towel between your knees. A pillow or small ball can also be used.
- Be sure to have good posture (back straight and stomach tight).
- Gently squeeze your knees together, hold for 3-5 seconds and relax.

## 8. Sitting Hip Exercise



- Sit tall with good posture on the edge of your chair.
- Keeping knee bent, lift one leg 4-6" off the floor.
- Move knee out to side, keeping the foot off the floor.
- Return knee to front, still keeping foot off the floor.
- Lower foot to starting position.

## 9. Heel Raises



- Stand behind a sturdy chair or use a wall for balance. Keeping your knees straight, slowly raise your heels up, going up onto your toes.
- Hold for 3 seconds and lower slowly to the starting position.
- More challenging: try one leg at a time.