

A photograph of a person's right arm extended horizontally, holding a red elastic resistance band. The band is stretched taut from the hand towards the right edge of the frame. The person is wearing a black sleeveless top. The background is a plain, light-colored wall.

# Training *with* Elastic Resistive Exercise Bands *for* All Individuals



FLINT

PULMONARY REHABILITATION

# UPPER BODY EXERCISES

**Note:** The first 4 exercises use primarily upper back muscles with variations. Choose most accommodating position. If more than one exercise is selected, don't do consecutively.

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Training with Elastic Resistive Exercise Bands for All Individuals  
(With or without disabilities)

Written by Sherri K. Evenson,  
M.S. Exercise Physiologist

Illustrations by Brian J. Bohnett

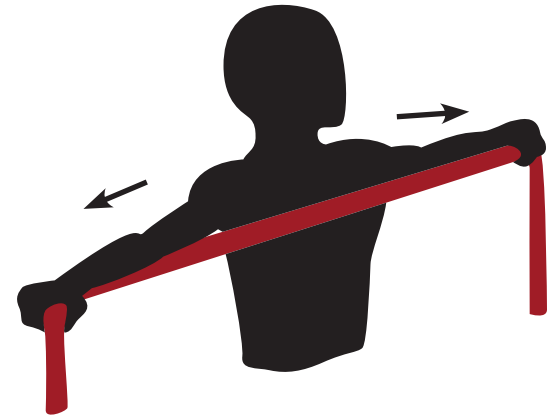
## 1. REVERSE FLY

### **START POSITION:**

*Stand, Sit or Lying down*

### **ACTION:**

- **INHALE** - Arms pulling apart
- **EXHALE** - Arms coming together



## 2. BOW AND ARROW

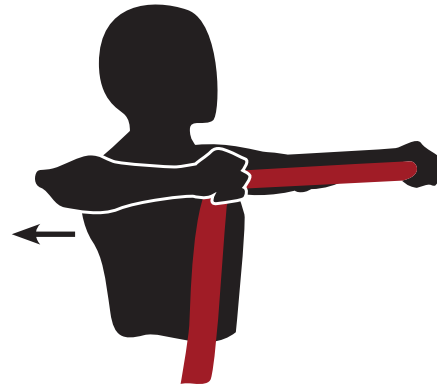
(Upper back/shoulders/biceps)

### **START POSITION:** *Stand or Sit*

- Grasp band with both hands, one hand about 6" behind the other
- Extend arms in front of you, parallel to floor
- Band should be slightly taut

### **ACTION:**

- Pull straight back with one elbow (INHALE) *as if shooting an arrow*
- Slowly return to **START POSITION** (EXHALE)
- Repeat on other arm



# UPPER BODY EXERCISES

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## 3. SEATED ROWS

*(Upper back/shoulders/biceps)*

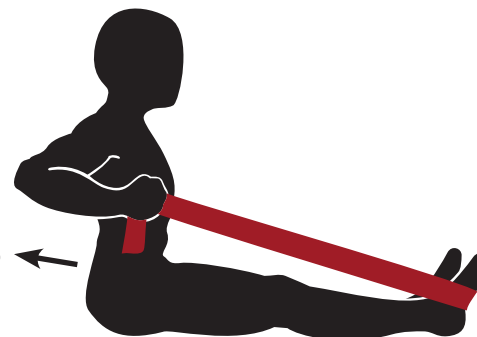
### **START POSITION:**

*Sit*

- Sit with legs extended, knees slightly flexed
- Position band across soles of feet
- Grasp ends of bands with hands
- Extend both arms in front of you, parallel to floor
- Band should be slightly taut

### **ACTION:**

- Pull back with both elbows (INHALE)
- Keep back straight; do not use torso
- Slowly return to *START POSITION* (EXHALE)



## 4. UPRIGHT ROWS

(Shoulders/arms)

### START POSITION:

*Stand, Sit or Lying down*

- Grasp elastic band in each hand
- Place one foot on center of band
- Place hands close together, index knuckles together, palms facing body, arms straight
- Band should be slightly taut

### ACTION:

- Raise hands to chin, leading with elbows (INHALE)
- Slowly return to *START POSITION* (EXHALE)



# UPPER BODY EXERCISES

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## 5. LATERAL/FRONTAL SHOULDER RAISE

(Upper shoulders)

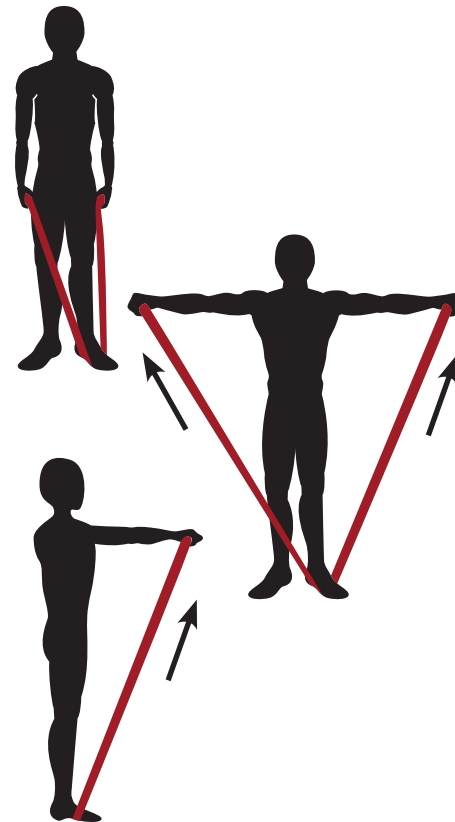
### START POSITION:

*Stand, Sit or Lying down*

- Grasp elastic band in each hand
- Place one foot on center of band
- Allow arms to hang straight at side
- Band should be slightly taut

### ACTION:

- Raise arms outward to shoulder level (INHALE)
- Palm of hand should face floor
- Slowly return to *START POSITION* (EXHALE)
- Repeat action, raising arms in front of body



## 6. CHEST PRESS

*(Chest/shoulders/triceps)*

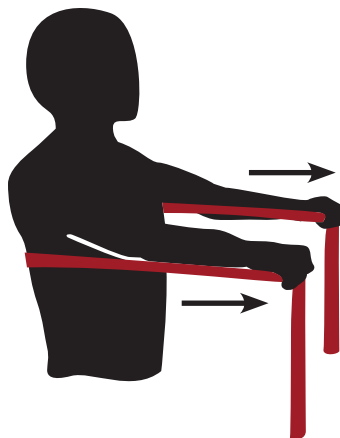
### **START POSITION:**

*Stand, Sit or Lying down*

- Position band across shoulder blades
- Grasp band with hands at underarm
- Elastic band should be slightly taut  
(INHALE)

### **ACTION:**

- Extend arms fully, parallel to each other  
(EXHALE)
- Slowly return to *START POSITION*  
(INHALE)



## UPPER BODY EXERCISES

**Note:** The following 2 exercises use primarily chest muscles (pectoral) with variations. Choose the most accommodating position. If both exercises are selected, don't do consecutively.

# UPPER BODY EXERCISES

## 7. CHEST FLYS

*(Chest/front of shoulders)*

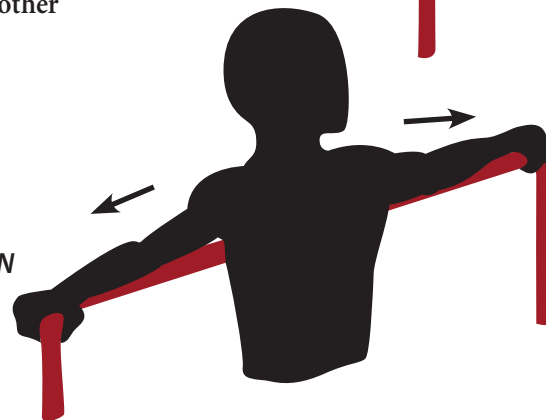
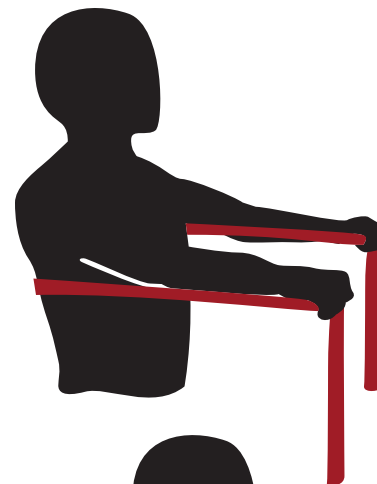
### **START POSITION:**

*Stand, Sit or Lying down*

- Position band across shoulder blades
- Grasp band with hands at underarm
- Extend arms in front of body, palms together and facing each other
- Band should be taut at start  
(EXHALE)

### **ACTION:**

- Open arms out to side of body  
(INHALE)
- Slowly return to *START POSITION*  
(EXHALE)





## 8. EXTENSION

*(Back of upper arm)*

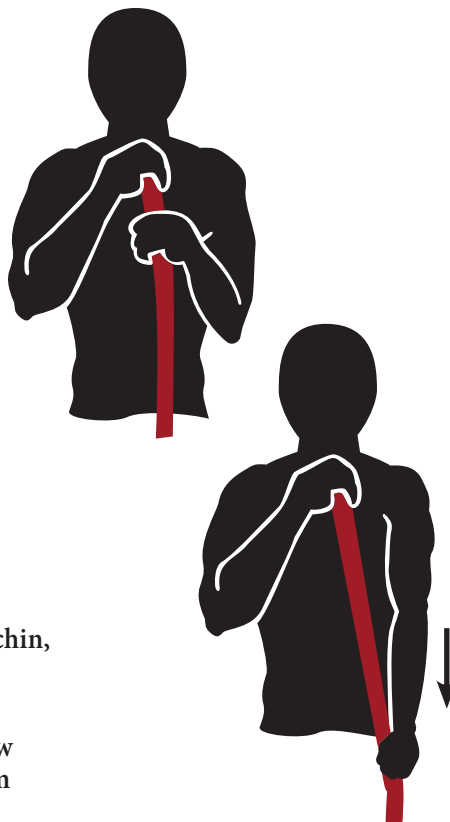
### **START POSITION:**

*Stand, Sit or Lying down*

- Grasp end of band in one hand
- Tuck hand under chin
- Grasp band with other hand 6-12" below
- Tuck elbow against side of torso
- Band should be slightly taut

### **ACTION:**

- Keeping first hand tucked firmly under chin, straighten arm until fully extended (EXHALE)
- Return to *START POSITION* keeping elbow tucked against torso, repeat on other arm (INHALE)



## UPPER BODY EXERCISES

**Note:** The next 2 exercises use primarily back of upper arm (triceps) with variations. Choose most accommodating position. If both are selected, don't do consecutively.

# UPPER BODY EXERCISES

## 9. BICEPS CURL *(Front of upper arm)*

### **START POSITION:**

*Stand, Sit or Lying down*

- Place foot on center of band
- Grasp band so that it is slightly taut
- Hang arms straight at sides
- Face palms forward (INHALE)

### **ACTION:**

- Keeping elbows tucked against torso, curl arms to full flexion (EXHALE)
- Keep wrists straight
- May alternate arms or flex together



## 10. LAT PULLDOWN *without arm flexion* (Upper/mid-back)

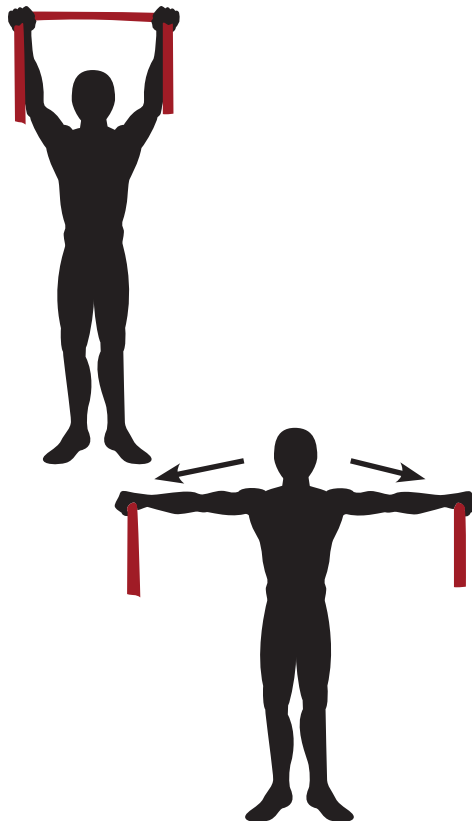
### **START POSITION:**

*Stand, Sit or Lying down*

- Position body below band
- Extend arms straight overhead
- Grasp band shoulder width apart
- Elastic band should be slightly taut

### **ACTION:**

- Pull down & out to side with hands  
(EXHALE)
- Keep arms straight
- Stop at shoulder level
- Slowly return to *START POSITION*  
(INHALE)



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For more information please contact  
McLaren Pulmonary Rehabilitation  
(810)342-5370

## 11. PUSH-PULL ACTIVITIES\*

Thera-Band can be anchored at any height in order to accurately simulate a particular work task. Push-pull activities can be done under short or sustained duration, with accurate strength calculations.

\* *The use of Thera-Band ASSIST is recommended for this exercise. The Hygenic Corporation grants trained, licensed therapist permission to copy any or all parts of this manual to give to patients for use in conjunction with a home therapy regimen.*

