

Desk-ercise Program

1) Resistance Band Low Row

- Attach bands to sturdy anchor point (or find a partner to hold the other end of the band)
- Grasp elastic in hands
- Pull back bands, keeping elbows close to sides and squeezing shoulder blades together in the back
- Slowly return to starting position
- **Special instructions:**
 - Maintain proper posture throughout movement
 - Can be done sitting or standing
 - If you can't find a partner or sturdy anchor point for this exercise, and if you are able to sit on the ground, you can put the band around your feet (as shown in the picture) and use those as your anchor
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



- **Anchor point ideas:**

- Close tubing in door- do exercises with one arm at a time
- Do the exercises with a partner! This is a fun easy way to do resistance band exercises. A partner can help you stay motivated and while he/she takes a turn you are able to give your muscles a rest.
- Wrap tubing around leg of a heavy desk (make sure desk is heavy/stable enough that you won't move it when pushing or pulling)
- May be able to put resistance band handle around door knob (depending on the type)

2) Squat/Sit-to stand

- Place feet slightly wider than hip width apart
- Sit hips back like sitting in a chair (can have actual chair behind you to sit in)
- Bend knees until at or a little above 90 degrees
- Push through heels and stand back up
- **Special instructions:**
 - Keep chest lifted and core engaged through entire movement
 - Don't let knees go past toes
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



3) Resistance band chest press

- Attach bands to sturdy anchor point (or find a partner to hold the other end of the band)
- Grasp elastic in hands and face away from anchor point
- Take a tandem stance in order to ensure stability
- Elbows are bent at sides to start
- Punch out forward-fully extending the elbows
- Slowly return to starting position
- **Special instructions:**
 - Stand up straight
 - Make sure core stays engaged throughout movement
 - If you can't find a good anchor point or a partner to hold the band, some good alternatives for this exercise include: regular push-ups, modified push-ups (hands on desk or raised surface), or wall push-ups
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



4) Resistance Band shoulder Press

- Place middle of elastic under one or both feet
- Arms start at 90 degree angles by sides (goal post arms)
- Push elastics straight overhead
- Slowly return to starting position
- **Special instructions:**
 - Stand up straight, with core engaged throughout movement
 - Maintain good posture and do not hunch shoulders
 - If the tension is too great to do this exercise with both arms at once, drop one handle, step away from the center of the resistance band and do one arm at a time
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



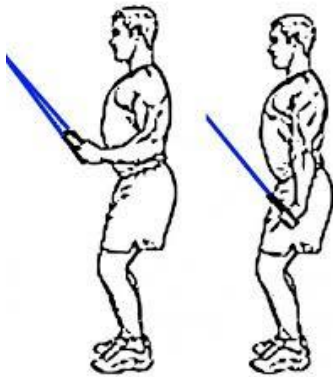
5) Resistance Band Bicep Curl

- Stand on middle of resistance band with one or both feet
- Take elastics in each hand (can choose to do one or both arms at a time)
- Stand up straight- arms start by sides but with slight bend at the elbow
- Pull band up to a little past 90 degrees
- Slowly return to starting position
- **Special instructions:**
 - Make sure core stays engaged throughout movement
 - Movement should ONLY be at the elbow (not at the shoulder)
 - If the tension is too great to do this exercise with both arms at once, drop one handle, step away from the center of the resistance band and do one arm at a time
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



6) Resistance Band Triceps Kickback

- Attach elastic to secure object at waist level (or find a partner to hold the other end of the band)
- Grasp elastic, thumb up, elbow bent to 90 degrees to start
- Straighten elbow- pulling elastic to sides
- Slowly return to the starting position
- **Special instructions:**
 - Stand up straight, with core engaged throughout movement
 - Keep the upper arms glued to sides- movement should only be at the elbow
 - If you can't find an anchor point or partner to hold the band- try an overhead triceps extension (Exercise #7)
 - Perform 2-3 sets of 10 repetitions, 2-3 days/week



7) Resistance Band Overhead Triceps Extension

- Step on one end of the resistance band- take handle in one hand
- Raise arm so that your upper arm is next to your ear/face
- Extend arm at elbow keeping the upper arm glued to the same side ear
- Slowly return to the starting position
- **Special Instructions:**
 - Do not hunch shoulders in this movement
 - Movement should only be at the elbow
 - If you have any shoulder issues where overhead movement is limited, avoid this exercise
 - Stand up straight, keep core engaged throughout movement

