

4 easy exercises with RESISTANCE BANDS



> Bent Over Row

1. Position the center of the band underneath one foot.
2. Hold the ends of the band in your hands and start with your arms straight, pointing to your feet.
3. Pull upwards and bend the elbows out behind you.
4. Slowly return to the starting position.



> Lateral Raise

1. Step on one end of the band and hold the other in your hand on the opposite side of your body.
2. Start with your hand by your side and the band under slight tension.
3. Raise your arm out to the side to just above shoulder height.
4. Slowly return back to the starting position and repeat.



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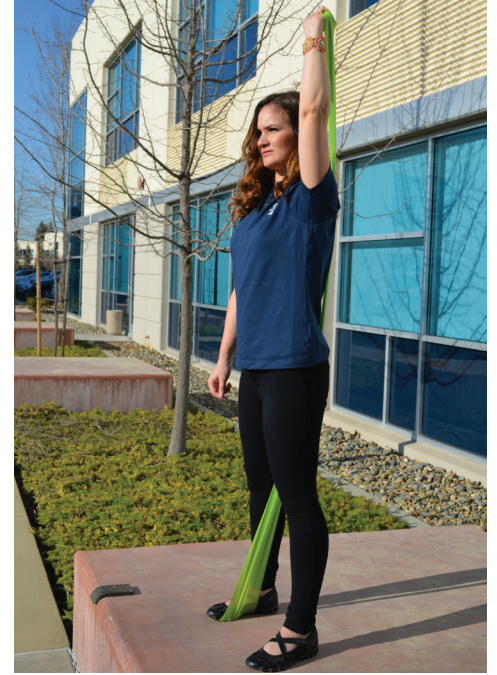
advantage > you

Western Health Advantage wants you to get moving! Too much time at the computer or in our cars can lead to all types of health problems, from diabetes to obesity to back problems. Luckily, it's never too late to get fit—even a little bit of exercise expanded gradually over time can reap big rewards.



> Overhead Tricep Extension

1. Place one end of the band under your foot and hold the other end in your hand.
2. Bend your elbow so it is pointing to the ceiling and your hand is behind you.
3. Straighten your elbow and point your hand to the ceiling.
4. Slowly return to the starting position.



> Bicep Curl

1. Stand with the middle of the band under your feet and an end in each hand.
2. Start with the arms straight by your sides and the band held taught.
3. Bend the arms at the elbows and lift hands towards the shoulders.
4. Slowly return to the starting position.

