



Rating	Descriptor *
0	Rest
1	Very, very easy
2	Easy
3	Moderate
4	Somewhat hard
5	Hard
6	-
7	Very hard
8	-
9	-
10	Maximal

Source: Sweet, Foster, McGuigan, & Brice, 2004, p.797

General Instructions:

- Warm up for 2-5 minutes before resistance training.
- For each muscle group complete 1 exercise for 8-10 repetitions
- Repeat each exercise 1 to 2 times
- Aim for an RPE of 3, or "moderate" on the RPE scale.
- Cool down for 2-5 minutes after resistance training

MUSCLE GROUP: LEGS

SQUAT – BODY WEIGHT

- Stand with your feet hip-distance apart, toes facing forward
- Push your hips back, (as if to sit in a chair), while keeping your weight in your heels
- Keep your head and chest forward
- Push through your heels to return to standing



SQUAT – BAND

- Stand on the band with both feet, have both feet hip-distance apart, toes facing forward
- Hold one end of the band in each hand, keeping arms straight by your side.
- Push your hips back, (as if to sit in a chair), while keeping your weight in your heels
- Keep your head and chest forward
- Keeping your arms straight, push through your heels to return to standing





- Sit in a chair with a straight back, keeping both feet flat on the floor
- Place the middle of the band under the right foot. Hold an end of the band in either hands
- Pull the band and your foot up while bending your knee.
- Straighten your leg against the resistance of the band.
- Repeat on left side



SEATED LEG EXTENSION – BAND

- Sit in a chair with a straight back, keeping both feet flat on the floor
- Place the middle of the band under the right foot. Hold the band against the side of the chair in the right hand
- Straighten the right leg by lifting the right foot to the level of the knee
- Hold for 1-3 seconds
- Slowly lower the right foot back to the ground
- Change your arm and leg positions and repeat on the other side



STANDING SIDE LEG LIFT

- Stand with your feet hip distance apart. Hold onto a sturdy object for balance if necessary
- Turn right foot inward slightly
- Lift the right leg out to the side (about 1-2 feet) while keeping the standing leg and upper body straight.
- Repeat on left side



STANDING HEEL RAISES – BODY WEIGHT

- Stand with your feet hip distance apart. Hold onto a sturdy object for balance if necessary
- Lift both heels off the floor
- Hold for 1-3 seconds
- Slowly lower back down.
- For added resistance, try on one foot or hold a dumbbell in each hand





MUSCLE GROUP: BACK

SEATED ROW - BAND

- Sit in a chair with a straight back, do not slouch in the chair
- Straighten one leg (keeping the heel on the ground), place the middle of the band around that foot
- Grasp one of the band in each hand
- Pull both elbows back, bringing the hands towards the hips
- Squeeze the shoulder blades together
- Slowly return arms to straight and repeat



STANDING ROW - BAND

- Stand in the middle of the band with the left foot
- Grasp one or both ends of the band in the right hand
- Step back with your right leg
- Slightly bend the front (left) knee, keep the back (right) leg straight. Both feet should be facing forward
- Place the left hand slightly above the left knee
- Lift the right elbow and bring the right hand to the right hip
- Slowly return the right arm to straight and repeat
- Change your arm and leg positions and repeat on the other side



STANDING REVERSE FLY - BAND

- Stand with your feet hip-distance apart
- Grasp one end of the band in each hand
- Lift the arms to shoulder height. Palms should be facing inward
- Slowly open the arms by pulling the band. Keep a slight bend in the elbows. Squeeze the shoulder blades together
- Slowly return the arms to the starting position and repeat





SEATED FORWARD BEND - BAND

- Sit in a chair with a straight back. Do not slouch in the chair
- Place the band under both feet
- Hold one of the band in each hand. Hold band against your chest
- Keeping the band against your chest, slowly lean forward
- Engage your core muscles and return to straight



MUSCLE GROUP: ARMS

BICEPS CURL - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair
- Place the band under your feet. Hold one end of the band in either hand
- Begin with the arms straight and palms facing forward.
- Bend the elbows; bringing the hands towards shoulders
- Lower the hands slowly and repeat



TRICEPS EXTENSION - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair
- Drape the centre of the band over the left hand
- Place the left hand on the right shoulder. Grasp one, or both, ends of the band with your right hand. Start with moderate tension on the band
- Keep the right elbow against the body. Pull the band by straightening the right elbow
- Slowly bend the elbow back to 90° and repeat
- Change your arm position and repeat on the other side





MUSCLE GROUP: CHEST AND SHOULDER

STANDING CHEST FLY - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Wrap a band behind your back and under your arms
- Straighten your arms out to the side with your palms facing the ceiling
- Slowly bring your forearms together
- Return to starting position and repeat



STANDING CHEST PRESS - BAND

- Stand with your feet hip distance apart or sit in a chair with a straight back
- Wrap the band behind your back and under your arms.
- Bend both your elbows to 90° and lift hands to shoulder height
- Straighten the arms, and then slowly bring your arms back to starting positions



WALL OR LEDGE PUSH UP- BODY WEIGHT

- Stand with your feet hip-distance apart in front of a wall or ledge
- Place your hands at chest height, shoulder-distance apart, on the wall/ledge. Start with your arms straight
- Walk your feet (about 1-2 feet) away from the wall
- Slowly bend your elbows to bring yourself to the wall/ledge
- Straighten the elbows to return to the starting position



SIDE SHOULDER RAISE - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Place one end of the band under your right foot
- Hold the other end of the band in your right hand
- With the palm facing the floor, lift the right arm to shoulder height
- Keep your arm straight with only a small bend in the elbow
- Slowly lower and repeat
- Change your arm position and repeat on the other side





FRONT SHOULDER RAISE - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair
- Place one end of the band under your right foot
- Hold the other end of the band in your right hand
- With the palm facing the floor, lift the right arm to shoulder height
- Keep your arm straight with only a small bend in the elbow
- Slowly lower and repeat
- Change your arm position and repeat on the other side



UPRIGHT SHOULDER ROW - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Place the band under both feet. Hold an end of the band in each hand.
- With the palms facing the floor, lift both elbows to shoulder height
- Slowly return to starting position



MUSCLE GROUP: CORE

SIDE BEND - BAND

- Stand with your feet hip-distance apart, toes facing forward
- Place band under the right foot. Hold one, or both, ends of the band in right hand
- Keeping both arms straight, slightly lean towards the right
- Slowly returning to starting position
- Change your arm and leg positions and repeat on the other side



STANDING PALLOFF PRESS - BAND

- Stand with your feet hip-distance apart
- Place the band under both feet.
- Using both hands, lift the band up to belly-button level
- Keep the hands at belly-button level while you extend both arms outward
- Slowly bring the arms back to the starting position





ABDOMINAL TWIST - BAND

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Place the band under both feet. Hold an end of the band in either hand.
- Bring hands to chest level
- Twist the upper body slowly to the right side and then return to the middle
- Try to keep the hips facing forward as you twist the upper body
- Repeat in the opposite direction



WALL/LEDGE PLANK

- Stand in front of a wall or ledge
- Place both hands or forearms on wall or ledge
- Slowly walk your feet 1-2 feet away from the wall or ledge
- Tighten your core muscles and push your hips forward to keep you in a straight line
- Hold this position for 30-60 seconds
- Continue to breathe normally



ADVANCED – STANDING BIRD BOG

- Stand in front of a wall or ledge
- Place both hands or forearms on wall or ledge
- Keeping the back straight, slowly straighten one leg and the opposite arm at the same time
- Lower the arm and leg to the original position and repeat on the other side



BRIDGE

- Stand in front of a wall or ledge
- Place both hands or forearms on wall or ledge
- Keeping the back straight, slowly straighten one leg and the opposite arm at the same time
- Lower the arm and leg to the original position and repeat on the other side

