

## **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

| 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

# **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 REVERSEY 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**

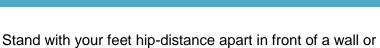
- Stand with your feet hip-distance apart or sit in a chair with a straight back. Do not slouch in the chair
- Place the band under your feet. Hold one end of the band in either hand
- Begin with the arms straight and palms facing forward.
- Bend the elbows; bringing the hands towards shoulders
- Lower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







- ledae Place your hands at chest height, shoulder-distance apart,

- 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

www.lakeridgehealth.on.ca

- Change your arm position and repeat on the other side

- 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

- 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





# **MUSCLE GROUP: CHEST AND SHOULDER**





•

•





## 1 Hospital Court, Oshawa, ON L1G 2B9 T. 905.576.8711

#### www.lakeridgehealth.on.ca

## **FRONT SHOULDER RAISE - BAND**

- Stand with your feet hip-distance apart or sit in a chair with a ٠ 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

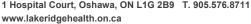








# COPD PROGRAM RESISTANCE TRAINING PACKAGE





# **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













