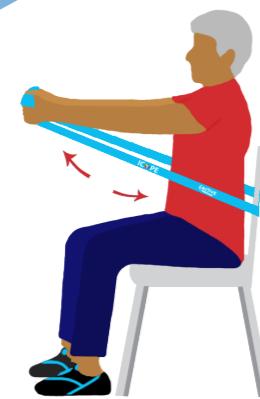


# 1

## Chest Press

Sitting in the back of your chair, pass the band around the back rest of the chair and hold one end of the band in each hand. Start with your hands chest height at your side, then push your hands forwards until your arms are almost straight (don't fully extend). Slowly bring your hands back to the starting position. Repeat 8-12 times.



# 2

## Leg Press

Sitting in the front half of your chair, place the centre of the band underneath one foot and hold an end of the band in each hand. Tuck your fists into the side of your hips, lift your knee towards the ceiling then push your foot forwards and down (as shown above). Return your knee back to lifted position. Repeat 8-12 times on each leg.



# 3

## Knee Splits

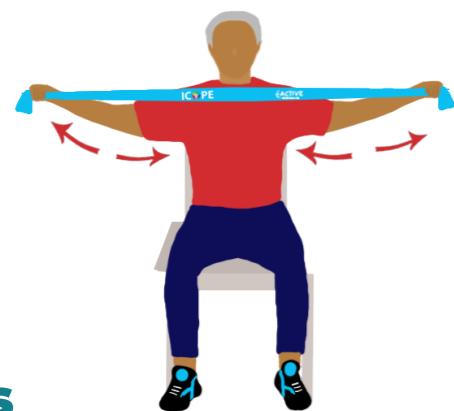
Sit in the front half of your chair, knees and feet together. Wrap the band around your lap, then walk your feet apart so in line with hips (band should be pulling knees together). Keep your feet flat on the floor, push your knees further apart, hold for 3-5 seconds and slowly return your knees back to starting position. Repeat 8-12 times.



# 4

## Back Flies

Sit in the front part of your chair and hold the band with both hands (shoulder width apart) with your arms straight. Keeping your arms straight, stretch the band apart until your arms are in line with your shoulders. Slowly return your arms back together. Repeat 8-12 times.



# 5

## Sit to Stand

Sit in the front part of your chair, middle of the band beneath your feet and one end in each hand. Move your feet backwards so your toes are level with your knees, lean forwards and begin to stand up (the band should be adding resistance). Once you are standing. Slowly lower yourself back into the chair, keeping your back straight. Repeat both exercises 8-12 times.



# 6

## Side Raises

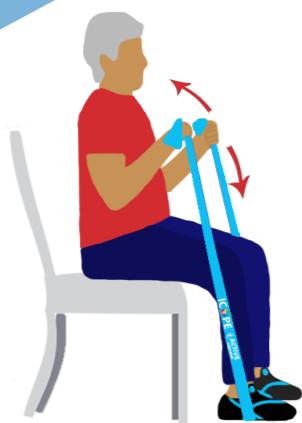
Sit in the front half of your chair, middle of the band beneath your feet, one end of the band in each hand (hands at your side). With a slight bend at the elbow raise your arms to the side until hands and elbows are almost level with your shoulders. Slowly return arms to your side. Repeat 8-12 times.



# 7

## Bicep Curls

Sit in the front part of your chair, middle of the band beneath your feet and one end in each hand (held like an ice cream cone). Tuck your elbows into the side of your body, move hand up towards shoulders (imagine taking a drink) and slowly lower hands back down to your side. Repeat 8-12 times.



# 8

## Calf Press

Sit in the front part of your chair, middle of the band around one foot and one end in each hand. Tuck your fists into the side of your hips, extend your leg (as above) then press your foot forward, pointing your toes the way you are facing. Slowly bring your foot back towards your shin. Repeat 8-12 times.



## Information

The exercises listed on this document have been designed to help you maintain and improve your strength as you age. You should complete these exercises at least twice a week and use them to complement your current physical activity (not replace it).

All of the exercises listed on this document can be made easier or harder by altering your hand position on the band. To make the exercises easier place your hands nearer the ends of the band and to make them harder position your hands closer to the middle of the band.

A slight soreness the day after having completed the exercises is normal, however if you experience any chest pain, severe shortness of breath or dizziness whilst completing the exercises call your GP, NHS 111 or in an emergency 999.

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