

**Begin strength training** gradually, using proper techniques. This will prevent injuries while giving you the greatest benefit. Work up until you can do these exercises 15 times in a row, three times, with a rest in between.

### Building muscle helps:

- Build strong bones
- Control your body fat
- Reduce your risk of injury
- Improve your sleep and your sense of well-being

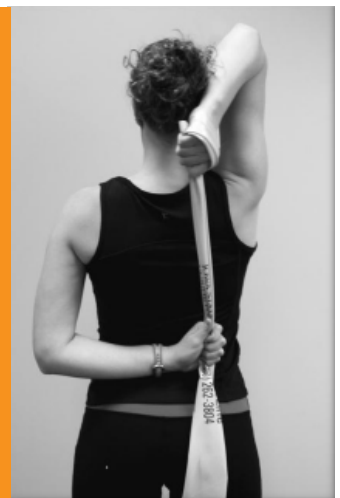


### Bicep Curl works the front part of upper arm.

- Sit straight up in a chair and place one end of the band under your right foot. Hold the other end with your right hand, palm facing up.
- Keeping your elbow close to your rib cage, bend the elbow to raise the hand up to shoulder height.
- Count 1-2 seconds on the way up, give a slight hold for 1 second at the top, and count 3-4 seconds on the way down.
- Repeat with the other arm.

### Triceps Extension works the back side of upper arm.

- While seated or standing, grip one end of the band in your right hand and drape the band over your right shoulder behind your back.
- Reach around to your lower back with your left hand and grab the bottom end of the band – reach up band until it is snug or develops a small amount of tension in the band between your hands.
- Keeping your palm facing your head and your elbow in line with the shoulder and by the ear, extend elbow and lift hand toward the ceiling and back down.
- Count 1-2 seconds up, hold for 1 second and count 3-4 seconds down.
- Repeat with the other arm.





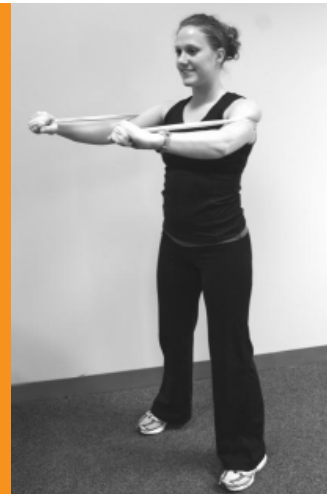
### Lateral Shoulder Raises work the shoulder.

- Sit on one end of your stretch band and grab the other end with the nearer hand, with your palm facing down.
- Sitting straight in your chair and facing forward, keep a slight bend in the arm and raise your arm to shoulder height straight out to the side and back down.
- Count 1-2 seconds up, hold for 1 second, count 3-4 seconds down.
- You can also perform the shoulder raise to the front and back, working the front and back parts of the shoulder.
- Repeat with the other arm.

You can also perform the shoulder raise to the front and back, working the front and back parts of the shoulder.

### Chest Press works the chest.

- Put the band around your shoulders like a shawl with the band on the outside of your shoulders. Wrap the ends of the band around your hands.
- With your palms facing downward, stretch both arms straight out in front of your chest and try to push your hands together so they touch, then bring your hands back toward your chest.
- Count 1-2 seconds out, hold for 1 second while your hands touch, count 3-4 seconds back to your chest.



**Muscles need to rest between workouts.** You can alternate days between upper body and lower body exercises, or you can do both upper and lower body exercises on the same day. Do strength training exercises 2-3 times each week with 1-3 days rest between training sessions.