



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPPER BODY-Whatcom Family YMCA 8/2020

LAT PULLS-palms forward, pull wide and to the breastbone. Squeeze shoulder blades down and together. Breathe. Vary pace.

CHEST PRESS-band around back and under arms. Palms down, arms chest level. Evenly push arms away and bring back slowly. Breathe. Vary pace.

UPRIGHT ROW-lean forward from your hips, in your chair, and look out in front of your feet so your back is nice & straight. Extend your arms with a weight in each hand, palms in/thumbs up. Thinking about your upper middle back, draw your arms back. Return to start position slowly.

UPRIGHT ROW-put band securely under one foot, hold with opposite hand, pull to shoulder height with elbow pointed out to the side. Can add leg lunge to side being careful to keep knee behind toe of shoe.

DELTOID RAISE-Hold band at hip level with one hand, hold other end in hand at hip level, elbow slightly bent. Raise to shoulder height, lower with control.

SHOULDER ROTATION-L shaped arms, palms up, neutral wrist, forearms parallel to the floor. Rotate forearms out and back. Upper arm stays near body. Slow & controlled. Can add hold or pulses.

BICEP CURL-hold band with one hand at hip, lift (palm up) to shoulder with other. Slow & controlled.

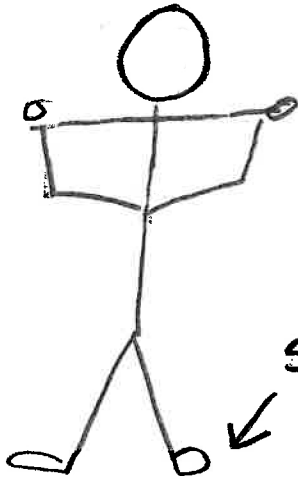
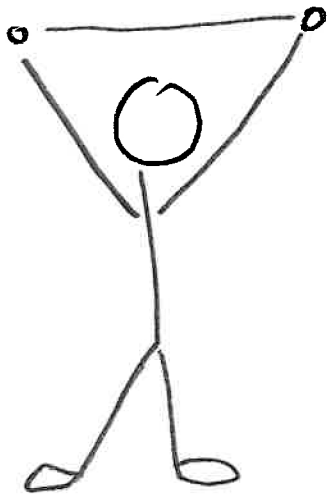
TRICEPS KICK BACK-Hold band at hip with one hand, palm facing hip, elbow tucked in. Start at hip, extend lower arm, bring back to hip slowly.

UPPER BODY

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LAT PULLS

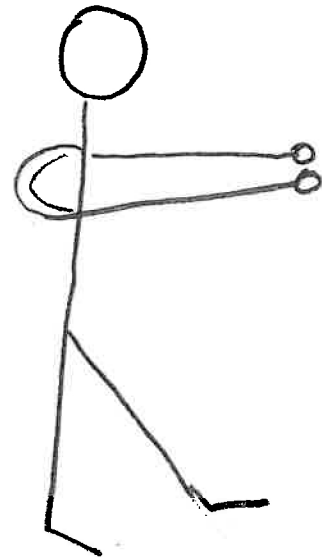
Arms up + wide
pull wide to
chest



solid
base

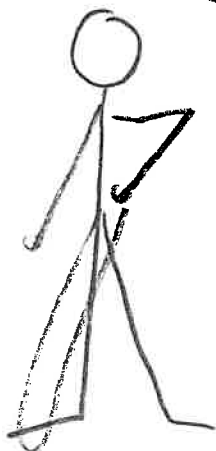
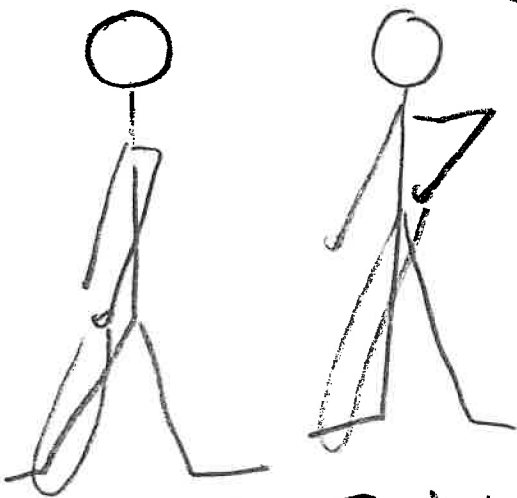
control movement back up

CHEST PRESS



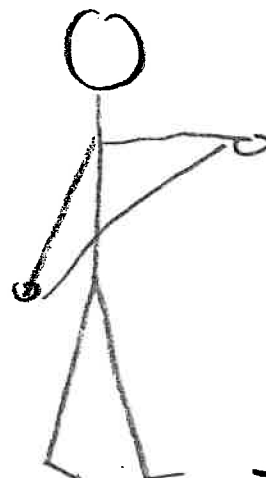
Band under arms
chest level
shoulders down
good range of motion

upright row
pull up on the diagonal



Band under foot, hold
with opposite hand

Deltoid Raise



Hold band
at hip
with one
hand
Lift to
shoulder ~/
other hand
* slight bend
in elbow

UPPER BODY

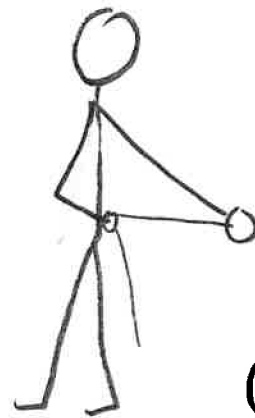
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BICEP



HOLD BAND
WITH ONE
HAND AT HIP
LIFT (palm up)
TO SHOULDER
WITH OTHER
SLOW, CONTROLLED

TRICEP



HOLD BAND
AT HIP
WITH ONE
HAND
PRESS
BACK FROM
ELBOW
(palm
Facing hip
with other)

Don't do exercises
that hurt.

- o 8-12 repetitions
- o 1-2 sets
- o slow, controlled
- o good stance
- o support (chair/wall)
available
- o 3 days a week - day off in
between



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LOWER BODY-Whatcom Family YMCA 8/2020

SQUATS-put band under arches of feet, holding ends in each hand, weight in heels, looking forward. Initiate movement from the hip with knees behind the toes of shoes.

BODY WEIGHT LUNGE-one leg forward, one back. Wider stance if tippy, or hold onto a chair or the wall. Look at something head height. Movement is down & up, no forward/back.

HIP ABDUCTION-band under middle of foot (standing or seated). Step out to side and control movement back. Alternate legs. Farther out = more work. Can repeat on sides.

QUAD EXTENSION-stand next to wall or chair, left one leg and extend lower leg, pushing through the heel. Hips stay square. Only tap down when necessary, slightly flexed knee on the standing leg. Stand tall, look at something head height.

HAMSTRING CURL-Stand next to wall or chair, left one leg and bring heel as close to your rear as possible. Only tap down when necessary, slightly flexed knee on the standing leg. Stand tall, look at something head height.

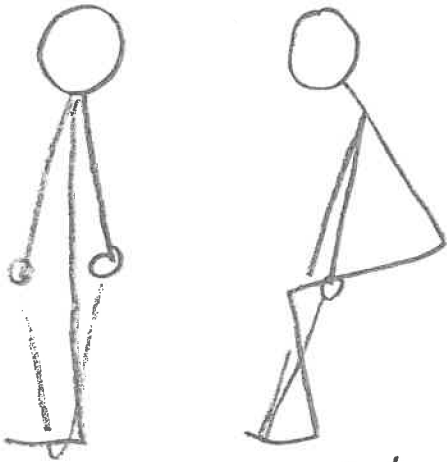
CALF RAISES-stand with wall or chair support and lift heels, best range of motion possible.

ANTERIOR TIBIALIS (SHIN)-stand with wall or chair support and lift toes on one foot or both. Careful with balance. Best range of motion possible.

LOWER BODY

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SQUAT



standing
band under
arch

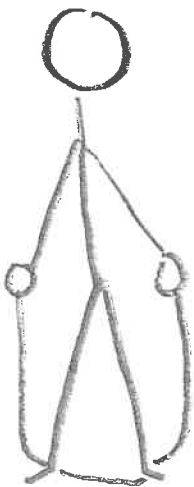
sit back
look forward
weight in heel
lead with hip
can see toes

BODY WEIGHT LUNGE



down + up / no forward
back
8-12 one side,
then switch
look forward

ABDUCTION (outside hip)



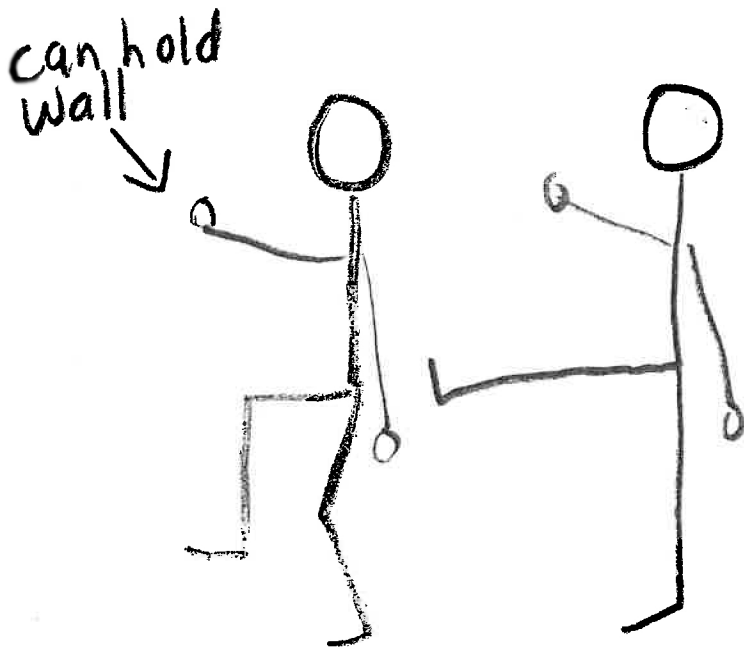
BAND
UNDER
ARCH OF
FOOT

STEP TO
SIDE / ALTERNATE

LOWER BODY

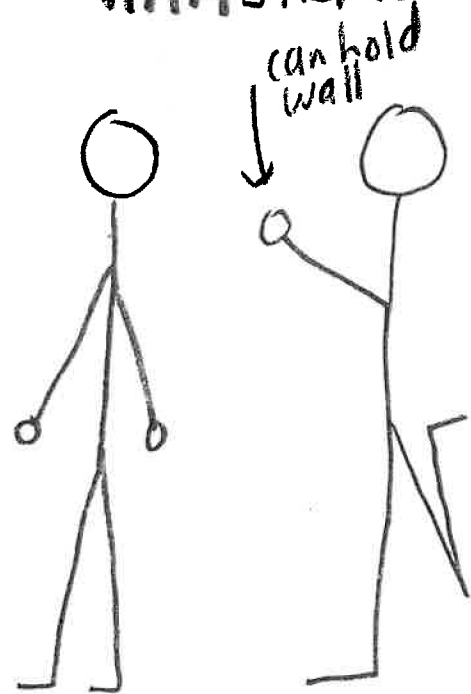
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QUAD EXTENSION



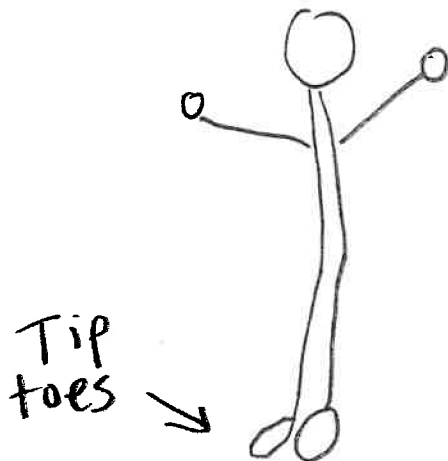
Lift leg, extend lower leg. Hips square.
Push with heel.

HAMSTRING CURL



Heel to rear
Knees together
stand tall

CALF RAISE



ANTERIOR TIBIALIS (Front of lower leg)

