



**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.

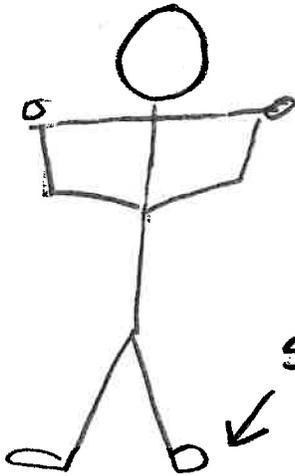
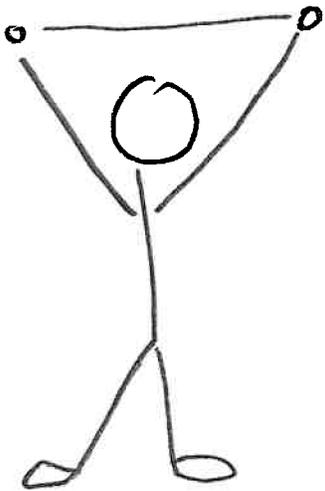
**TRICEPS KICK BACK**-Hold band at hip with one hand, palm facing hip, elbow tucked in. Start at hip, extend lower arm, bring back to hip slowly.

# UPPER BODY

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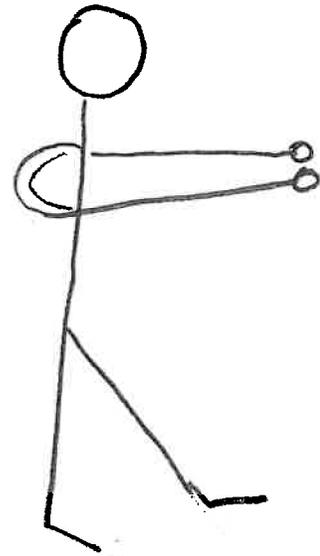
## LAT PULLS

Arms up + wide  
pull wide to  
chest



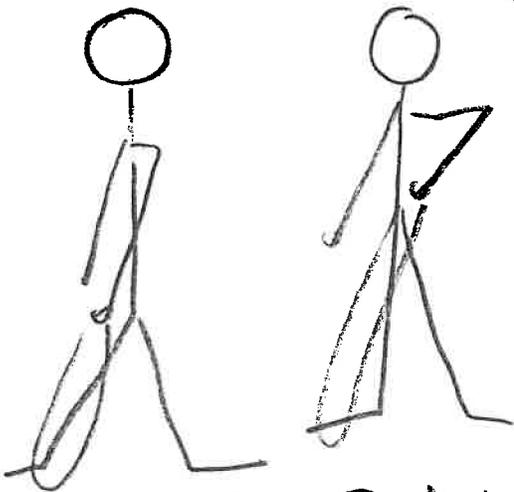
control movement back up

## 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

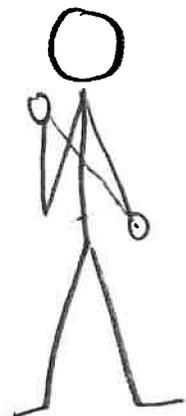


Hold band  
at hip  
with one  
hand  
Lift to  
shoulder ~/  
other hand  
\* slight bend  
in elbow

# UPPER BODY

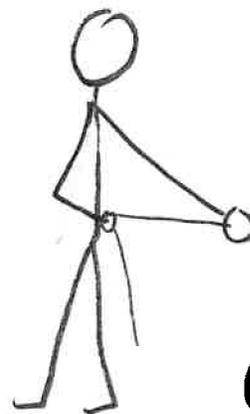
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## BICEP



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.

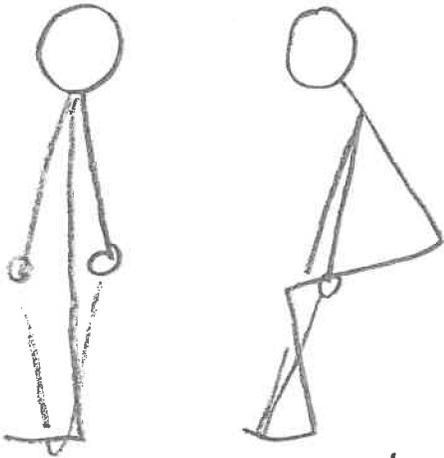
**CALF RAISES**-stand with wall or chair support and lift heels, best range of motion possible.

**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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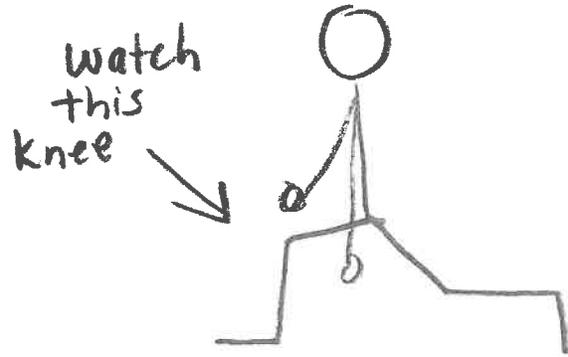
## SQUAT



standing  
band under  
arch

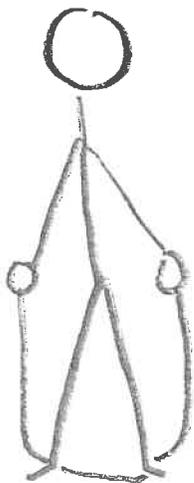
sit back  
look forward  
weight in heel  
lead with hip  
can see toes

## BODY WEIGHT LUNGE



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

## ABDUCTION (outside hip)



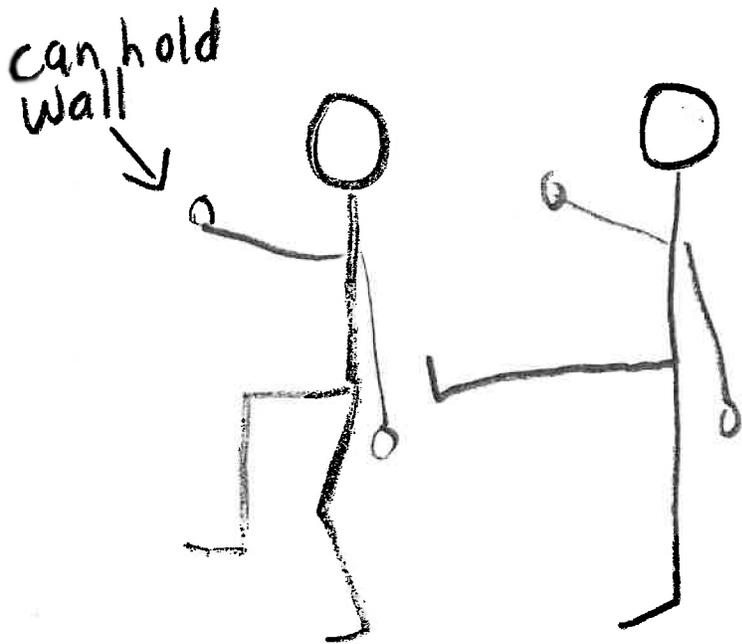
BAND  
UNDER  
ARCH OF  
FOOT

STEP TO  
SIDE / ALTERNATE

# LOWER BODY

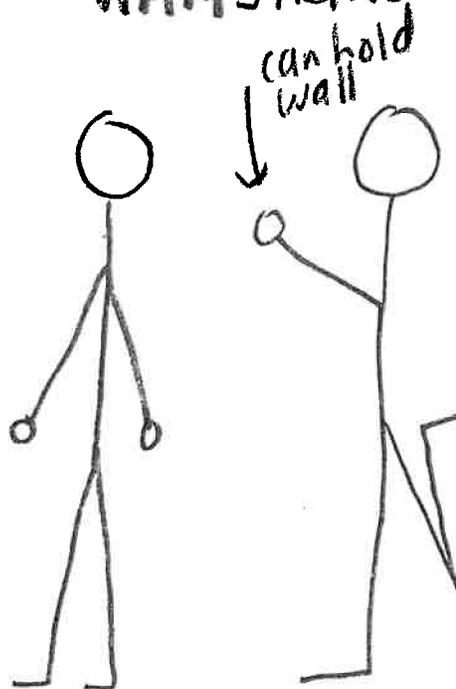
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## QUAD EXTENSION



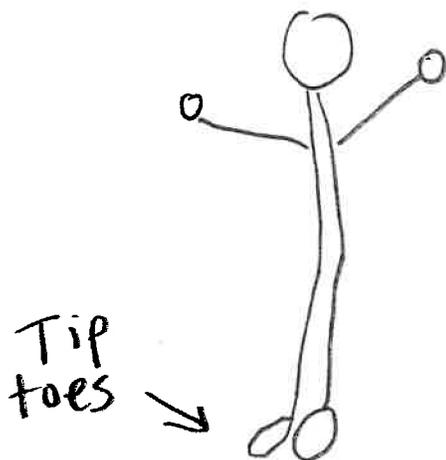
Lift leg, extend lower leg. Hips square. Push with heel.

## HAMSTRING CURL



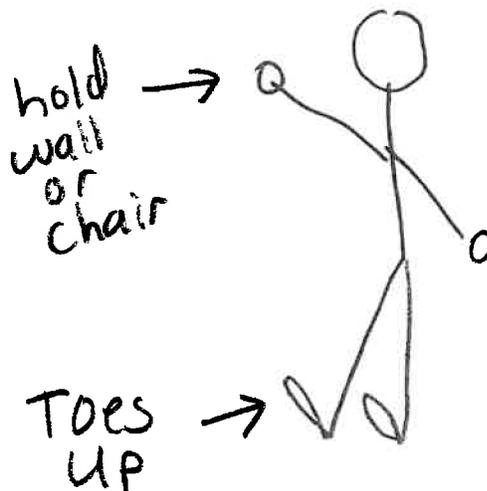
Heel to rear  
Knees together  
stand tall

## CALF RAISE



Tip  
toes

## ANTERIOR TIBIALIS (Front of lower leg)



Toes  
UP