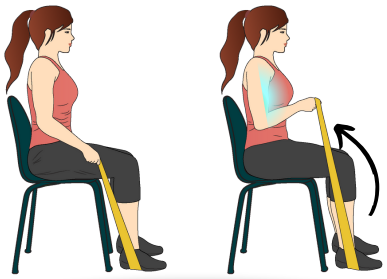
SEATED Resistance BAND GUIDE

VITALITY LIFE with Curtis Adams

RESISTANCE BAND EXERCISES

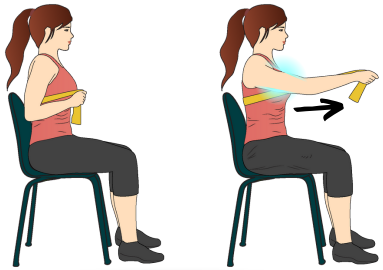
VITALITY LIFE

ARM CURL



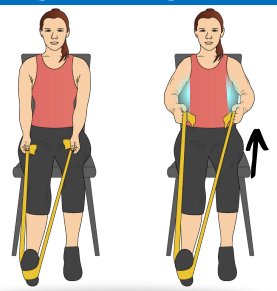
Hold band in hand, other end securely under foot, elbow to ribs, bend arm towards shoulder, keep wrist rigid.

CHEST PRESS



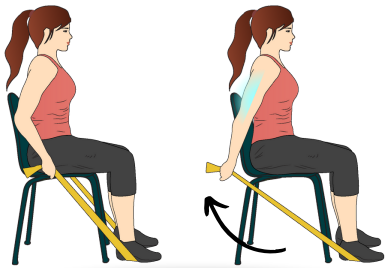
Wrap band around middle of back under armpits, hands start by side of chest, press forward. Do not lock elbows.

SEATED ROW



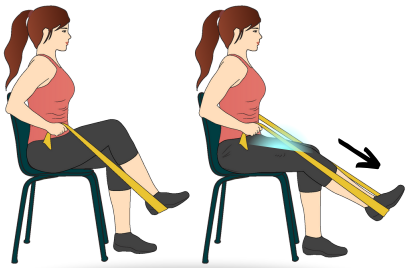
Loop band under straightened leg, arms straight, palms facing each other, pull hands towards ribs, keep elbows down.

TRICEP KICKBACKS



Hold band in hands, other end under feet, palm facing chair, both arms go straight back, elbows point backwards

LEG PRESS



Hold band in hands, other end securely under foot, elbow to ribs, bend arm towards shoulder, keep wrist rigid.

*Consult your doctor before you start this exercise program

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