

Band Exercises

JE DUNN + GLOBAL
JOINT VENTURE

WIC Week

Upper Body Exercises

Perform slow and controlled movement. 10-15 repetitions, 1-3 sets.



Modified Touchdown

Hold the band in both hands

Apply enough tension to remove the slack in the band

Maintain this position as you slowly raise arms to shoulder height and then return to the start

Adjust the tension on the band according to your ability



Archer Row

Hold the band with both hands and arms straight in front of you at shoulder height

Slowly draw one arm back

Don't twist your trunk and keep hips facing forward

Adjust the tension on the band according to your ability and repeat on other arm



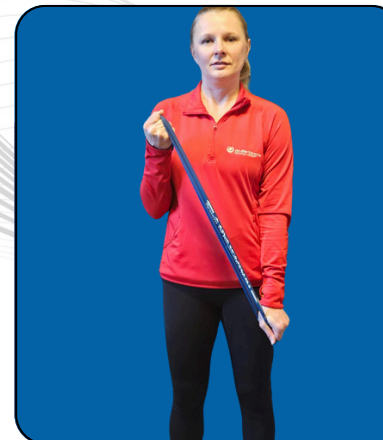
Bicep Curl

Hold the band in one hand at your hip

With the opposite hand, pull upward to bend your elbow

Lower the arm slowly back down to a straight position

Adjust the tension on the band according to your ability and repeat on other arm



Triceps Extension

Hold the band in both hands with your elbows bent

Straighten one arm, pulling down against the resistance

Slowly bend elbow to return to starting position

Adjust the tension on the band according to your ability and repeat on other arm

IMPORTANT

- Move every joint through a full Range of Motion every day.
- Slow controlled motions. Avoid bouncing
- Use this time as a check-in to see how your body is feeling each day.
- Gradually try to increase the range of each movement day over day and week over week.
- Respect "pain boundaries." Do not push into pain.
- Tightness is normal - sharp or stabbing pain is not.
- Hold on for balance as needed.

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Lower Body Exercises

Perform slow and controlled movement. 10-15 repetitions, 1-3 sets.



Banded Squat

Place the band around your mid thigh

Hold your legs apart so there is tension on band

Squat to a sitting position, keeping knees behind toes

Return to standing

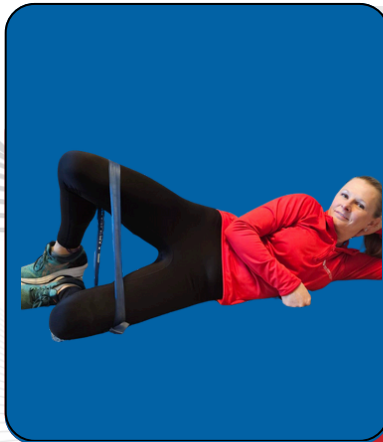


Banded Lunge

Place the band around your mid thigh

Lunge one leg back, then return slowly to starting position, alternate legs

For more challenge, stay low in a lunge position and move back leg in and out



Clam Exercise

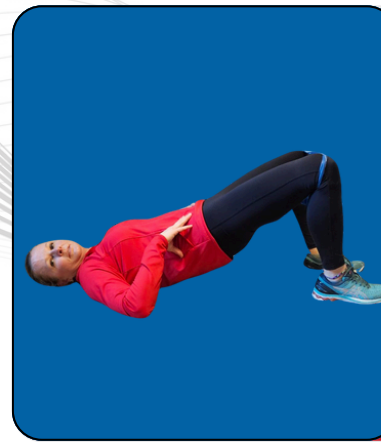
Lie on your side with knees bent

Place the band around knees

Keep your hips stacked and rotate the top knee up and out

Hold and return to starting position slowly

You can also try this in a hands and knees position



Banded Bridge

Lie on back with knees bent, place the band around knees

Pull knees apart and lift your hips, squeezing your glutes. Keeping glutes squeezed, lower hips back down.

Do not arch your back

Alternately, try to hold the bridge, bring knees in and out

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