

*Have fun with  
exercising together*



## COLLECTION OF RESISTANCE BAND EXERCISES



Eläkeläiset ry

# SHOULDER EXERCISES



## UPRIGHT ROW

Raise your elbows up and stretch the resistance band under the chin.

# SHOULDER EXERCISES



## SHOULDER SHRUG

Keep your arms straight while lifting the shoulders up and down.



# SHOULDER EXERCISES



## SIDE PUSH

Put the resistance band on your shoulders.  
Push your hand sideways.  
Repeat the exercise with another hand.



# SHOULDER EXERCISES



## LATERAL RAISE

Lift the straight arm up to shoulder height while holding thumb up. Repeat the exercise with another arm.

# SHOULDER EXERCISES



## ”LAWN MOWER”

Lean slightly forward while keeping resistance band under the opposite foot. Firmly pull your elbow behind as if you were starting the lawn mower.

# SHOULDER EXERCISES



## BAND PULL APART

Tie the band around your wrists. Turn the palms out and stretch the resistance band sideways while holding arms straight.



# ARM EXERCISES



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## BAND BICEPS CURL

Bend your arm and stretch it slowly.  
Keep your elbows still.

# ARM EXERCISES



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## TRICEP EXTENSION

Stretch your arm up and bend it slowly.  
Keep the band behind you.

# ARM EXERCISES



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## ”BOXING”

Stretch out your hands alternately  
as if you were boxing.



# CHEST AND BACK EXERCISES



## FRONT SCISSORS

Keep your arms straight while doing wide motions.

# CHEST AND BACK EXERCISES



## ARMS ACROSS

Push your arms across.

# CHEST AND BACK EXERCISES



## LATERAL FLEXION

Bend your body and stretch the band down. Repeat the exercise by turns with both sides.



# CHEST AND BACK EXERCISES



## LATERAL ARCHERY

Pull your elbow (band) behind you  
by using your back muscles.

# CHEST AND BACK EXERCISES



## BACKWARD BAND PULL APART

Stretch the band with flexible motions.  
Keep your arms straight.

# CHEST AND BACK EXERCISES



## DIAGONAL RAISE

Stretch the band sideways up and down.  
Keep your arms straight.



# BACK AND ABDOMINAL EXERCISES



## BACK EXTENSION

Tilt your body forward and straighten your back while stretching the band.

# BACK AND ABDOMINAL EXERCISES



## AB CRUNCH

Lean forward against the band. Put the band around the back of the chair.

# BACK AND ABDOMINAL EXERCISES



## BACK RAISE

Raise your hands and torso while stretching the band sideways. Keep your gaze to the floor.



# BACK AND ABDOMINAL EXERCISES



## ROWING

Stretch the band behind with scapular squeeze.  
Keep your shoulders relaxed.

# BACK AND ABDOMINAL EXERCISES



## TWISTING CRUNCH

Raise your torso and thrust your arms sideways while stretching the band.

# BACK AND ABDOMINAL EXERCISES



## REVERSE LEG RAISE

Raise your legs and stretch the band sideways.  
Keep your legs straight.



# BACK AND ABDOMINAL EXERCISES



## KNEE PULLS

Lift your knee while holding your body straight.  
Repeat the exercise by turns with both legs.

# LEG EXERCISES



## SINGLE LEG HIP ABDUCTION

Lift your leg sideways. Repeat the exercise by turns with both legs.

# LEG EXERCISES



## KNEE RAISE

Lift your knee up and down.



# LEG EXERCISES



## HIP ABDUCTION

Lift your legs and push them sideways. Bring them back while keeping your knees bent.

# LEG EXERCISES



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## SEATED LEG EXTENSION

Straighten your leg while stretching the band.  
Bend it slowly.

# LEG EXERCISES



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## LEG PUMP

Pump your leg against the band.  
Repeat the exercise with another leg.



# FREE MOTION EXERCISES



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## BAND WALK

Walk forward and backward with long steps.

# FREE MOTION EXERCISES



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## LATERAL BAND WALK

Walk sideways with long steps.

# FREE MOTION EXERCISES



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## WALKING HIGH KNEE LUNGES

Lift your knee and heel high while walking with resistance band.



# FREE MOTION EXERCISES



## STANDING HIP ABDUCTION

Lift your leg sideways while standing or walking.



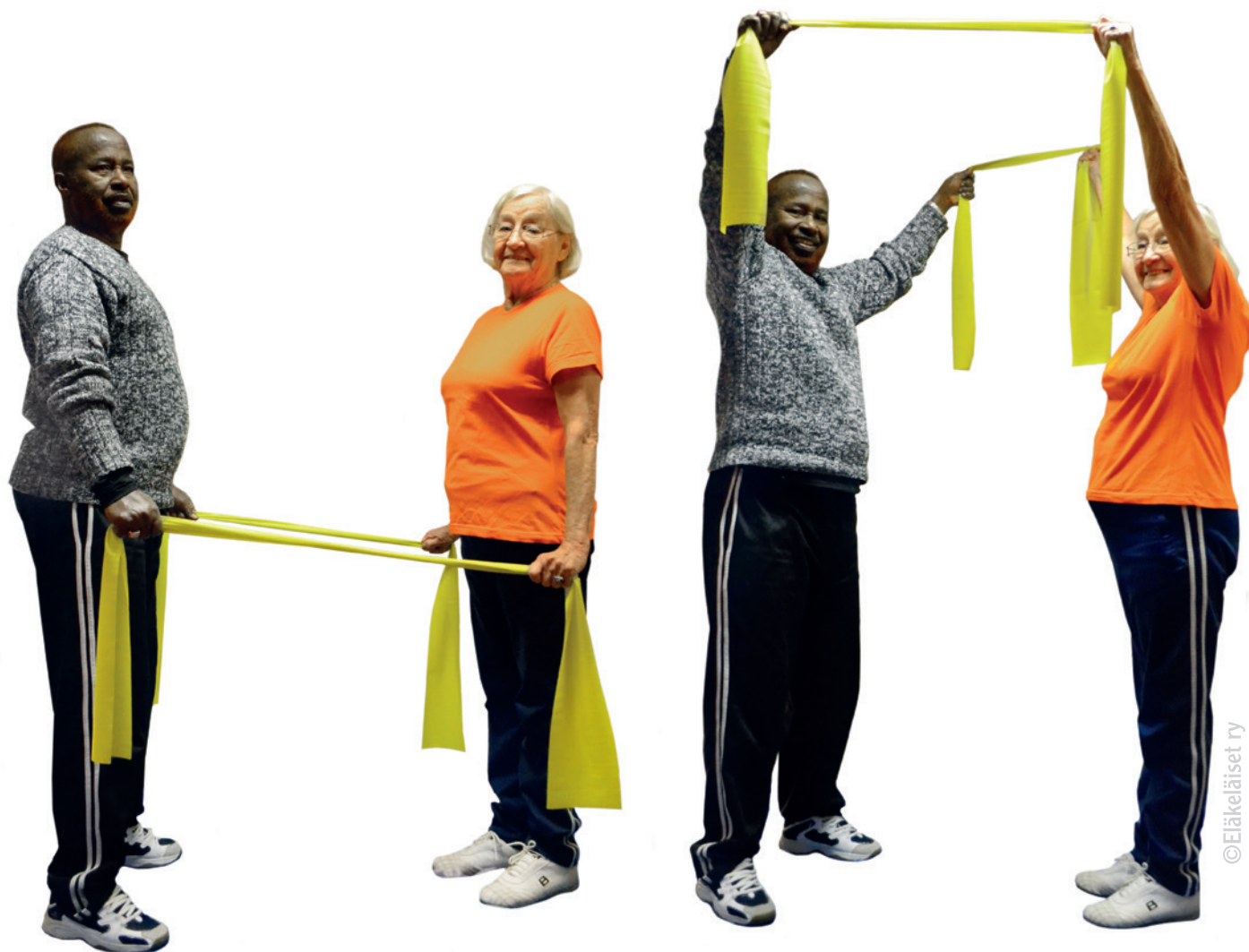
# EXERCISES IN PAIRS



## BAND PULLING

Pull the band simultaneously with your mate.

# EXERCISES IN PAIRS



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## LATERAL RAISE

Keep the band taut while doing lateral lifts.

# EXERCISES IN PAIRS



## LATERAL RAISE

Keep the band taut while doing lateral lifts.

# EXERCISES IN PAIRS



## LATERAL RAISE

Keep the band taut while doing lateral lifts.