



1. Place the circle band around your ankles. Stand with your feet shoulder-width apart holding a resistance band above your head. Keep your arms straight.



2. Sink into a squat.

*Tip: Keep your knees behind your toes.*

3. As you stand up, extend your arms to your sides until your elbows are bent to 90 degrees with the band in front of your chest. Make sure to squeeze your shoulder blades.
4. Return to starting position.

Repeat for 10 to 15 repetitions.

1. Place the circle band around your ankles. Start with the long band wrapped behind your back. Grasp the band at chest level.
2. Extend your arms in front of your body, keeping your elbows slightly bent.

*Tip: Avoid locking your elbows when straightening your arms.*

3. Return to starting position.

Repeat for 10 to 15 repetitions.



1. Place the circle band around your ankles. Stand on one end of the long band while grasping the other end behind your back.

*Tip: Keep elbows bent at 90 degrees and close to your ears.*

2. Extend your arms fully upward.
3. Return to starting position.



Repeat for 10 to 15 repetitions.