



TFN AT-HOME WORKOUTS: WEEK 7

From your TFN Parks and Recreation Team: Resistance Band (RB) Workout

Equipment Needed:

1. Resistance Band (A resistance band is a special elastic band used for strength training)

DYNAMIC WARM UP: (5-10 MINUTES)

WALK/JOG

Walk or jog gradually on the spot or in your yard for 5-10 minutes to get your blood pumping and muscles warm.

Warming up before a workout will loosen joints for more flexibility, boost performance, and reduce chances of injury.

Exercises: (Complete each exercise 3 times, 10-20 reps each set), take desired break time between sets

1. RB CROSS BODY HAMMER CURL



Place both feet on and in the middle of your resistance band. Let the band hang at arm's length to your side while gripping the band handles with each hand. Maintain an upright posture with palms facing your body.



Slowly begin to curl one side up across your body to opposite shoulder. Ensure to keep palms facing inward and squeeze bicep at the top position. Pause for one second and slowly lower back to the starting position. Alternate arms and repeat.

2. RB SQUAT



Maintain a wide grip on both handles of the band and keep the handles over the back of your head.



As you squat keep your weight centered, back flat, and full depth. Try and go down until your thighs are at least parallel to the ground. Come up to fill hip and knee extension at the top without locking out the knees.

3. RB SHOULDER PRESS



Stand on a resistance band and hold the handles at shoulder height with palms facing forward.



Extend arms directly above you, just wider than shoulder width. Lower the band back down and repeat.

4. RB DEAD LIFT



Holding the handles of the resistance band, step on the middle. Place feet at shoulder-width with toes pointing forward. Tighten your core and keep your chest up. Bend knees slightly and drive your hips back, while keeping your chest up.



Contract your glutes and drive them forward into a standing position. Pause then return to the starting position.

5. RB PUSH-UP



Grip the resistance band with both hands, then place it across the back of your shoulders. Get into a push-up position with your hands shoulder width apart and your legs straight and extended behind you.



Bend your elbows to lower your body towards the floor. Once your chest is just above the floor and your upper arms are parallel to the floor, push your hands through the floor to get back to the starting position. Repeat. You should notice the top of the range of motion gets harder due to the resistance from the band.

6. RB TRICEP KICKBACK



Grab the ends of the resistance band with both hands and step on the middle of the band. Bend over at the waist so that your chest is parallel with the floor.



Extend your arms backwards and lock your elbows out. Hold for one second and then return to starting position. Repeat.

7. RB ONE-HANDED FRONT SHOULDER RAISE



Stand on the band and hold the handle in one hand. Your hand should be level with your thigh, palm facing inwards.



Raise the band in front of you until it is parallel to the floor, while keeping your arm straight. Lower the band back down and repeat.

8. RB BENT OVER ROW



Step on the resistance band with your feet at shoulder-width, one foot in front of the other. Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.



Leading with your elbow of the foot in front, pull the handle of the band back, into your shoulder blade. Hold this contraction and slowly release to the starting position.

STATIC COOL DOWN STRETCHES: (HOLD FOR 30 SECONDS EACH SIDE)

STANDING HAMSTRING REACH



Reach down as far as you can without feeling any strain. Keep your legs as straight as possible.



Stretch each hamstring.



Hold each position for 30 seconds each.

STANDING QUADRICEP PULL



Stand on one leg. If you need support, hold onto something solid, such as a wall or chair, or try sticking your arm straight up into the air as in the picture above.



Bend your right knee and bring your heel toward your buttock. Reach for your ankle with your opposite (left) hand. Breathe deeply and hold the stretch for 30 seconds, release and repeat on the left leg.

You're finished! Keep practicing these exercises daily and keep active during the COVID-19 quarantine. Don't forget to drink plenty of water during and after your workout. Practice Physical Health along with your Physical Distancing! And have fun!



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