

UVA-WorkMed 10 MINUTE STRENGTH WORKOUT WITH BAND

❖ Upright Row: (8-12 repetitions)

- Stand with **both feet on the band**, legs spread to hips distance, or further for more resistance.
- Pull up band from thighs to below chin.
- Elbows are higher than hands at the end of the movement.



❖ Bicep curls: (8-12 repetitions)

- Stand with **both feet on the band**.
- Spread feet to hips distance, further for more resistance.
- With palms up, keep elbows stationary and lift forearms towards the front of the shoulders.



❖ Tricep Extension: (8-12 repetitions, each side)

- Stand with **one foot on the band**.
- Extend arm holding band straight up overhead.
- Slowly bring handle down towards shoulder blades.
- Switch arms.



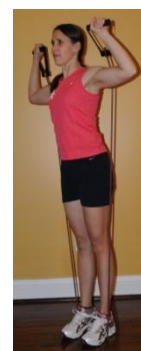
❖ Squat: (8-12 repetitions)

- Stand with **both feet on the band**.
- Spread feet slightly further than hips distance.
- Hold band with both hands at shoulders, palms out.
- Bend knees to 90 degree angle and then slowly stand.
- Do not extend knee over toe.



❖ Shoulder Press: : (8-12 repetitions)

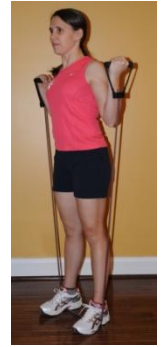
- Stand with **both feet on the band** feet at hips distance.
- Hold the band with both hands at shoulder height, raise arms overhead and slowly return to shoulder height.



- ❖ Wall Push-up: (8-12 repetitions)
 - Place hands wider than shoulders.
 - Stand with feet together, toes forward.
 - Place feet a few feet from the wall.
 - Press body towards wall and back.



- ❖ In and Out Bicep curls: (8-12 repetitions)
 - Stand with **both feet on the band**, feet at hips distance, or further for more resistance.
 - Hold band with both hands, pull both arms up for a standard bicep curl.
 - Bring bands back down to side and turn palms out to a side curl, then raise hands to shoulders.
 - Alternate standard curl and side curl.



- ❖ Lunge Squats: (8-12 repetitions)
 - Stand with one leg in front of the other.
 - Place band under front foot and bend front knee.
 - Lower body down until front leg is at 90 degrees, rise up.
 - To intensify: raise arms overhead while squatting.



- ❖ Static Arm Curls: (2 sets of 4 repetitions, each side)
 - Stand with **both feet on the band**.
 - Feet spread to hips distance or further for more resistance.
 - One arm is held static at 90 degrees, while the other arm does 4 reps.
 - Alternate arms and repeat sequence.



- ❖ Tricep Dips: (8-12 repetitions)
 - Sit on the edge of a chair, place hands on front edge.
 - Extend legs straight out with heels on the floor.
 - Lower body off the chair until arms are parallel to the floor, and then straighten arms to starting position.



- ❖ Calf Raises: (8-12 repetitions)
 - Stand with feet at hips distance.
 - Rise up on toes and come back down.

