

Theraband Exercises

These exercises utilize resistance bands such as Theraband to target different muscle groups, promoting strength, flexibility, and coordination. Each exercise is designed to be simple yet effective, and can be performed by individuals of various fitness levels. Follow the steps for each exercise to maximize your results.

Bicep curl

1. Sit or stand with both feet placed in the middle of a resistance band.
2. Hold one end of the band in each hand and raise your arms to chest height.
3. Lower your arms back to the starting position and repeat for 10 repetitions.

Chest press

1. Sit or stand with the resistance band behind your back.
2. Hold one end of the band in each hand and extend both arms out in front of you at chest level.
3. Return your arms to the starting position and repeat for 10 repetitions.

Clamshell

1. Loop a resistance band around your legs just above the knees.
2. Lie on your side with your hips and knees bent at 90 degrees, keeping your feet together.
3. Pull your knees apart while contracting your glutes for 2–3 seconds.
4. Slowly return to the starting position and repeat for 10–12 repetitions.

Lateral raise

1. Stand with your feet positioned over the center of a tube band, shoulder-width apart.
2. Grip each handle with your arms at your sides and palms facing in.
3. With a slight bend in your elbows, raise your arms straight out to the sides until they reach shoulder height.
4. Hold for a moment and then lower your arms back to the starting position.

Leg press

1. Sit upright in a chair with your back straight.
2. Place one foot in the middle of the resistance band and hold both ends with your hands.
3. Bend your knee toward your chest and then straighten your leg out in front of you.
4. Return to the starting position and repeat 10 times on each leg.

Overhead press

1. Stand with your feet shoulder-width apart over the center of a tube band.
2. Grip each handle and position your hands at shoulder level with palms facing forward, ensuring your thumbs touch your shoulders.
3. Press your arms straight up, fully extending them, and slowly lower them back down.

Seated calf press

1. Sit with your back straight in a chair, placing one foot in the middle of the resistance band and holding both ends.
2. Extend your leg, pointing your toes toward the ceiling.
3. Point your toes forward toward the ground and return to the starting position.
4. Repeat 10 times with each leg.

Seated row

1. Sit with your legs extended and place the center of the resistance band behind the soles of your feet.
 2. Grab the band with both hands, arms extended, and palms facing each other.
 3. Bend your elbows and pull the band toward your core, squeezing your shoulder blades together.
 4. Maintain good posture and slightly bend your knees if needed.
 5. Slowly return to the starting position.
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Notes