

Seated Resistance Routine

For resistance band movements, anchor the band to a sturdy door/door handle.

Seated Row

Face toward the door. Holding the band in each hand, squeeze shoulder blades back while pulling elbows alongside your body.

Repeat: 10 times

Perform: 2 times daily



Chest Press

Face away from the door. Holding the band in each hand, place the resistance band around your mid back and under the arms. Extend both arms until they are straight, pulling the band with them. Lower back to starting position.

Repeat: 10 times

Perform: 2 times daily



Stir the Pot

Stand sideways to the door, pulling the band to full tension directly in front of you. Form a circle in one direction, making sure only to use your arms, keeping your body still. Perform 5 reps and switch directions.

Repeat: 5 times each direction

Perform: 2 times daily



Pallof Press

Stand sideways to the door, pulling the band to full tension directly in front of you. Lift the band up to eye level, then down to waist level. Return to starting position.

Repeat: 10 times

Perform: 2 times daily



Sit to Stand

Hold onto the band for stability. Sit towards the front edge of a sturdy chair. Place feet shoulder width apart with knees at a 90 degree angle. Leaning forward at the waist, push through your heels to a standing position, lower down.

Advanced Level: perform the same movement without the resistance band.

Repeat: 10 times

Perform: 2 times daily



Slider Cardio

Place a slider under one foot. Sit up tall and engage your core. Slide your foot horizontally back and forth as fast as you can. Use your arms for stability. Perform this exercise for 30 seconds and switch feet. Next, move your foot vertically, forward and backward. Perform this exercise for 30 seconds and switch feet.

Repeat: 10 times each side/each direction

Perform: 2 times daily

