Upper Body Exercises
Sitting, with a rubber band
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 1

Arms straight forward: Stretch band and loosen.
Upper Body Exercises

Sitting, with a rubber band

Exercise No. 2

Arms straight forward rubber stretched: upper body rotated to one side, back, forward, to other side.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 3

Arms straight up: stretch band and loosen.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 4

Arms straight up, band stretched: bend to sides.
Upper Body Exercises

Sitting, with a rubber band

Exercise No. 5 (1-4 combined)

1. Arms straight forward band stretched. 2. Upper body rotated to one side. 3. Bend to this side. 4. Arms straight up, band stretched. Other side.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 6

Band held in hands: one hand on knee, other stretches band up.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 7

Band held up behind back: stretch band and loosen.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 8

Band held behind back, elbows to body: stretch arms forward.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 9

Band behind back, arms to sides: cross arms forward, right arm on top, then left.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 10

Band held in hands, elbows tight to body: stretch band with one hand to side, keep both elbows tight to body. Change sides.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 11

Band held in hands, elbows tight to body: stretch band with both hands to sides, keep both elbows tight to body.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 12

Band held along back: stretch upper arm up and loosen, change arms.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 13

Band under legs: straighten arms up.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 14

Band under feet: bend elbows.
Upper Body Exercises

Sitting, with a rubber band

Exercise No. 15

Band under feet: lift arms from sides.
Upper Body Exercises
Sitting, with a rubber band

Exercise No. 16

Band under feet: lift arms forward.
Upper Body Exercises

Sitting, with a rubber band

Exercise No. 17

Band placed on thighs: lift band up, back, then lower.
WHOLE
Wellbeing and Healthy Choices for Older Adults and their Carers

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