

## 1. Wall Push-up



- Facing the wall, stand one arm's length away.
- Put both palms flat against the wall at shoulder height.
- Keep abdominals tight and spine straight.
- Slowly lower yourself against the wall. Slowly lift yourself back up.
- More challenging: find a lower surface like a kitchen counter or bench.

## 4. Triceps Extension



- Hold one end of the tubing at the middle of your chest.
- Using the other hand grasp the tubing with the elbow bent to 90 degrees.
- Keeping the elbow tucked into the side, slowly straighten your arm to 180 degrees.
- Slowly return to the starting position with elbow bent.

## 7. Inner Thigh Squeeze

## 2. Seated Row



- Anchor the tubing to a sturdy object.
- Sit tall. Keep abdominals tight (pull bellybutton to spine) and keep straight.
- Pull the tubing towards chest while squeezing shoulder blades together.
- Slowly relax your arms allowing them to return to the starting position.

## 5. Lateral Raise



- Stand on the tubing with one foot and set feet shoulder width apart.
- With your thumb pointing up, slowly raise one arm out to the side until it is parallel with the floor.
- Do not raise arm higher than shoulder and be sure to keep your shoulders and neck relaxed.
- Slowly return to the starting position.

## 8. Sitting Hip Exercise



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