 

Stand on elastic, hold elastic in hand Pull up, bending at elbow

arms straight slowly return to starting position

 

Stand on elastic, hold ends in both hands Keep elbows straight and lift arms

Arms at side, palms facing forward to shoulder level, slowly lower back down

 

Stand on elastic, hold band in hand, Push one arm up and overhead

arms at side, elbows bent as shown slowly bring it down, repeat with other arm

 

Stand on elastic, hold ends of band in hands Lift up toward chin, bending elbows

in front of hips keep hands close to chest, slowly lower

 

Hold elastic in hands out in front, Move arms away from each other, out to

keeping elbows straight sides, slowly return to starting position

\* Perform 10 repetitions of all activities and then repeat the entire sequence again.