

Resistance Loop Band Exercises

EB YOU

PRESENTED BY  Sutter Health

Side Stepping With Resistance at Ankles

LAPS: 3 | STEPS: 10 | WEEKLY: 4

Setup

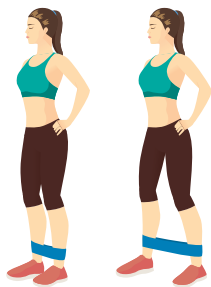
Begin standing upright with a resistance loop band around your ankles. Bend your knees slightly so you're in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Keep your feet pointed forward and don't let your knees collapse inward during the exercise.



Squat With Chair Touch and Resistance Loop

REPS: 10 | SETS: 2 | WEEKLY: 4

Setup

Begin in a standing position in front of a chair with a resistance loop around your knees.

Movement

Lower yourself into a squatting position as you press your knees slightly outward against the resistance loop until you lightly touch the chair. Then return to standing and repeat.

Tip

Keep tension in the resistance loop and don't let your knees bend forward past your toes during the exercise.



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Standing Hamstring Curl With Resistance

REPS: 10 | SETS: 2 | WEEKLY: 4

Setup

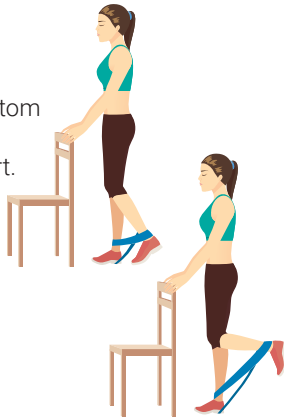
Begin in a standing position with a resistance band looped under the bottom of one foot and around your opposite ankle, holding on to a chair for support.

Movement

Bend your knee, pulling your foot upward against the resistance, then slowly lower it down and repeat.

Tip

Keep your back straight and maintain your balance during the exercise.



Single Leg Bridge With Resistance Loop

REPS: 10 | SETS: 2 | WEEKLY: 4

Setup

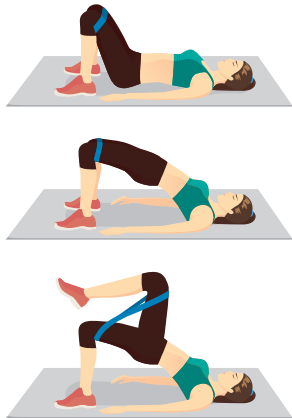
Begin lying on your back with your knees bent and a resistance loop around your knees.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Then, lift one leg off the ground, keeping your knee bent.

Tip

Keep your hips level and abdominals tight throughout the exercise.



Quadruped Hip Abduction With Resistance Loop

REPS: 10 | SETS: 2 | WEEKLY: 4

Setup

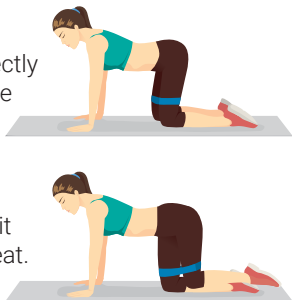
Begin on all fours with your arms directly under your shoulders and a resistance loop around your legs.

Movement

Raise one leg straight to your side, keeping your knee bent. Slowly bring it back to the starting position and repeat.

Tip

Keep your abdominals tight so your trunk doesn't rotate as you lift your leg.



Disclaimer: This program provides exercises related to preventive maintenance or to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

Source: Medbridge

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