



## CanolaInfo Exercise Band, in partnership with the National Heart, Lung, and Blood Institute, try these exercises!

### **Front of Arm Curl, Repetitions: 12-16 per arm**

Hold the band, right palm up and left palm down, in a two fist grip. Position the left fist in front of the right hip and the right fist directly above the left fist. Keep elbows close to the sides. Keep the left hand in position. Curl the right fist toward the right shoulder and slowly release it down to the point before the band goes slack. Curl up and release down. Repeat, then switch sides.

### **Upper Back Conditioner, Repetitions: 12-16**

Hold the band in both fists, palms down, and raise the arms up to shoulder level. Keep the fists close to the body and the elbows up and out to the sides. Draw the elbows and shoulders straight back as if trying to have the elbows meet behind. Slowly release the band forward, without letting the band go slack.

### **Back of Arm Press, Repetitions: 12-16 per arm**

Hold one end of the band against the chest with the left palm flat against the chest. Hold the other end of the band in the right hand, palm down. Keep elbows close to the sides. Keep the left hand in position. Press the palm of the right hand down toward the floor, slowly releasing the right arm back up to waist level. Repeat, then switch sides.

### **Inner Thigh Lift, Repetitions: 12-16 per leg**

Lying on the right side, bend the left knee so that the foot is flat on the floor and in back of the right leg. Place one end of the band around the middle of the left foot and the other end around the right calf. Slowly lift the right leg up toward the ceiling, keeping the leg straight but not locked, and the knee and hips facing forward. The base leg does not move. Repeat, then switch legs.

### **Outer Thigh Lift, Repetitions: 12-16 per leg**

Lying on one side with the top leg slightly raised, place the band around the ankles. Keeping the foot relaxed, lift the leg up toward the ceiling as high as possible. Repeat, then switch legs.

***For more exercises and winning lifestyle tips, go to [Canolainfo.org](http://Canolainfo.org)***