

STAY ACTIVE RESOURCE CARD

Band Blast

UPPER BODY STRENGTH EXERCISES USING RESISTANCE BANDS

Other Stay Active Cards available
Contact email@dsni.co.uk



DO EACH EXERCISE 8-12 TIMES.
REPEAT 2-3 TIMES

1

Band Pull Apart

KEY POINTS:

- Hands shoulder width apart, chest height
- Pull hands apart until the band nears your chest
- Return to starting position

• **TIP: Keep arms long throughout the movement**



2

Wood Chop

KEY POINTS:

- Stand on one end of band and hold other end with two hands at your side
- Pull diagonally across the body towards opposite shoulder
- Return to starting position
- Repeat on opposite side

• **TIP: Gently twist your torso as you perform the move**



3

Bicep Curl

KEY POINTS:

- Stand on one end of band and hold other end with right hand
- Bring hand up to shoulder, keeping elbow close to body
- Lower the hand back to the start position
- Repeat with left hand



4

Chest Press

KEY POINTS:

- Bring band behind back, under your armpits and take each end in your hands
- Push your hands out and return slowly to start position

