

Chest & Shoulder Exercises

Chest Press



Starting with hands even with shoulders and elbows parallel to the floor, press slowly forward and slightly upwards. Slowly bring arms back to start.

Bent Arm Press



Keeping shoulder, elbow and wrist at right angles, press slowly forward, keeping parallel to the floor. Squeeze shoulder blades together as you return to start.

Shoulder Press



With wrist, elbow and shoulder forming a right angle, press wrists slowly to the ceiling and return to start.

Front Deltoid Raises



From a reclined position, keep palms down and pull bands overhead while keeping arms taut.

One Arm Rear Deltoid Pull



Facing the back of the chair and standing slightly to the side, place a knee in the seat and hold the back of the chair as you pull the band down and back with arm taut. Palm faces down.

Shoulder Shrug



Standing with toes tucked under the chair, grasp handles and slowly squeeze the shoulders towards the ears.

Mid-Section Exercises

Abdominal Crunch



Grasping the bands at ear level, pull forward as you draw your knees into your chest.

Reclined Abdominal Crunch



In a reclined position, grasp the bands at ear level and pull forward into the abdomen.

Sitting Side Crunch



Holding band close to the ear, pull diagonally across the body to the opposite knee.

Reclined Side Crunch



In a reclined position, hold the band close to the ear; pull diagonally across the body to the opposite hip.

Oblique Crossover



Stand at the side of the chair, with two hands gripping the band, pull and twist to the opposite side of the body until arm is at right angle to the floor.

Back Exercises

Two Arm Cable Row



Facing the back of the chair, bend knees slightly while keeping back flat. Keeping elbows low, pull wrist back to chest and release.

Kneeling Cable Row



Facing the back of the chair while kneeling, grasp handles with palms down. Bring elbows to the sides while turning wrists towards each other.

Leg Exercises

Sit To Stand Military Press



Holding the bands even with the shoulders with palms forward, move from a seated position on the front of the seat to a standing position. Keep feet shoulder width apart.

Calf Press*



In a reclining position, wrap the Velcro strap around the pad of the foot. Slowly point and flex the toes.

Leg press*



In a reclining position, wrap the Velcro strap around the pad of the foot. Bending the leg at the knee, slowly straighten the leg while keeping the ankle flexed.

Abductor / Adductor Stretch*



In a reclining position, wrap the Velcro strap around the pad of the foot. With the leg in the air, slowly bring the leg away from the body toward the floor then across the body and return to start.

Standing Adductor Pull*



Kneeling sideways on the seat and holding the back of the chair for support, raise and lower a taut leg to the side.

Hamstring Pull*



While holding firmly to the sides of the chair for stability, wrap the Velcro band around the ankle. Keeping your back straight and leg taut, raise and lower slowly.

Hamstring Curl*



Facing the chair and holding the sides for stability, firmly place knees against the cushion. Bend the knee, bringing the heel to the thigh.

Quad Lift*



Sitting forward on the cushion with your knees at right angles, slowly straighten the leg forward until parallel with the floor.

Biceps Exercises

Biceps Curl



From a sitting position, pull wrists towards shoulders, keeping palms up. Release and slowly return to start.

Incline Biceps Curl



From a reclined position, pull wrists towards shoulders, keeping palms up. Release and slowly return to start.

Reverse Biceps Curl



Either sitting or reclining, pull wrists towards shoulders, keeping palms down. Release and slowly return to start.

Standing Biceps Curl



Facing the back of the chair, pull bands towards shoulders, palms facing up. Elbows are held close to the body.

Triceps Exercises

Double Triceps Extension



Keeping elbows as close to the ears as possible, press arms up from behind the head until taut. Return slowly until wrists rest on the back of the chair.

Cross Face Arm Extension



Gripping the opposite band, keep arm taut as you come across the body until arm is extended and parallel to the floor.

Cross Body Side Laterals



From a sitting position, grip the opposite band with palm facing down and pull diagonally across the body until taut.

One Arm Lateral Cable Row




Facing the back of the chair, place one knee into the seat. Pull the opposite side band back towards the chest, keeping the elbow close to the body.

Triceps Kickback



Sitting forward on the seat, keep the elbow by the ear and extend the arm upwards. Use opposite hand for stability.

Sit Strong Systems 

828-324-6144
sitstrongsystems.com