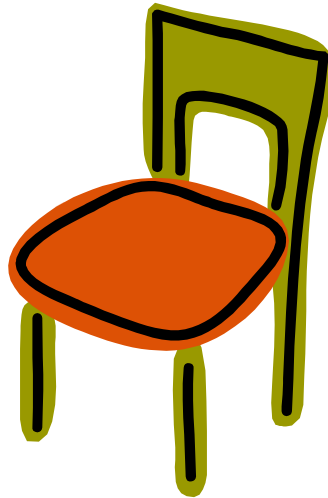


# Sit and Get Fit

## With Resistance Bands



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## About Your Instructor

Sean Kenny is the health & wellness manager for Advanced Care Wellness, a certified trainer with the National Strength and Conditioning Association (NSCA), American Council on Exercise (ACE) and the Arthritis Foundation. Sean is a state licensed EMT and has been certified in Chronic Disease Self-Management and holds a Chronic Care Professional (CCP) credential from the Health Institute.

In addition, Sean is a nationally published author/lecturer on health and fitness, fitness contributor to *WebMD*, *Arthritis Today Magazine*, *Police Magazine* and has been a clinical health educator for more than 19 years.

For more information or to schedule a presentation, please contact Sean Kenny at:  
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## About Advanced Care Wellness

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Advanced Care Wellness (ACW) is a service of Managed Care Systems, LLC and GEMCare.

ACW is a single provider solution for all worksite wellness services and has provided service to organizations from 20 employees to 8,000+. With more than 16 years of experience offering custom, comprehensive worksite wellness services including:

Health Education  
Biometric  
Screenings  
Health Risk  
Assessments  
Vaccinations

On-Line & On-Site  
Oil & Ag Safety  
Trainings  
Wellness Challenges  
Health Coaching  
Case Management

Custom Web Portals  
Wellness Any Zip  
Code  
Reporting and More!

In addition, we have proven experience in the successful design of programs for the unique industries of healthcare, Ag, oil and law enforcement. Contact us today for more information, references and a free consultation. (661) 716-7118 or [sean@advancedcarewellness.net](mailto:sean@advancedcarewellness.net)



## **Before We “Band Together”-Here Are Some Precautions:**

Always consult your physician before beginning an exercise program.

If you experience sharp pain, shortness of breath, dizziness or lightheadedness with any of these exercises, stop immediately and contact your healthcare provider.

As with any exercise program, muscle soreness may be experienced over the first few days. If your pain should persist for more than 3 or 4 days, consult your physician. Do not exercise while experiencing pain.

Be sure the resistance band is securely anchored to a sturdy object or attachment before using.

Do not overstretch the resistance band by more than 3 times its resting length.

Protect the resistance band by keeping it away from sharp objects. Remove rings from the fingers before using the resistance bands. Be aware of long, sharp fingernails.

Always examine the resistance band before use for small nicks, tears or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.

Breathe evenly and completely, never hold your breath.

Do all movements at a slow and controlled pace.

**TIPS:** Initially, place a band only on one foot for most exercises. To increase the resistance, place the band around both feet.

**Water bottle or small hand weights can be substituted for exercise bands.**

## Sit and Get Fit: Stretching

For all stretching, move slowly and go through a pain-free range of motion. Hold each stretch for 5-10 seconds. Never stretch to the point of pain. Do these stretches before and after exercise or anytime you are feeling stiff or tense.



### **Hamstring and Calf Stretch**

Sit at edge of chair and extend one leg. Place heel on top of toe, keeping both legs straight. Exhale as you slowly lean forward.



### **Hip Flexor Stretch**

**Do not do if you have had a hip replacement.** Sit at edge of chair and cross one leg if possible. Apply slight downward pressure to get a comfortable stretch in hip flexor. Avoid pushing on tender joints.



### **Back Stretch**

**Do not do if you have neck/back problems or are on blood pressure medication.** Inhale as you lean forward, stretching the back. Exhale as you come up slowly. Keep chin tucked into chest on way up.



# Advanced Care Wellness



## Forearm Stretch

Place palms together and bring arms down slowly, stretching the wrist and forearms.



## Arm Stretch

**Do not do if you have shoulder problems.** Exhale as you pull the arm gently across the body, while keeping shoulders facing forward. Repeat on other side.



## Neck Stretch

**Do not do if you have neck problems.** Do not roll neck, but simply go from left to right, bringing ear towards shoulder. Move slowly and gently.

## Sit and Get Fit: Lower Body Resistance



### **Calf Press (Calves)**

Place band securely under the ball of one foot. Pull bands to create tension. Exhale as you push foot towards floor, inhale as you come up. Keep heel on floor entire time.



### **Leg Press (Quads, Hamstrings, Glutes)**

**Do not do if you have had a hip replacement.** Place band securely under one foot. Pull bands tight. Bring knee up, pulling bands, exhale as you press foot down towards floor.



### **Abduction (Abductors)**

**Do not do if you have had a hip replacement.** Wrap bands around both legs just above knee. Exhale as you push legs outward, opening against resistance.



### **Hip Raise (Hip Flexors)**

**Do not do if you have had a hip replacement.** Wrap bands around legs just above knee. Exhale as you bring one leg up at a time as if marching against resistance.

## Sit and Get Fit: Upper Body



### **Chest Press (Chest)**

Place band around upper back. Exhale as you slowly press arms forward, inhale as you bring arms back. Keep elbows in line with wrists.



### **Back Row (Back)**

Place band securely around one foot with leg extended. Exhale as you pull band toward you, squeezing shoulder blades together. For increased resistance, place band around both feet.



### **Retraction (Upper Back)**

Do not do if you have shoulder problems. Grab band firmly towards the center and hold in front of you. Exhale as you pull band apart, squeezing shoulder blades together.



### **Lateral Raise (Shoulders)**

Do not do if you have shoulder problems. Place band around one foot and have arms at sides, palms facing. Exhale as you lift arms out to side, stopping when even with your shoulders.



**Bicep Curl (Biceps)**

Place band around one or both feet, arms at side with palms facing. Exhale as you curl arms up to shoulders. Keep elbows close to sides and abs tight.

**Tricep Extension (Triceps)**

Do not do if you have shoulder problems. Place one hand behind back, holding band and place other hand above head. Exhale as you lift and straighten arms overhead. Keep elbow pointing forward.

**Wrist Curls (Forearms)**

Place band under feet, lean forward and rest elbows on thighs. With palms up, exhale as you curl wrists up. Can also do with palms facing down.



## Sit and Get Fit: Abs and Core



### **Ab Crunch (Abs)**

Place band around chair and over shoulders. Hold tightly. Exhale as you lean forward, contracting your abs against the resistance.



### **Side Crunch (Obliques)**

Place majority of band under both feet and hold in one hand. Keeping arm straight, exhale as you lean towards opposite side. Inhale as you lean back towards starting position.



### **Rocking Chair (Abs)**

**Do not do if you have high blood pressure.** Sit at edge of chair and place arms across chest. Simply lean back to the point where the abs tighten and hold for 5-10 seconds. Keep feet on ground. Come forward and then repeat. Do not hold your breath.



## **Knees Ups (Lower Abs)**

**Do not do if you have back problems.** Holding the sides of the chair, lean back to point where abs tighten as in the previous exercise. Exhale as you bring both knees up towards chest, inhale as you return feet to floor.



## **Knees Up-Modified (Lower Abs)**

Assume same position as in above exercise, but only bring one leg up at a time to make the move easier.



## **Elbow to Knee (Abs)**

**Do not do if you have neck/back problems.** In this advanced move, place hands behind head. Bring knee up as you bring opposite elbow across the body towards knee. Repeat on other side.