

Tips for Effective Exercise

Step 1: Before starting, move around to warm up your body for 3-5 minutes.

Step 2: Maintain a comfortable, lengthened spine throughout the exercise. Sit tall.

Step 3: Pull abdominals in gently and hold throughout each exercise to support your spine.

Step 4: Breathe! Exhale on the work phase of each exercise.

Step 5: The last 1-3 reps should be a challenge but able to be completed while breathing. Maintain good control of the band in both directions and keep a lengthened spine.

Additional Tips:

- **Too difficult?** Modify by either decreasing reps or dropping down in band resistance.
- **Too easy?** Progress by adding reps/sets or moving to a stiffer band.
- **For beginner exercisers:** Greater gains are made by doing a few meaningful exercises consistently over a period of time. Once the habit is established, add 1-3 new exercises every 30 days.



Abdominal and Pelvic Floor Activated Breathing



Repeat: 12 Times

Complete: 2 Sets

Perform: 1 Time Per Day

Position options: (from easiest to hardest)

- Lie on your side with knees and hips bent up, head supported
- Lie on your back with both knees bent, feet flat on the floor
- Sit with feet flat on floor, legs hip distance apart
- Position yourself on your hands and knees

Directions:

- Start with an inhale through the nose, feeling the abdominals expand gently out.
- Begin to exhale through the mouth or nose, engaging the pelvic floor muscles up and in and the abdominals pulling in toward the spine.
- At the end of the exhale, relax and repeat.

To help contract the pelvic floor:

- Think about the motion needed to bring the sit bones of the pelvis together without squeezing the buttocks.
- Contract the muscles that stop gas from passing.

To help contract the abdominals:

- Place hand on the lower abdomen, pull abdominals away from hand.
- Think about zipping up the abdominals from your pelvic floor up past your belly button.

Elastic Band – Clamshell



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Directions:

- Lie on your side, stack hips, knees and ankles.
- Bend knees up and position the elastic band at the knees.
- Keep pelvis stable—it tends to roll back.
- Lift top knee up while keeping feet together as shown.
- Hold and then lower leg slowly.
- Repeat other side.
- Feel the muscles on the side of hip working.

Elastic Band – Bridge



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Directions:

- Place an elastic band around the knees.
- Place and maintain knees/feet the width of hips with tension on the band.
- Maintain an abdominal draw in, lift buttocks.
- Keep low back from arching at the top of the lift.
- Hold and then lower buttocks slowly.
- Feel the abdominals and buttock muscles working.

Lateral Plank Hip Lift



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Directions:

- Lie on your side with your knees bent, pull abdominals in and hold while lifting up on elbow and knees.
- Maintain a tall spine.
- Hold position and then lower slowly.
- Repeat on the other side.
- Feel the lateral (side) and front area of abdominals working.

Elastic Band – Sit to Stand



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Directions:

- Sit on edge of chair.
- Place band loop just below knees.
- Position feet and knees hip distance apart.
- Maintain an abdominal draw in and lateral (side) tension on the band, stand.
- Sit slowly without plopping.
- Feel lateral (side) hips, buttocks, abdominals and thighs working.

Elastic Band – Horizontal Abduction



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Position options: (from easiest to hardest)

- Supine (lying on your back), knees bent, feet flat
- Seated with tall posture

Directions:

- Lie on your back holding the elastic band up toward ceiling.
- Press shoulders down into the floor, feeling the shoulder blades move toward spine as the arms pull apart and toward the floor as shown. Hold.
- Return to start position.
- Feel the back of the shoulders working.

Elastic Band – Shoulder Blade Retraction with External Rotation



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Position options: (from easiest to hardest)

- Supine (lying on your back), knees bent, feet flat
- Seated with tall posture

Directions:

- Hold band with wrists firm, palms facing up and abdominals pulled in.
- Keep elbows against body, squeeze shoulder blades together and pull band apart. Hold.
- Return to start position slowly.
- Feel the muscles between the shoulder blades working.

Elastic Band – Triceps Extension



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Position options: Sit or stand

Directions:

- Hold one end of an elastic band against chest.
- Hold the other end with opposite hand, elbow bent and arm by your side.
- Pull the band downward so that the elbow goes from a bent position to a straightened position as shown.
- Return slowly to starting position.
- Repeat other side.
- Feel muscles behind the arm working.

Plank Hold / Push Ups



Repeat: 12 Times

Hold: 3 Seconds

Complete: 2 Sets

Perform: 3 Times Per Week

Position options: (from easiest to hardest)

- Against wall
- On sturdy table / back of couch
- On floor, bent knees

Directions:

- Start with feet at hip distance apart.
- With abdominals pulled in, lower your chest slowly, maintaining a tall spine.
- Keep elbows in line with body as they bend.
- Push back to start.
- Feel muscles of chest and arms working.

Note: *Before progressing to a push up, must be able to hold a tall spine position with abdominals pulled in, without the low back collapsing in (i.e. perform a plank).*