

## ARM THERABAND RESISTANCE EXERCISES

### BICEP CURLS



Stand with feet shoulder width apart and one foot firmly on the band. Grip the theraband with your hand and start with the elbow straight, then bend your elbow, moving your forearm upward toward shoulder without moving your elbow from your trunk. Repeat with other hand.

### TRICEP PULLDOWNS



Fold theraband around right hand and place hand on left shoulder. Grip other end of band in left hand and straighten elbow to behind the left hip. Repeat with other hand.

### FRONT DELTOIDS



Stand with feet shoulder width apart and one foot on the band. Grip the theraband with your hand and start with the elbow straight. Slowly straighten your arm to shoulder height, thumb pointing upward while keeping the elbow slightly bent...not locked. Repeat on other side.

### SIDE DELTOIDS



Stand with feet shoulder width apart and knees slightly bent with the band under your foot. Grip the theraband in your hand and start with the elbow straight. Slowly raise your arm to shoulder height, keeping the elbow slightly bent....not locked. Slowly lower your arm to your side. Repeat on other side.