

Remember:

- Always do the exercises slowly
- All movements should be smooth, never jerky
- Don't hold your breath when exercising. Try and breath normally
- Never hold one position for more

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Shropshire County 
Primary Care Trust



Exercise for Health



Strengthen the front of your shoulders:



Check your set up for posture and position.

- Pass the resistance band underneath the chair and hold onto either end.
- Imagine a steering wheel -
- Hold the ends of the resistance band with palms facing in; as if holding onto the wheel.
- Slowly, stretch your arms out straight.
- Hold, then slowly return the arms to the first position.



Repeat four times



1



2

&

4



3

Strengthens the muscles of the arms, shoulder and upper back.



Check your set up for posture and position.

- Hold your arms out straight
- Hold the resistance band with a length of tail either side.
- Lift your arms above your head.
- Keeping the band high, stretch your arms down so they are level with your shoulders.
- Hold, then slowly return your arms above your head.

Repeat four times



1



2



3

Repeat four times

Strengthens the muscle at the front of the thigh.



Check your set up for posture and position.

- Place your right foot on the centre of the band.
- Hold onto the ends of the band, resting hands on your lap.
- Raise your right foot until the leg is straight, not locked.
- Hold, then slowly return to the start position.
- Repeat with left leg.

Repeat four times



1



2



3

Repeat four times