

# Benefits of Resistance Training

- Improves muscle & bone health
- Reduces body fat & increases lean body mass
- Lowers blood pressure
- Lowers LDL or “bad” cholesterol
- Helps to prevent injury
- Improves self-confidence

# FITT Principle

## FREQUENCY

At least two days per week with at least one day of rest in between.

## INTENSITY

It is different for everyone. Choose a weight that is heavy enough it will tire your muscles, but light enough that you can still do the exercise correctly.

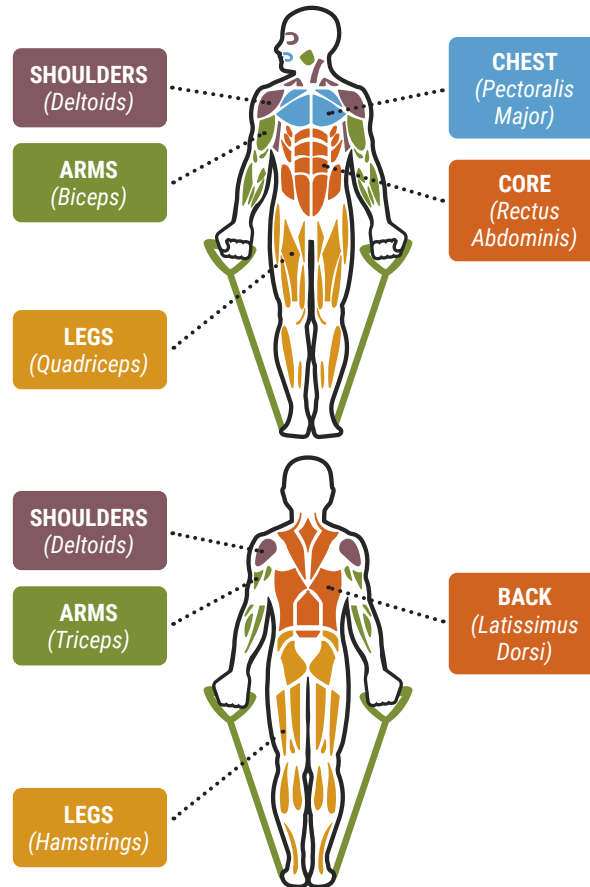
## TIME

Complete each exercise anywhere from eight to twelve times. Repeat the exercise again for the same number of times. If you feel strong enough, repeat a third time.

## TYPE

Do at least one exercise per main muscle group.

# Main Muscle Groups



## My Goals

In the next week I will \_\_\_\_\_

In the next month I will \_\_\_\_\_

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**CREATE** SNAP-ED  
BETTER HEALTH



# RESISTANCE TRAINING

Resistance training is a form of physical activity designed to improve your body's muscular strength, power, and endurance.



# Resistance Training Exercises

Use the color coded muscle group diagram on back to see which muscle each exercise will strengthen.

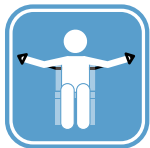


## PUSH-UP

Get into a plank position with your elbows extended and feet together. Hands should be about shoulder width apart from each other. Take a deep breath. Bend elbows and bring chest as close to the ground

as possible. Exhale and push your body back to original position. Mod #1: Drop knees to ground for starting position. Perform push-up normally. Mod #2: Perform on elevated surface, such as a table, chair, etc. Place hands on surface and do push-up normally.

**TIP: Keep hands in front of chest!**



## SEATED CHEST FLY W/BAND

Sit in a chair with a secure back rest. Wrap the resistance band firmly around the back of the chair, and grab each end of the band with your hands so you are facing forward. Sit up tall. Extend your elbows

away from the center of your body so the palm of each hand is facing the wall in front of you. Keep a slight bend in the elbows. Take a deep breath. As you breathe out, bring your hands together in front of your body as if you were giving someone a "bear hug." Be sure to keep your back against the chair. Perform 10-15 reps.



## SHOULDER RAISES W/BAND

Stand or sit with both feet firmly in the center of the resistance band. Place your arms at your side with a slight bend in the elbows. While holding each end of the band, raise your arms until they are about

shoulder level. Slowly bring your arms back down to your side. Breathe out as your arms go up, and breathe in as your arms go down. Bring your feet close together to make the exercise easier. Move them farther apart to make it difficult. Perform 10-15 reps.

**TIP: Shoulders are more mobile, but less stable than other joints. Be cautious!**



## SHOULDER PRESS W/BAND

Stand up tall in the center of the resistance band. While holding each end of the resistance band, bring your arms up so that your elbows are facing the floor and the palms of your hands are

facing each other. Breathe in. As you breathe out, press your arms up over your head until they are fully extended. Carefully return to the starting position. Perform 10-15 reps.



## BENT OVER ROW W/BAND

Stand on the resistance band with both arms at your sides. Hold onto each end of the band, and bend at the waist until your chest is almost parallel with the floor. Slightly bend your knees to take

pressure off your lower back. With your arms extended in front of you, pull the ends of the band back by bending your elbows and squeezing your shoulder blades together. Gently return to the starting position. Perform 10-15 reps.

**TIP: Bend knees. Flat back. Elbows close.**



## SEATED ROW W/BAND

Sit on the floor with your legs extended in front of you. Grab each end of the resistance band and wrap it around your feet. Sit up tall, and breathe in. As you breathe out, bend at the elbows and pull

back on the band with each end. Return to the starting position. Perform 10-15 reps.



## BICEPS CURL W/BAND

You can do this exercise while standing or sitting. Place both feet in the center of the resistance band. Place your arms at your sides, fully extended. Breathe in. As you breathe out, pull the band up toward

your shoulders. Slowly return to starting position. Perform 10-15 reps.



## TRICEP KICKBACK W/BAND

Stand in middle of resistance band holding on to each end. For the starting position, bend knees slightly, bend forward at hips, and bend elbows. Once in position, take a deep breath. As you breathe out, extend

your elbows. Finish the exercise by returning elbows to bent position.



## WALKING LUNGE

Stand up tall with arms at side. Take one step forward into lunge position, bending at the hip and knee. Be sure to keep knee joint at 90 degrees. Return to starting

point by bringing opposite leg forward into standing position. Mod #1: While performing lunge, place hand on object for stability (i.e. wall, chair).



## SQUAT

Stand up tall. Place arms out in front of you, and sit back so that your hips tilt and your knees stay behind your toes. Drop down to the point you feel comfortable.

Make sure to keep the weight of your body in your heels throughout exercise. As you come back to standing position, breathe out. Mod #1: While performing squat, place hand on object for stability (i.e. table, chair). Mod #2: Perform squat normally, but sit on a chair or bench at bottom of exercise.

**TIP: Learn to sit before you squat. Weight in heels. Keep chest up.**



## CRUNCH

Lie down on smooth surface. Bend knees while keeping bottom of feet on the ground. Place hands behind ears or across the chest. Breathe in. As you breathe out, flex your abdominals and curl up to the

point you feel comfortable. Return to starting position. Mod #1: Perform the crunch on a stability ball (if available). Mod #2: Use a partner to help perform exercise. Grasp hands and have them give you slight assistance on the way up.



## RUSSIAN TWISTS W/BAND

Sit on the floor with both legs out in front of you with a slight bend in the knees.

Keep your heels on the floor. Wrap the resistance band around the soles of your shoes, and bring the ends together so that

you can hold each end with both hands. Sit firmly with a straight back. Breathe in. As you breathe out, twist your body at the hips so that you move the ends of the band to one side of your body. Then, twist your body until the ends of the band are on the opposite side. For a more challenging exercise, bring your heels off of the floor as you twist. Perform 10-20 reps on each side.