

## Angel Chiroprody & Podiatry – Recommended Exercises for Resistance Bands

Follow the exercises as checked on the chart below. If you feel tired or you begin to hurt, discontinue the exercise and resume after 24hrs. If the pain is consistent during a particular exercise, you should discontinue it and make a note of the location and type of pain (i.e. is it a sharp pain or a dull one) and the duration (is it only during the exercise or afterwards) during your follow-up.



**1 WARM UP**



**2 SIDE RAISE**



**3 FRONT RAISE**



**4 SHOULDER PRESS**



**5 BICEP CURL**



**6 CHEST PRESS**



**7 BACK ROW**



**8 SQUATS**



SCAN ME