

Got 5 Minutes?

Total Body Workout

Each side is a five minute workout. Complete both sides for a ten minute workout.

Visit GatorCare.org/Wellness/Library for a video demonstration of each exercise

Chest Press

1. Place middle of band around upper back. Grasp each end of band with palms facing forward. Make sure band is on top of upper arms.
2. Bend arms at elbows so hands are near underarms and elbows are tight to sides.
3. Press arms forward until straight.

Repeat 30 times



Thigh Burn

1. While sitting, tie band around ankles.
2. Raise legs straight in front so they are parallel to floor.
3. Move ankles outward, away from each other, keeping legs straight, and then back together.

Repeat 30 times



Straight Leg Deadlift

1. Stand with feet together. Spread feet apart if you have difficulty balancing.
2. Place middle of band under feet.
3. Grasp band in a fist with knuckles facing forward. Keep spine straight with slight bend in knees, hinge from hips and 'fold' body in half. Keep head in line with spine.
4. Maintain straight back and unfold body into standing position

Repeat 25 times



Side Bend

1. Step on middle of band with right foot.
2. Grasp both ends of band in right hand.
3. Keeping core tight and engaged, lean to left, keeping back straight. Slide left hand down leg. Do not lean backwards or forwards while doing this motion.

Repeat 20 times on each side



Bicep Curls

1. While sitting, place middle of band under feet with knees bent at 90° and back straight.
2. Grasp ends of band so thumbs face up.
3. Start with arms straight and hands next to knees. Keeping elbows close to sides, bring hands up to shoulders.

Repeat 30 times



Oblique Twist

1. Sit on one end of band.
2. Bring other end of band up your back and over right shoulder. Grasp end of band in middle of chest with both hands.
3. Keep core tight and twist down toward left leg. The shoulder with band over it should move towards opposite knee.

Repeat 20 times on each side



Hip & Abductor/Adductor Burn

1. While sitting on edge of chair, tie band around legs just above knees.
2. Push knees apart while keeping ankles together.
3. Hold knees apart for 3 seconds.

Repeat 30 times



Resisted Back Kicks

1. While standing, tie band around ankles. Stand next to a wall to help with balance.
2. Put weight on left foot. Keeping both legs straight, kick right leg back.
3. Return right foot to starting position, directly under body.

Repeat 20 times on each leg



To increase difficulty, shorten the length of the band or repeat the exercise again.

If an exercise is too difficult or feels uncomfortable, stop.