



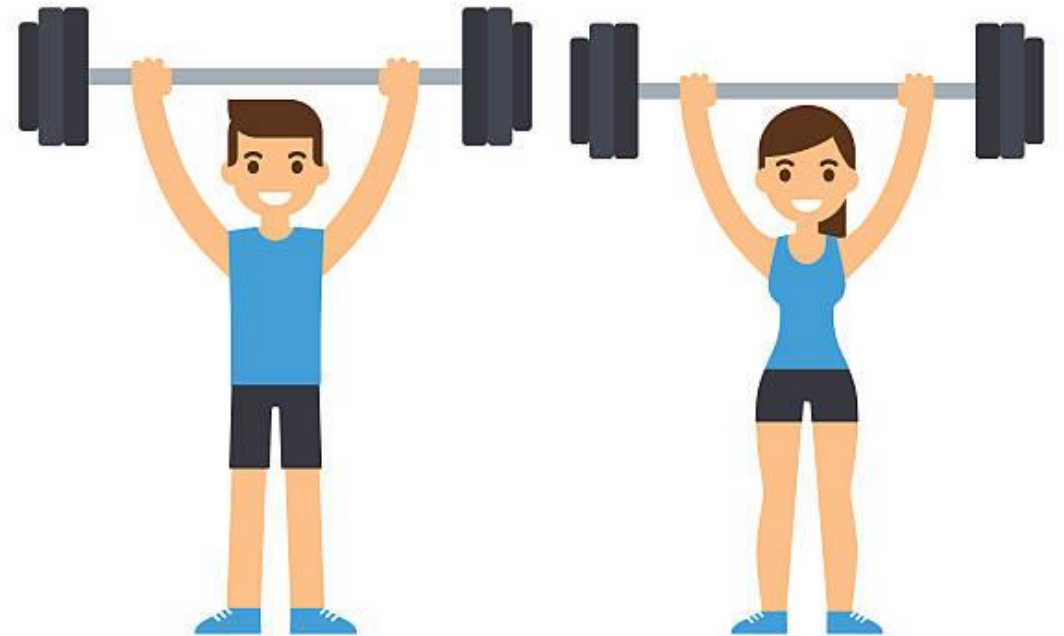
**UNC REX
HEALTHCARE**

Resistance Training

UNC Rex Cardiac Rehab

What is Resistance Training?

- Resistance training includes activities performed to improve your muscle strength and endurance
- It is commonly done with weighted machine and hand weights
- You can also use objects around your house, resistance bands, or your own body weight to achieve the same goal



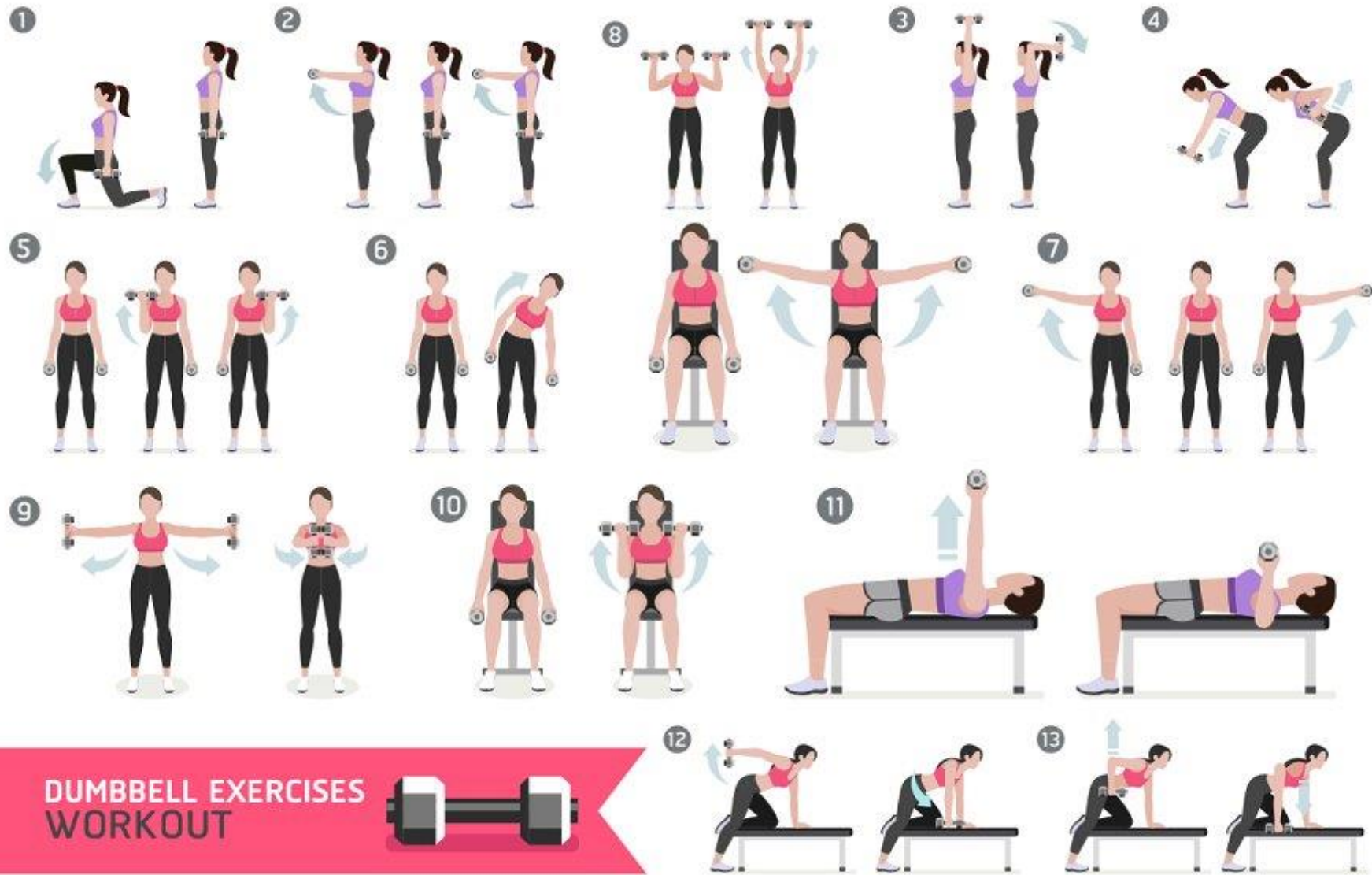
Benefits of Resistance Training



- Everyone can benefit from some form of resistance training.
- If you are unsure about participating in resistance training it is best to consult with your physician before beginning a program.
- Some benefits of resistance training are
 - Increased bone density
 - Decreased risk of osteoporosis
 - Increased strength and stamina for daily activities
 - Increased weight loss benefits when paired with cardiovascular exercise
 - Increased mobility












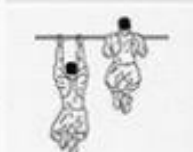























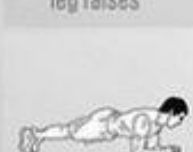






Recommendations for Resistance Training

- American College of Sports Medicine recommends these guidelines for resistance training in order to reduce the chance of muscle strain or injury
 - Perform resistance training 2-3 nonconsecutive days per week
 - Perform 8-10 exercises that work major muscle groups
 - Perform 2-3 sets (or groups) of 8-12 repetitions of the movement
 - Do the moves slowly to ensure good form
 - Remember to breath: exhale with exertion (the hard part) and inhale when returning to the start position
 - The correct weight to lift should be easy in the beginning and get harder to lift as you get to the end of your set.



**DUMBBELL EXERCISES
WORKOUT**



abs	quads	glutes	triceps	biceps	back	chest
 sit-ups	 lunges	 squats	 close grip push-ups	 leg curls	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 chin-ups	 elbow lifts	 plank rotations
 bicycle crunches	 turning kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 star plank	 shoulder press
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 full arch	 clapping push-ups



RESISTANCE BAND WORKOUT

GETTING STARTED

WHAT YOU NEED



BAND WITH HANDLES
Most resistance band exercises can be done with a band with handles. Hold a handle in each hand, get into the exercise position, and pull the bands to use the resistance to work your target muscles.



BAND WITH STRAPS
Bands with straps are particularly helpful in lower body exercises that work your glutes, hamstrings, and thighs. Place the straps around your ankles and perform the exercise by stepping on the band with your leg.



DOOR ANCHOR
Some band exercises rely on having a certain joint. For these, use a door anchor to secure the band positioning. To set this up, insert the anchor into the door frame and use the anchor instead of your foot to secure the band.

SAMPLE WORKOUTS

- FULL BODY WORKOUT**
Reps: 8-12 Sets: 1-4 Rest: as needed
- Squat (upright)
 - Bent Over Row (band)
 - Push-Up (arms)
 - Lateral Raise (shoulders)

- CORE WORKOUT**
Reps: 8-12 Sets: 1-4 Rest: as needed
- Donkey Kick (glutes)
 - Reverse Wood Chop (obliques)
 - Crunch (abdomen)
 - Reverse Crunch (abdomen)

Fitness Level	Resistance	Reps/sets	Sets
Beginner	Light	12-15 reps	1-2 sets
Intermediate	Medium	10-12 reps	2-4 sets
Advanced	Heavy	8-10 reps	1-2 sets

ARMS



Biceps Curl
1. Stand with your feet shoulder-width apart. Place your feet over the middle of the band. Grab a handle in each hand with palms facing forward.
2. Pull your arms toward your shoulders by bending at the elbow. Pause at the top. Return and repeat.



Triceps Extension
1. Grab a handle in each hand and step on the band with your feet about shoulder-width apart. Raise your right hand up and bend at the elbow. Keep your palm facing up and elbow pointed to the ceiling.
2. Extend your right arm straight up, squeezing the triceps at the top. Return and repeat.



Push-up
1. Step the band around your back just under the armpits while holding the handles. Loop the band an extra time around each hand to tighten it. Kneel down, placing handles against the floor. Get into a high plank position.
2. Slowly lower chest down to the floor. Press back up with arms and fully extended. Repeat.

BACK



Lat Pull
1. Set up the band in a mid-high position and hold both handles. Step back until your arms are straight with your knees slightly bent, lower your torso toward the floor.
2. Pull the handles toward you until your hands are next to your shoulders. Pause, return and repeat.

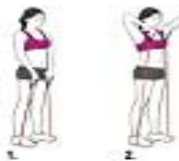


Bent-Over Row
1. Grab a handle in each hand and step on the band with your feet about shoulder-width apart. Hold the band at the arm's length, and bend at your hips. Lower your torso until it's almost parallel to the floor. Keep your lower back naturally arched.
2. Squeeze your shoulder blades together and pull the band up to your upper ribs. Pause, return, and repeat.

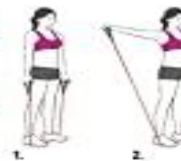


Rear Delt Fly
1. Place both feet wide on the band and grasp onto both handles, palms facing in. Bend from the waist and keep your back flat. Bring the handles to meet in the center.
2. Keeping your arms straight, raise them out to the sides by squeezing the shoulder blades together. Pause at the top. Return and repeat.

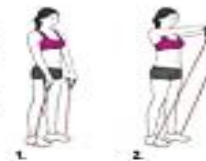
SHOULDERS



Upright Row
1. Place your feet on the band and step onto the handles. Hold them together in the center with palms facing in.
2. Pull the handles up towards your chest with your elbows flare out to the sides. Pause at the top. Return and repeat.



Lateral Raise
1. Place both feet on the band and grasp onto both handles, palms facing in. The further apart your feet are, the harder this will be.
2. Keeping your arms straight, raise the handles out to the sides coming up to your shoulder height. Pause at the top. Return and repeat.

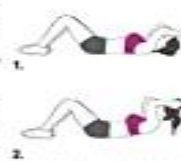


Front Raise
1. Place both feet on the band and grasp onto both handles, palms facing in.
2. Raise your arms straight out in front of you and stop at the shoulder height. Pause at the top. Return and repeat.

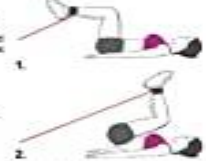
ABS + CORE



Reverse Wood Chop
1. Set up the band near the floor with one handle. Hold the handle with both hands next to your hip. Take a few steps away to create tension on the band.
2. Keeping the arms straight and in one motion, rotate your body and bring the arms up diagonally. Rotate the hips and knees as you turn. Pause at the top. Return and repeat.



Crunch
1. Use the anchor to set the band at a low position and lie with the band going behind your knees bent, and feet flat. Bend arms to hold the handles above your shoulders.
2. Keeping hands above shoulders and lift torso off the floor with a rounded neck. Pause at the top. Return and repeat.



Reverse Crunch
1. Use the anchor to set the band at a low position and attach the ankle straps around each ankle. Squat back to create tension on the band. Lie flat back on the floor and bend your knees at the 90 degree.
2. Lift your hips off the floor and crunch toward your chest, contracting your abs. Pause at the top. Return and repeat.

LEGS & BUTT



Squat
1. Holding the handles, step on the band with feet shoulder-width apart. Keep your weight on your heels and point your toes forward. Put handles to just behind shoulders.
2. Maintaining the band position, squat down by pushing your hips back and lowering your knees. Pause at the bottom. Return and repeat.



Kickback
1. Set your band on a low position and attach an ankle strap to your ankle. Facing it to your ankle, wrap the band around the other leg.
2. Keeping your head and your chest up, move the resistant leg back as far as you can while keeping the knee straight. Pause, return, and repeat. Switch legs.



Donkey Kick
1. Hold the handles and place your elbows and knees on the ground. Place the band around your feet with the center of the band resting on the right foot.
2. Extend your right leg straight out behind you. Return by clucking your knee forward, but don't let it touch the ground. Repeat and switch legs.

REPS	8-15	1-4
SETS	REPS	SETS

