

# Got 5 Minutes?

The front is a five minute upper body workout. The back is a five minute lower body workout.

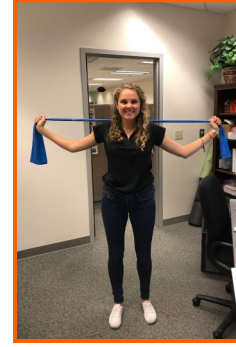
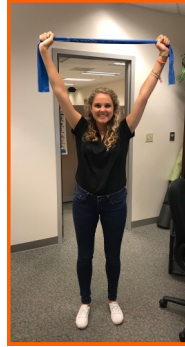
Visit [GatorCare.org/Wellness/Library](http://GatorCare.org/Wellness/Library) for a video demonstration of each exercise.

## Upper Body

### Overhead Band Pull-Apart

1. While either standing or sitting, grasp band with hands shoulder width apart.
2. Raise band over head with arms slightly behind head. The band should be slightly behind your head.
3. Pull arms down, while pulling hands apart to stretch band. Focus on squeezing shoulder blades together.

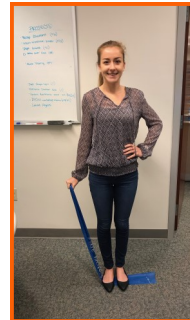
**Repeat 25 times**



### Lateral Raises

1. While standing, place one end of band under right foot and grasp the other end of band in right hand.
2. Let arms hang at sides.
3. Keeping arms straight, raise right arm away from body to shoulder height, parallel to floor.

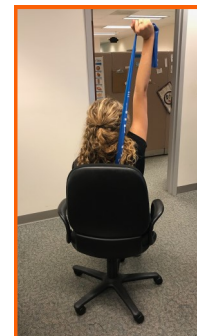
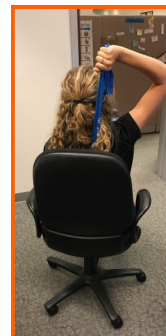
**Repeat 10 times on each arm**



### Triceps Extension

1. Grasp one end of band in left hand.
2. Place left hand behind head so band hangs down behind back.
3. Sit down on other end of band so it comes up the middle of back.
4. Raise right arm straight over head. Keep upper arm still and move only lower part of arm, bending at elbow.

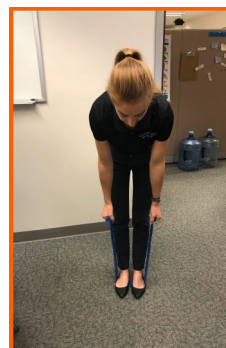
**Repeat 20 times on each arm**



### Bent Over Row

1. Step on middle of band with feet about shoulder width apart. Hold each end of band in a hand.
2. With a slight bend in knees, lean forward 45° at hips and hang arms straight down.
3. Pull band up towards core and squeeze shoulder blades together while keeping arms close to body.

**Repeat 25 times**



# Lower Body

## Seated Calf Press

1. While sitting, place middle of band under upper portion of right foot.
2. Grasp each end of band and bring leg straight up in front so it is parallel to ground.
3. Pull band tight to eliminate slack and slowly point toes forward.
4. Hold for 2 seconds, then point toes back towards body, flexing foot.

**Repeat 20 times on each leg**



## Seated Leg Press

1. While sitting, put middle of band under one foot. Keep other foot flat on ground.
2. Grasp each end of band bring hands close to chest.
3. Bring knee towards chest and then push leg forward, straightening leg so it is almost parallel to ground.
4. Bring knee back towards chest.

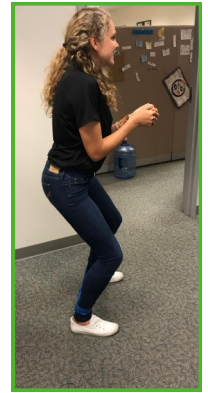
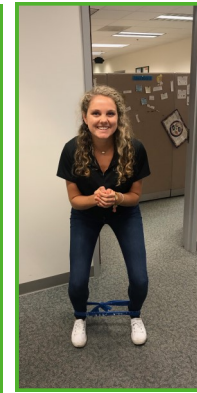
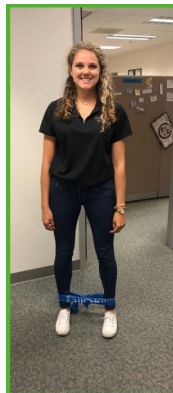
**Repeat 20 times on each leg**



## Leg Raises with a Squat

1. Stand and tie band snugly around ankles.
2. With feet about shoulder width apart and back straight, keep right leg straight and kick it out to your side while balancing on left foot.
3. Return leg to shoulder width apart and perform a squat. For the squat, keep back straight, look forward and pretend you are sitting down on a chair. Then return to standing position.

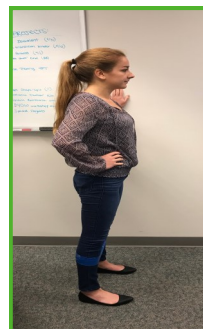
**Repeat 8-10 times on each leg**



## Resisted Front Kick

1. While standing, tie band around ankles. Stand next to a wall to help with balance.
2. Put weight on right foot. Keeping both legs straight, kick left leg in front of body, while balancing on right foot.
3. Return left 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.