

HOMERECED

a navigational guide to everyday recreation

Presented by the Golden Valley Parks & Recreation Department

EASY STRENGTH MOVEMENTS

What You Need

Resistance band or some type of weight (hand weights, water bottles, food cans, etc)

Instructions

1. Grip handles and step on resistance band with feet at shoulder-width, toes pointed slightly out. If you don't have a resistance band, hold a weight in each hand.
2. Bend your elbows and raise your hands to your shoulders, keeping the handles of the band behind your shoulders. Brace your core and keep your chest up.
3. Go into a squat, bending first at the knees then at the hips. Lower yourself until your thighs are parallel with the floor. Return to a standing position.
4. From a standing position, raise your hands overhead until they are fully extended, then return hands to your shoulders.
5. Lower your hands slowly to your hips with palms facing away from your body.
6. Keeping elbows snug to your side, curl both arms (or one at a time) upward until they're in front of your shoulders.
7. Repeat the combination of movements to work your legs, arms, shoulders, and core.

Follow us on Facebook and Twitter for more activities and to share your own. All activities are saved online at goldenvalleymn.gov/recreation/homereced.php.

