

90-90's

Safely secure your resistance band. Begin with your arm bent at the elbow creating a 90° angle and parallel with the floor. Take the slack out of the band. **Slowly** pull the band up until your forearm is vertical, your elbow should remain stationary. Remember to continue to breathe – **slowly** return back to the beginning position.

Frequency: 3 sets, 12 repetitions each set, daily. Increase each set by 3 repetitions every 1 week. Once you are at 30 repetitions for 2 weeks, start over at 3 sets, 15 repetitions- of the next more difficult band, increasing as before.

