

RESISTANCE BAND EXERCISE

We are excited you are joining us for exercise today! This year we will be doing a full body exercise from a sitting position using a red theraband that provides light resistance.

Supplies Included in Camp Kit:

1 red TheraBand

Other things worth mentioning:

- You will need to be seated for this exercise session.
- Wear loose clothing that is easy to move in.
- If you have other therabands, you can use them in place of the red one to increase or decrease the amount of resistance.
- If you don't have a theraband, you can use small food/soup cans from your pantry or small dumbbells if you have them.
- Remember to stay hydrated and drink plenty of water before and after exercise.
- You can follow along with the video or take breaks as needed. Just go at your own pace.

Please send us pictures of you doing your exercises that we can share later on our website. You can email the pictures to sandie.worthington@bianc.net

