

Upper Body Theraband Exercises

Created by Jaclyn Lopresto, OTR/L

Biceps

Hold one end of the theraband with your arm straight down at your side.

Hold the other end with your palm facing up, elbow slightly bent.

Using the bent arm, pull the theraband up to your shoulder by bending your elbow.

Slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____



Triceps

Hold the theraband at chin level with both hands.

Press one end of the theraband down to your thigh, straightening your arm.

Hold and then slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____



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Shoulder Flexion

Hold the theraband with both hands, arms straight down at your sides.

Pull one hand up over your head while keeping your arm straight.

Hold and then slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____



Shoulder Extension

Hold the theraband over your head with both hands.

Press one hand down towards your thigh while keeping your arm straight.

Hold and then slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____



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Horizontal Abduction

Hold the theraband in front of your chest with both hands.

Pull the theraband out to the sides until you form a "T" with your body.

Repeat and then slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____



Forward Punches

Hold the middle part of the theraband in front of your chest with both hands.

Press one hand forward (punching) while the other hand remains stable at your chest.

Slowly return to the starting position.

Sets _____ Repetitions _____

Band Color _____

