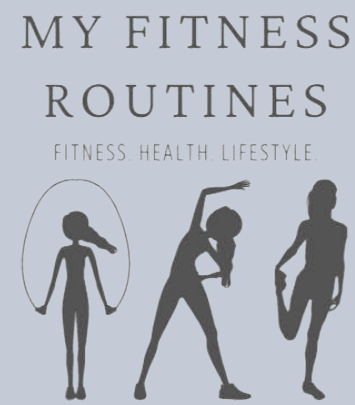
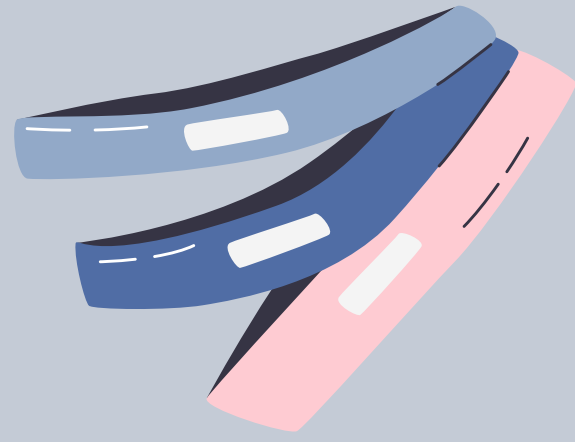


# Upper Body Resistance Band Exercises

THIS RESISTANCE BAND EXERCISE CHART PRINTABLE COVERS THE UPPER BODY



## BANDED UPRIGHT BICEP CURL

**Muscles Targeted:**  
**Biceps**

**Instructions:** To do a Banded Bicep Curl with a resistance band, stand on the band, hold the ends, and curl your hands towards your shoulders. Do 10-15 reps, adjust the band as needed. This exercise targets the biceps for strength and muscle tone.

## BAND PULL-APART

**Muscles Targeted:**  
**Shoulders (rear delts)**

**Instructions:** Stand on the band, hold the ends, and pull the band apart, then return. Aim for 12-15 reps to target the upper back and rear deltoids, improving posture and upper body strength. Adjust the band tension as needed.

## BAND UPRIGHT ROW

**Muscles Targeted:**  
**Upper back (rhomboids)**

**Instructions:** Secure one end and hold the other with both hands, facing the anchor. Pull the band towards your waist, then return. Aim for 12-15 reps to target your upper back muscles, improving strength and posture. Adjust the band's tension as needed.

## BAND CHEST PRESS

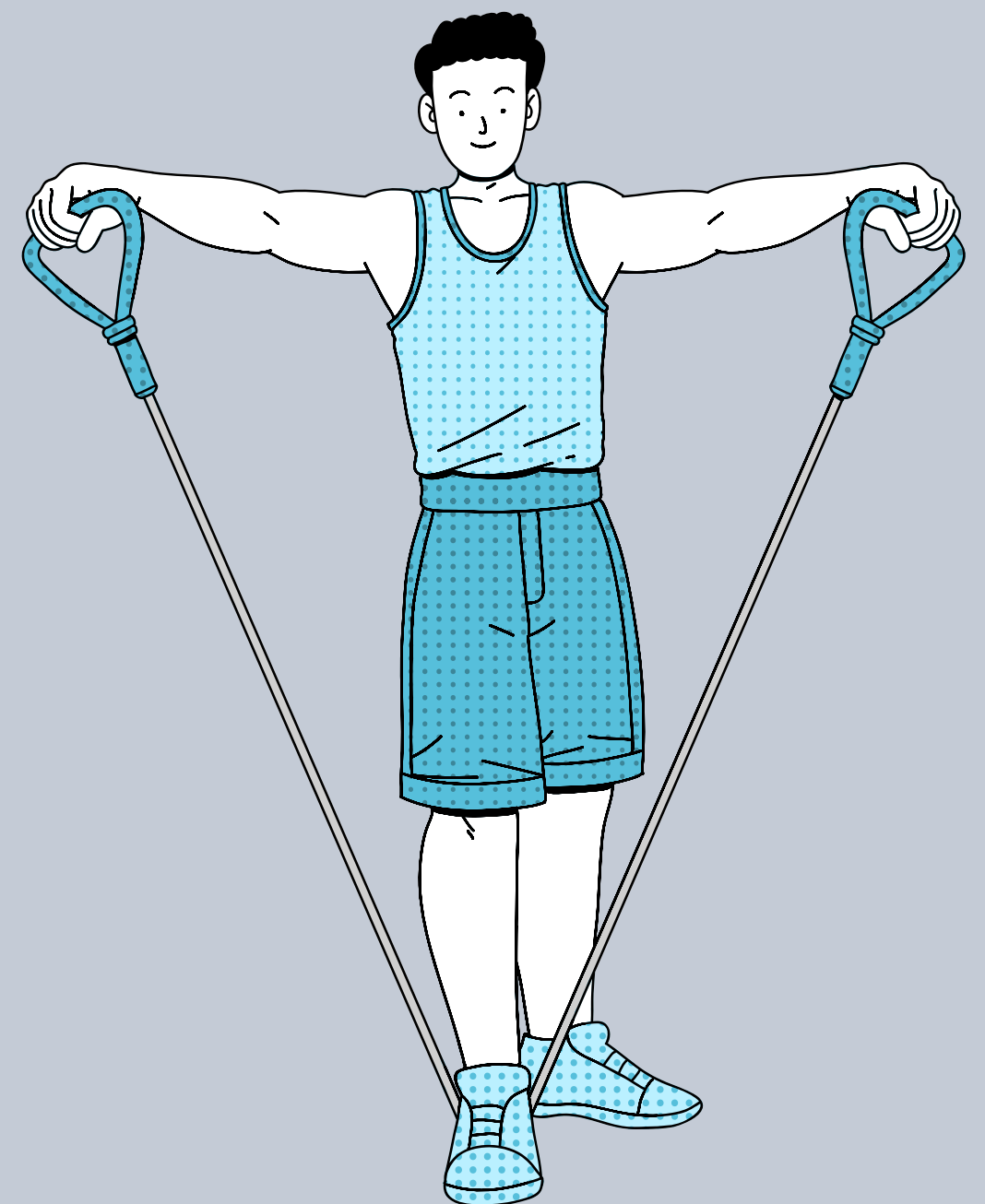
**Muscles Targeted:**  
**Chest (pectoralis major)**

**Instructions:** Anchor the band behind you at chest height, hold the handles, and step forward for tension. Press forward, extend your arms, and squeeze your chest. Return slowly. Aim for 12-15 reps per set, adjusting band tension as needed.

## TRICEP EXTENSION

**Muscles Targeted:**  
**Triceps**

**Instructions:** Stand on the band, hold the ends, and extend your arms overhead. Aim for 12-15 reps per set, adjusting band tension for a challenge. This exercise effectively targets the triceps and can be done anywhere.



### ALWAYS REMEMBER TO:

When doing upper body exercises with resistance bands, anchor the band securely and maintain proper form throughout. Keep tension on the band during each movement, adjust resistance levels as needed, and focus on controlled, deliberate motions to engage the muscles effectively.

Remember to breathe steadily, warming up before and cooling down after workouts to prevent injury. It's also a good idea to consult with a fitness trainer or coach to tailor a workout plan that suits your needs.