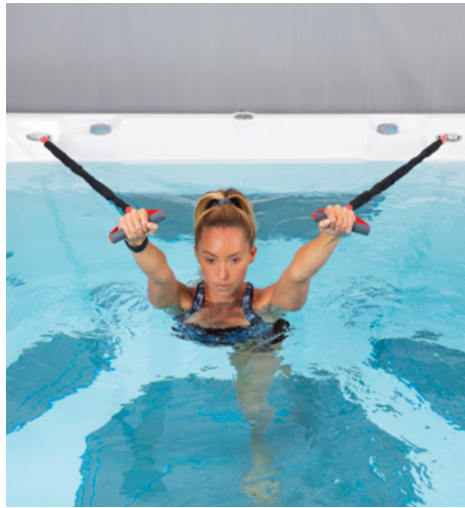


Resistance Bands

EXERCISE GUIDE



OVERHEAD SHOULDER PRESS

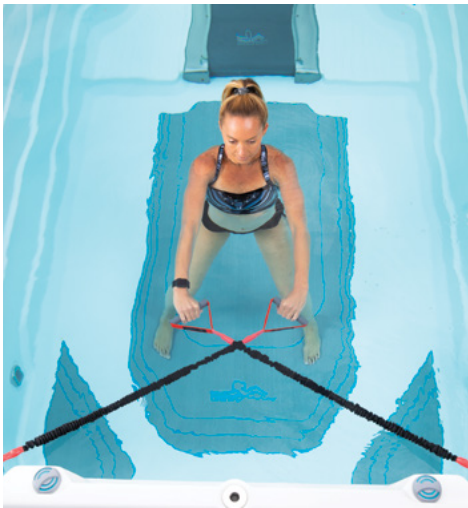


Beginners: slow tempo, farther from swim current

Advanced: faster tempo, closer to swim current

1. Face the current with your chest raised slightly forward.
 2. Hold the resistance bands at shoulder height, make sure there is no slack.
 3. Press the resistance bands up and away from your body, then return to the starting position.
- Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results

STANDING ROWS



Beginners: slow tempo, low flow

Advanced: faster tempo, high flow

1. Stand with your back to the current. Press your hips back and chest raised slightly forward.
 2. Hold the resistance bands at chest height, make sure there is no slack.
 3. Pull the resistance bands towards you, bringing your shoulder blades together. Keep handles submerged at all times.
- Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results

LATERAL SHOULDER RAISE



Beginners: slow tempo, farther from swim current

Advanced: faster tempo, closer to swim current

1. Stand with your chest raised slightly forward and the current flowing towards your side.
 2. Hold the resistance band in front of your body, keeping it submerged.
 3. Pull the resistance band away from your body to shoulder height, then return to the starting position.
- Complete for 30 seconds, rest for 15-20 seconds, repeat on opposite side, 3-4 rounds for optimal results

Resistance Bands

EXERCISE GUIDE

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CHEST PRESS



Beginners: slow tempo, low flow
Advanced: faster tempo, high flow

1. Face the current with your chest raised slightly forward.
 2. Hold the resistance bands at chest height, make sure there is no slack.
 3. Press the resistance bands away from your body staying at surface level the whole exercise, then return to the starting position.
- Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results

TORSO ROTATIONS



Beginners: slow tempo, low flow
Advanced: faster tempo, high flow

1. Stand with your chest raised slightly forward and the current flowing towards your side.
 2. Hold the resistance band with both hands in front of your body at surface level, make sure there is no slack.
 3. With your arms fully extended, pull the resistance band away, staying at surface level. Rotate as far you can without sacrificing form, then return to the starting position.
- Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results

PISTONS



Beginners: slow tempo, low flow
Advanced: faster tempo, high flow

1. Face the current with your chest raised slightly forward.
 2. Hold the resistance bands at chest height, make sure there is no slack.
 3. One arm at a time, press the resistance bands in front of you towards the opposite side of your body.
- Complete for 30 seconds, rest for 15-20 seconds, 3-4 rounds for optimal results