

# Bingocize Online Exercise Modifications

Exercise	Original	Modified
Arm Curl Seated	In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.	In a seated position place the arms straight down with palms facing forward. While holding the upper arm stationary, curl the forearms up as far as possible. Slowly bring your hands back to the starting position. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Arm Curl Standing	From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.	In a standing position place the arms straight down with palms facing forward. While holding the upper arm stationary, curl the forearms up as far as possible. Slowly bring your hands back to the starting position. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Baking Biscuits	Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.	Interlock fingers, then slightly bring them out towards fingertips; repeat.
Chest Press Seated	Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself.	Roll up a towel and place it behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact or the towel cannot be pulled farther, slowly return to the starting position.
Chest Press Standing	Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.	Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. Add household items as weights for resistance if desired (i.e. cans, water bottles).



Exercise	Original	Modified
Lateral Raises	While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.	While seated, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Lateral Raises Standing	While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.	While standing, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Low Row Seated	From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.	Begin by placing your hands straight out in front of you, then draw your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Slowly return hands to the starting position. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Open the Cupboard	In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position.	In a standing position, extend arms away from your body and straight. Slowly pull your arms away from your center and to your sides as far as is comfortable. Slowly return to the starting position. Add household items as weights for resistance if desired (i.e. cans, water bottles).
Power Grip	Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.	Roll a hand towel into a ball and squeeze with fingers and thumb. Then repeat the exercise multiple times on each hand.
Table Roll	Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.	Interlock fingers, then slightly bring them out towards fingertips; repeat.

