

Strong Heart

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be out of joint, but rather be healed. Hebrews 12:12–13

Our strength of heart relies on our ability to strengthen our bodies. The resistance bands on this table represent three simple ways you can increase your strength. Try ONE of these exercises:

Exercise #1: Standing, hold one end of the short colored band with one arm bent and in front of your body. Take the other end in the opposite hand, keeping this arm at your side. Press straight back until your elbow is fully extended. Bring your elbow back to the start position in a slow, controlled manner. Repeat 8-12 times.

Exercise #2: Standing, place the center of the long yellow fitness tube securely under the arch of one foot. Grasp both handles and stand with your arms down at your sides. Raise both arms out to your sides, pausing when your arms are up at about shoulder height, being sure to end with your palms facing the floor. Bring your arms back down in a slow, controlled manner. Repeat 8–12 times.

Exercise #3: Standing with feet shoulder-width apart, place the short fitness tube around your ankles. Keep one foot grounded while raising the other leg forward. Repeat slowly 8–12 times.