

Lap Band Exercise Techniques

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For those interested in doing lower limb exercises they can start by working their legs by moving their feet up and down at the ankles. This exercise is a good work out and can be repeated 10 times. While having a foot remain on the bed, bend up and stretch each leg at alternating intervals. This move should be repeated five times.

With legs positioned straight, tighten knees and easily squeeze buttocks. Keep this position in place for three seconds and then release it. Repeat this exercise 10 times.