**Tension Pulls**

**Equipment**: Resistance Band

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Modify When Necessary – Reduce weight/resistance if experiencing discomfort.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold a resistance band in front, pull outward like trying to rip it apart, then release.
2. Repeat