

## Using exercise bands to train the upper body

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by JonnyEdvardsen

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You don't have to stand in front of a mirror with heavy weights to get a great upper body. You can get well on the way just by using the very easy and cheap exercise bands.

In the article you are reading we will show you three simple and easy exercises that you should do with the exercise bands to improve your upper body strength. The good thing about these exercises is that they are very easy to adjust to your level. You should start with about 15 reps and increase when needed.

### The chest press

The first exercise is the chest press. This exercise is very easy and requires a minimum of equipment. All you need is your resistance bands and a pole or something similar. Stand with the pole behind you and wrap the bands around it. Grab the bands with both hands and push forward. It's that simple. This exercise is good for both arms and chest.

### The bent over row

This is a very simple, but very effective, exercise. It is great for arms and chest. Stand on the center of the bands with both feet. Stand with a 90 degree angle in your hips and pull the tubes up until you reach the torso.

### The bicep curl

This classic exercise still works as good as it has ever done. Stand with both feet on the band. Grab the bands with both hands and start bending your elbows upwards.

The exercise bands can be used in just about every imaginable way. These are just three easy ones. Use your imagination to make sure that you have fun while training because that is very important to keep you motivated.

### More Information

The author is a personal trainer and writes articles to help people get started training. He is a big fan of using exercise bands in the training. Read his latest post here: [Training with exercise bands](#).