Fit with RESISTANCE BANDS

A professional manual for your daily work out

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Introduced by The Hygenic Corporation of Akron, Ohio, in 1978 with a color-coded progression of elastic bands, the Thera-Band® brand represents quality resistance products and evidence-based exercise programs to increase strength, mobility and flexibility.

During the years the Thera-Band® Family of Products continued to grow to meet the needs of the changing health and fitness market. Today the Thera-Band® brand offers professionals and consumers a wide line of products to stay fit and healthy.

Part of the brand’s success is due to its close relationship with professionals. As a result the Thera-Band® Academy was formed in 1999 as a platform for research, education and training.

The mission of the Academy is to bring evidence to practice and use the wide knowledge of experts to develop new programs and products.

Thera-Band® elastic bands can be found exclusively in many exercise programs.

Clinical research has proven that elastic resistive exercise, including Thera-Band® resistance bands increases/improves strength, balance, endurance, posture, function, mobility and flexibility, decreases pain, blood pressure and disability and prevents falls.

For a comprehensive database of references, visit www.Thera-BandAcademy.com/research.
Material and characteristics of the bands

Thera-Band® resistance bands are low-cost, portable and versatile. They are easily recognized by the trademark Thera-Band® colors – tan, yellow, red, green, blue and black, as well as the (sport) colors silver and gold. Advancing through the sequential system of progressive resistance provides positive feedback and offers an individualized level of starting resistance. The resistance provided by elastic bands is based on the amount/percentage that the band is stretched from its resting length (elongation). For example, an initial 50 cm length of red band that is stretched to 100 cm, is at 100 % elongation. Therefore, the resistance of the band is 1.8 Kg.

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<th>Yellow</th>
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Thera-Band® resistance bands are made of natural rubber latex.* After production some talcum powder is applied to the material. Talcum should also be applied to the bands occasionally after use. People with latex allergies should use Thera-Band® Latex Free Resistance Bands. Proper use and care of the bands are the main factors that influence durability and safe exercising with the bands:

- Protect the bands by keeping it away from sharp objects. Finger rings, long, sharp fingernails and rough soles of sport shoes could damage the bands. Always examine the bands before use for small nicks, tears, or punctures that may cause the band to break. The use of the original Thera-Band® Accessories will make exercising easier and protects the bands.

- When an exercise requires a loop, use the Thera-Band® Assist™ and avoid using knots or plastic clips. In particular, clips (not available from Thera-Band®) could become dangerous projectiles if they open while exercising.

- Store the bands out of direct sunlight and away from extreme temperatures. It is best to keep it rolled up and stored put in a bag.

- A small amount of powder keeps the bands from sticking together due to sweat during exercise.

- If the bands become sticky, clean with mild soap and water, dry flat, and then dust with talcum powder.

- Use of the bands can cause serious injuries when not used properly or safe. Therefore always perform safe and painfree exercises. Avoid exercises that involve stretching the band in such a fashion that it may snap toward the head and cause injuries to the head or eyes. If these types of exercises are prescribed, protective eyeware should be worn.

- Thera-Band® resistance bands are not toys. Supervision is recommended when children are exercising with the bands.

- Avoid choosing bands that are too short. Bands should be between 2.5m and 3.0m long to avoid dangerous exercises and damage of the band. Don’t overstretch the band by more than 3 times its resting length (for example, 30cm to more than 90cm).

- After use in chlorinated water, rinse the bands with tap water and dry flat.

*Attention: Latex may cause allergic reactions!
Selection of the correct band

The appropriate color/resistance of the band depends on your individual physical condition. Choose a band that allows you to complete 15 repetitions. Tan and yellow bands are generally used in the area of rehabilitation (post-operative use) and training seniors. Female preventive training groups generally use red and green bands. Men generally use green and blue bands, and should progress to the black band as they improve. Silver and gold bands are used in competitive sports.

Wrapping and connecting of the bands

Your elastic band should be securely attached to your hand or foot before use to avoid slippage and possible injuries. Double-wrapping the band may help to secure it to your hand or foot.
Using Elastic Resistance Accessories

The various uses of elastic bands have made them a simply but effective training device. Elastic resistance accessories such as Assist™, Door Anchors, Handles, Extremity Straps and Sport Handle make training even more flexible.

**Thera-Band® Assist™**

Double-Loop to protect the band. (Can be used as handle, foot loop, to connect bands to external equipment, to create an endless band loop).

**Door Anchor**

Flexible and safe attachment device. (Increases the range of exercises. Enables people to do partner exercises without a partner.)

**Foot Loop**

Stand on the middle of the band. Loop over the top of the foot and stabilize other ends with opposite foot.

**Foot Wrap**

Stand in the middle of the band. Wrap one end around the top of the foot.
Exercising with resistance bands

The main aims of a health-oriented preventive exercise program are increasing endurance, muscle mass and to improve body shape and posture.

To match those goals, beginners should choose 6 to 8 exercises from the following program. Complete 1 to 3 sets of 15 to 20 repetitions with mild fatigue on the last set. At no time should you feel the strain of the exercise as very heavy; if so, change to an easier band color.

You may feel more comfortable using different levels of resistance bands for different body parts! Progress to the next color of band or add sets or training units to your program when you feel comfortable and you are able to easily complete the 3 sets of 15 to 20 repetitions.

Follow these guidelines when exercising with bands:

- Perform motions slowly and under control. Maintain good overall body posture before, during and after each movement.

- The band should be under slight tension before each movement. To help protect your joints.

- The direction of the pull of the band influences both muscles and joints. Therefore it is important to be aware of the “force angle” (angle between the band and the lever arm (arm, leg)). The maximum torque (strength) is often noted at 90° (mid-range). Below 30° there is little significant effect.

- Do not exercise while experiencing pain. If you feel pain stop exercising. If your pain should persist consult a health care provider.

- All exercises are shown in the starting and final position. Closely examine the photos and imagine the movement.

- Always exercise both sides of the body!
Upper Extremity Strengthening

Elbow Curl  Basic Exercise

Basic Exercise  a
Stand on the middle of the band with one foot slightly in front of other. Keep palms up and elbows to side. Bend elbows and slowly return.

Variation

Variation b (without picture)
Same exercise as a but bend knees while exercising.

Variation „backhoe“  c
Same exercise as a but move your arms up while bending your elbows.

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Strengthening arm/shoulder muscles; Variation b adds coordination to the exercise.
Upper Extremity Strengthening

Sliding door

**Basic exercise**
Stand on the middle of the band.

**Starting position**

**Final position**

Lift arms to the side up to shoulder level (sliding movement!) and slowly return.

**Variation** (without picture): Same exercise as **a** but bend knees while lifting arms.

Strengthening arm/shoulder muscles; Variation **b** adds coordination to the exercise.

**CAUTION:** User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Upper Extremity Strengthening

Overhead Lift

Stand on the middle of the band. Cross ends of bands in front of your body.

Lift bands overhead and slowly return.

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**Butterfly**

Begin with band wrapped around upper back, holding each end in hands. Elbows bent.

Push arms forward, straightening elbows.

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Strengthening chest muscles
Rowing

Starting position

Final position

Grasp the mid of the band (distance between the hands about 10 cm) at shoulder level with arms extended.

Keep one arm extended and pull the other arm back. Change arms. Relax arms after 2 to 3 repetitions and start again. (You can make this exercise even more effective and safer by using the Door Anchor.)

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Welcome  Basic Exercise

Basic Exercise (a)
Stand on the middle of the band with one foot slightly in front of other. Cross ends of bands in front of your body. Keep palms up and elbows to side. Lift bands upward and then to the side in an overhead position. Slowly return.

Variation  “Airman” (b)
Step with your back foot to the front. Lean forward and extend both arms and the back leg against band.

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Diagonal pulls

Stand in the middle of the band. Cross end of band in front of your body. Keep palms up and elbows to side.

Diagonal extension of left leg and right arm. Change sides.

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Curl-up / Straight Crunch  

Basic Exercise (a)
Lie on back with hips and knees flexed. Stretch middle of band around both feet and wrap ends of band around each foot. Grasp both ends of band and slightly put the hands behind the neck. Curl trunk upwards while keeping elbows outside. Ideal for beginners, because the band supports the exercise!

Variation (b)
Securely attach middle of band (with the Door Anchor) behind you. Grasp ends of band and keep elbows straight. Curl trunk upwards without moving arms. Slowly return. Very effective, because you have to work against the resistance!

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**Basic Exercise**

Lie on back with the middle of the band under your shoulder blades. Grasp ends of band with both hands on floor level. Alternating between right and left arm, lift upper body and pull band along the opposite thigh.

**Variation**

Sit with legs extended. Wrap band around the right foot and grasp both ends of band in front of your chest. Rotate trunk to the left side. Slowly return and change sides.

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Quadruped

Wrap middle of band around sole of one foot and stabilize ends of band in both hands.

Keeping back and neck straight, extend leg backwards against band. Slowly return. A soft pad (for example Stability Trainer) will minimize the pressure on the floor knee.

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Abduction

Starting position

Stand with both ends of band under one foot. Slip the band around the ankle of the opposite leg.

Final position

Push leg outward against the band.

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Adduction

Stand with both ends of band under one foot and the other foot slightly in front. Slip the band around the ankle of the front leg.

Move the front leg across the stationary leg to the other side.

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Leg Curl

Stand with one foot slightly in front of other. Wrap middle of band around the back foot and step with the front foot on both bands.

Flex knee, lifting band upward. Slowly return.

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**Activities of daily living**

You can use the band to train your daily movements to make your life easier and prevent you from falls. You will see, after a few weeks of regular exercises you will manage your daily life better than before.

**Sit-to-Stand**

Sit on the middle of the band. Wrap both ends around your thighs and cross the ends in front of your body.

Get up while lifting the bands upwards (extend arms). Slowly sit down again.

- Feet parallel
- One foot slightly in front of other (without picture)

**CAUTION:** User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Bend down and Reach/Stretch

**Basic Exercise a**
Grasp the middle of the band in front of your body. One hand at hip height the other about 20cm beside. Bend down while pushing the band to the floor.

**Variation b**
Reach/Stretch (single-arm or bilateral)

**Variation c**
Combine bending down and stretching

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
**Side Step**  
**Basic exercise**

- Wrap the band around your thighs.
- Side-Step to one side.

**Variation**

- Side-Step left and right
- Side-Step in combination with bending down

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**CAUTION:** User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
**Activities of daily living**

**Carrying**  
**Basic exercise**  
Standing on the middle of the band. Grasp ends of band with tension beside your thighs. Bend your knees and slightly come back to the straight position against the resistance of the band.

**Variation**  
Put your hands on your shoulders and bend and extend your knees.

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Exercises for kids

The family builds the basis for a healthy physical development of children. Therefore it is very important that parents exercise with their kids in leisure time. This could be easily done at home if it is raining outside.

Just try it!

Horse Running

Wrap the band around the waist and start. Pull your partner through the room or just move against the resistance of the band. Is it possible to explore the room with eyes closed?

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Tightrope walking

Stretch the band around 10 cm above the floor. Balance on the band (forward, backward, with eyes closed...).

Skipping

Grasp both end of the band and start...

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Boxing

**Basic exercise a**
Stand on the middle of the band. Grasp both ends of the band in front of your body at chest height and start to box (...in the air, etc.)

**Variation Superman / -woman b**
Grasp both ends of the band beside your body and lift your hands to the ceiling (single-arm or bilateral).

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Exercises for kids

Hopping-Jumping-Running

Basic exercise a
Put a band on the floor. Jump sideways over the band.

Variation b
Put different colored bands on the floor. And hop over the “zebra crossing”.

Variation c
Roll a ball between the bands.

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
Labyrinth

Stretch bands in different heights and diagonals.

How could I get on the other side of the labyrinth? (crawling, jumping...)

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Exercises for kids

Water Skiing

Stand on an unstable (foam) surface (Stability Trainer, Mat etc.). Grasp both ends of the band while your parent holds the middle of the band.

CAUTION: User must wear suitable eye protection such as safety goggles during these exercises to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Alternately pull on the ends of the band. Is it more difficult if your parent is also pulling? Is it possible to crouch down?
Family of products

Thera-Band
Systems of Progressive Exercise

Professional Rehab, Training and Fitness Products.

www.thera-band.de