

One-Man Bands: Stretch Band Exercises

Here's a band that allows everyone to join in the fun—a stretch band, that is. If you are not familiar with stretch bands, they are easy-to-use, convenient exercise tools. They are elastic bands designed to exercise all parts of your body through resistance training. They can be used on almost any muscle or joint to strengthen, tone and increase mobility. Different resistance levels are determined by the thickness of the band.

One of the greatest benefits of stretch band exercise is its simplicity. Because it does not require very strenuous activity, people with almost any type of physical challenge can participate and gain the benefits from the bands. Because it is purely resistance training, the difficulty progresses with the user. There is no need to stand or be uncomfortable when using a stretch band, so you can move various body parts without the risk of falling or becoming exhausted.

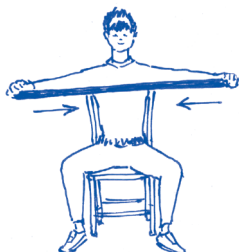
Do the following movements slowly, beginning with 2 or 3 repetitions for each one, increasing them as it is comfortable for your level of fitness.

1 To begin, make a knot in one end of the band and hold in one fist, then wrap the other end around your other hand. Keep your left hand stable at your left side and then pull up diagonally with your right hand. Do repetitions according to your fitness level.



Now work the other arm by stabilizing the right arm on your right side and pulling up the left arm. Do repetitions of this sequence at a level that is comfortable for your level of fitness.

2 Knot one end of the band and hold in one fist; wrap the other end around your other hand. Begin with a slack band. Then stretch band across your chest by pulling arms out to the side. Do repetitions that are comfortable.



Next, raise arms straight over your head with a slack band. Now pull arms sideways to stretch the band. Do repetitions.

3 Knot one end of the band and hold in one fist; wrap the other end around your other hand. Hold left hand stable on your lap. Place your right forearm on your right thigh and hold band taut. Move band back and forth to the chest and thigh, keeping the tension on the band. Do repetitions.



4 Wrap each end of the band around a hand. Place your left foot on the band. Bend left knee and raise the leg up and down. Do repetitions.



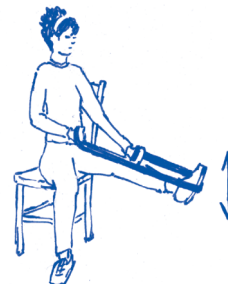
Do the same movement with your right leg.

5 Wrap each end of the band around a hand. Place your left foot on the band with your knee bent. Extend your leg by straightening your knee to raise the leg. Then bend your knee to bring your foot down.



Do repetitions that are comfortable for your level of fitness. Change to your right leg and repeat the sequence.

6 Wrap each end of the band around a hand. Place your left foot on the band with your knee bent. Extend your leg out by straightening your knee. Keeping the leg straight, move it up and down.



Do repetitions that are comfortable for your level of fitness. Change to your right leg and repeat the sequence.

Note: Thera-Band stretch bands may be ordered from the TOPS Store at www.tops.org or by using form L-015.