

Fit with **RESISTANCE BANDS**
A professional manual for your daily work out



THERABANDTM

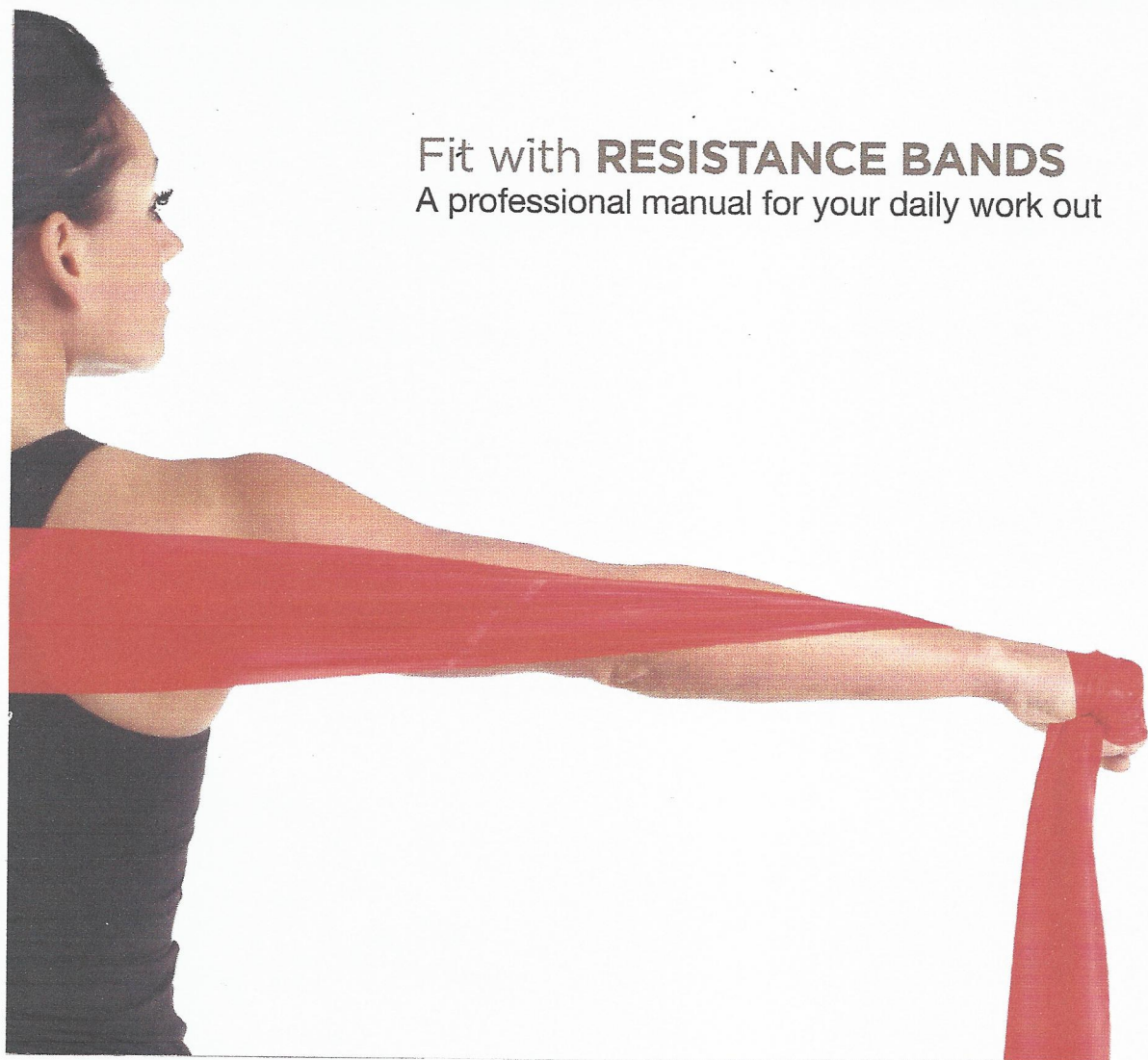


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INTRODUCTION

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

During the years, the TheraBand Family of Products continued to grow to meet the needs of the changing health and fitness market. Today, the TheraBand 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 TheraBand 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.

TheraBand elastic bands can be found exclusively in many exercise programs.

Clinical research has proven that elastic resistive exercise, including TheraBand resistance bands increases/improves strength, balance, endurance, posture, mobility and flexibility. It can help decrease pain and blood pressure.

For a comprehensive database of references, visit www.TheraBandAcademy.com/research.

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PRODUCT INFORMATION



MATERIAL AND CHARACTERISTICS OF THE BANDS

TheraBand resistance bands are low-cost, portable and versatile. They are easily recognized by the trademark TheraBand 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 50cm length of red band that is stretched to 100cm, is at 100% elongation. Therefore, the resistance of the band is 1.7Kg.

PERCENT ELONGATION | RESISTANCE IN Kg

	COLOR	INCREASE FROM PRECEDING COLOR AT 100% ELONGATION	100% ELONGATION	200% ELONGATION
1	TAN	-	1.1	1.5
2	YELLOW	25%	1.3	2.0
3	RED	25%	1.7	2.5
4	GREEN	25%	2.1	3.0
5	BLUE	25%	2.6	3.9
6	BLACK	25%	3.3	4.6
7	SILVER	40%	4.6	6.9
8	GOLD	40%	6.5	9.5

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PRODUCT INFORMATION

TheraBand™ 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 TheraBand 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 band 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 TheraBand Accessories will make exercising easier and protects the bands.
- ➔ When an exercise requires a loop, use the TheraBand Assist and avoid using knots or plastic clips. In particular, clips (not available from TheraBand) 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.
- ➔ Avoid exercises that involve stretching the TheraBand resistance bands or tubing in such a fashion that they may snap toward the head and cause injury to the head or eyes. If these types of exercises are prescribed, protective eyewear should be worn.
- ➔ TheraBand 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!**

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PRODUCT INFORMATION

 THERABAND™

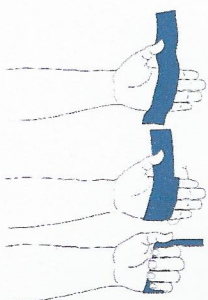
SELECTION OF THE CORRECT BAND

The appropriate color/resistance of the band depends on your individual physical condition. Choose a band that allows you to complete 2 to 3 sets of 8-10 repetitions. Tan and yellow bands are generally used in the area of rehabilitation (postoperative use) and training seniors. Females generally use red and green bands to start their training program. Men generally start their training program with green or blue bands, and should progress to the black bands, as they improve. Silver and gold bands are used in competitive sports.

WRAPPING AND CONNECTING OF THE BANDS

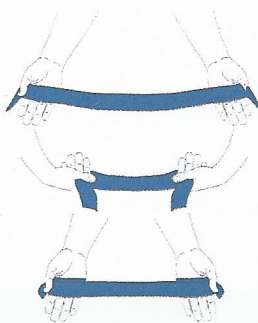
Your elastic band should be securely attached to your hand or foot before use to avoid slippage and possible injuries. Double-wrapping the band may help to secure it to your hand or foot.

ATTACHMENT TO THE HANDS



Wrapping at one hand

Lay the band flat in your hand with the end towards your pinky finger. Wrap the long end of the band around the back of your hand. Repeat as needed. Grasp.

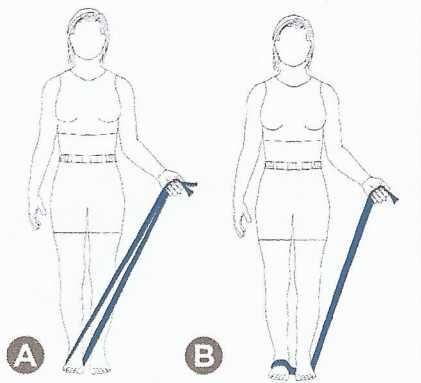


Wrapping with both hands (loops)

Begin with palms up and end of band between the thumb and finger. Rotate your palms inward, bringing the band around the back of your hands. Repeat as needed. Grasp.

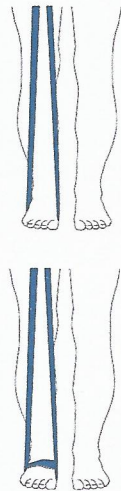
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ATTACHMENT TO THE FEET



Foot loop

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

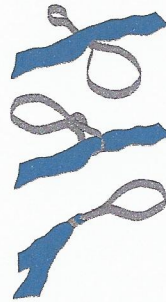


Foot wrap

Stand in the middle of the band. Wrap one end around the top of the foot.

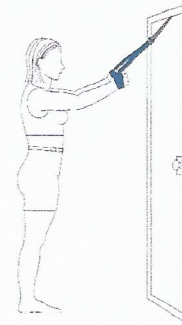
USING ELASTIC RESISTANCE ACCESSORIES

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



TheraBand™ Assist

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

PRACTICAL EXERCISE TIPS



EXERCISING WITH RESISTANCE BANDS

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

To match those goals, beginners should choose 6 to 8 exercises from the following program. Complete 1 to 3 sets of 10 to 15 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 10 to 15 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). Performing exercises 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. (pages: 11-27)
- ➔ Always exercise both sides of the body!

ELBOW CURL

A BASIC EXERCISE

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.



B VARIATION (WITHOUT PICTURE)

Same exercise as A but bend knees while exercising.

Variation B adds coordination to the exercise.



C VARIATION "BACKHOE"

Same exercise as A but move your arms up while bending your elbows.

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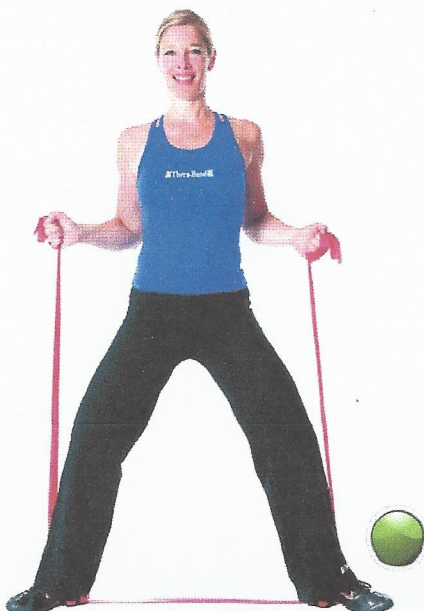
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SLIDING DOOR

A BASIC EXERCISE

Stand on the middle of the band.

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

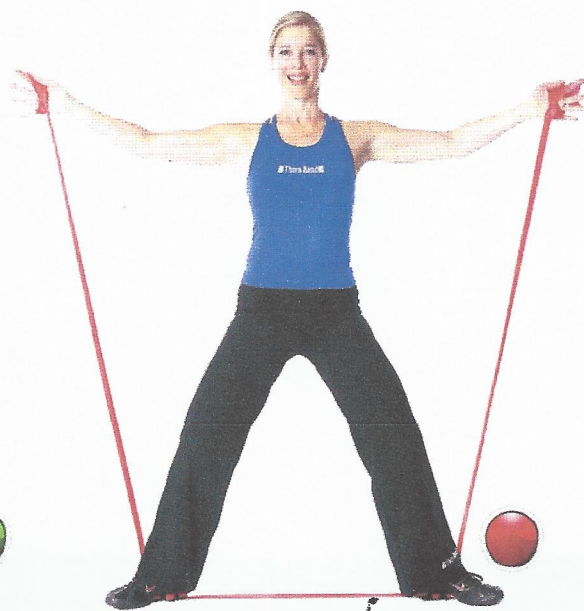


B VARIATION

(WITHOUT PICTURE)

Same exercise as A but bend knees while lifting arms.

Variation B adds coordination to the exercise.



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BUTTERFLY

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

Push arms forward, straightening elbows.



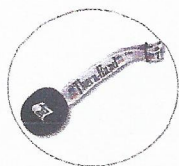
14 Trunk

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ROWING

Grasp the middle of the band (distance between the hands about 10cm) 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 by using the Door Anchor.



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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. Strengthening of the whole body & coordination.

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



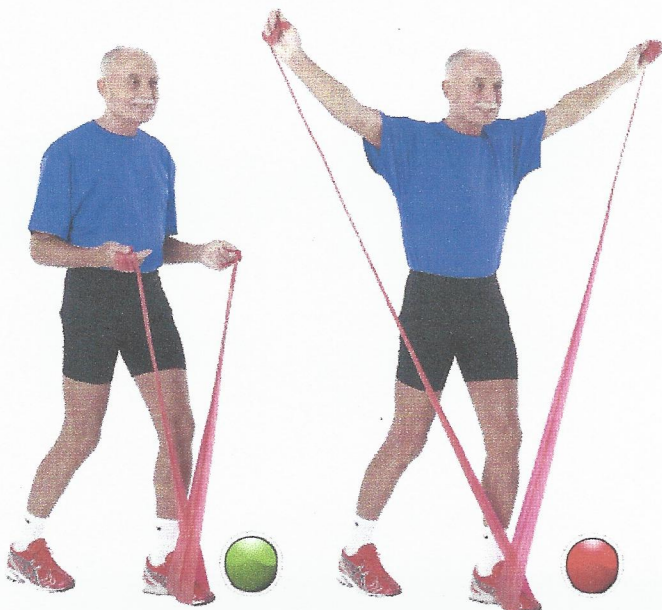
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AIRMAN

A BASIC EXERCISE

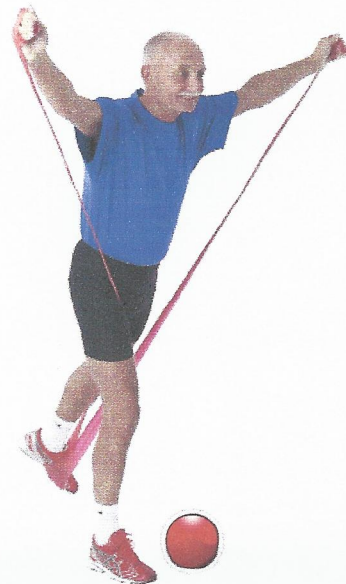
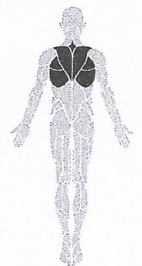
Stand on the middle of the band with one foot slightly in front of other. Cross ends of bands in front of your body. Keep palms up and elbows to side. Lift bands upward and then to the side in an overhead position. Slowly return.



B VARIATION "AIRMAN"

Step with your back foot to the front. Lean forward and extend both arms and the back leg against band.

Variation B adds coordination and strengthens legs.



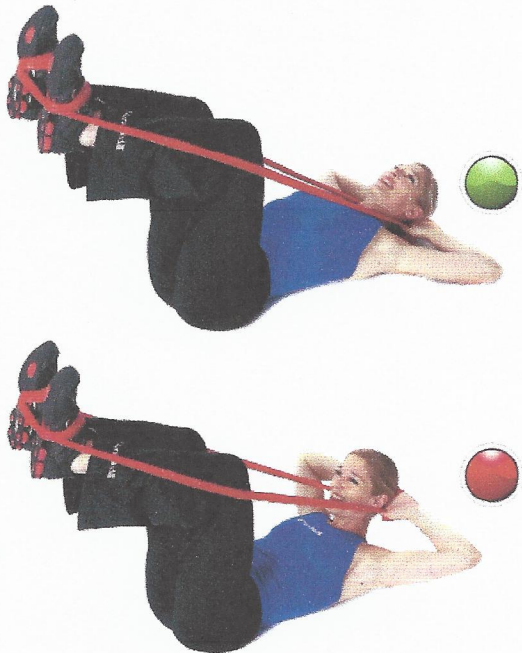
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CURL-UP / STRAIGHT CRUNCH

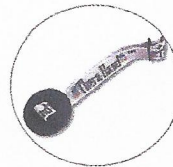
A BASIC EXERCISE

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!

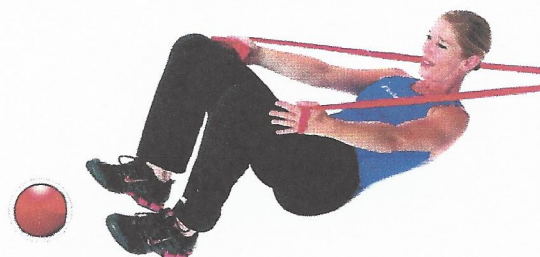


B VARIATION

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!



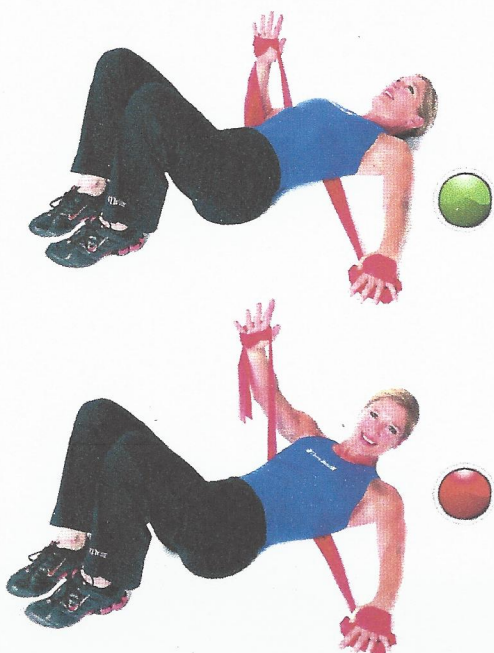
Door Anchor.



TWISTED CRUNCH

A 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.



B VARIATION

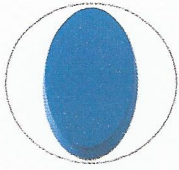
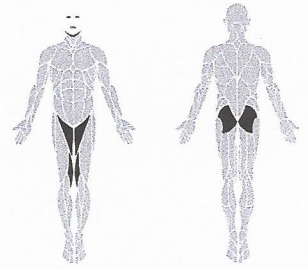
Sit with legs extended. Wrap band around the right foot and grasp both ends of band in front of your chest. Rotate trunk to the left side. Slowly return and change sides.



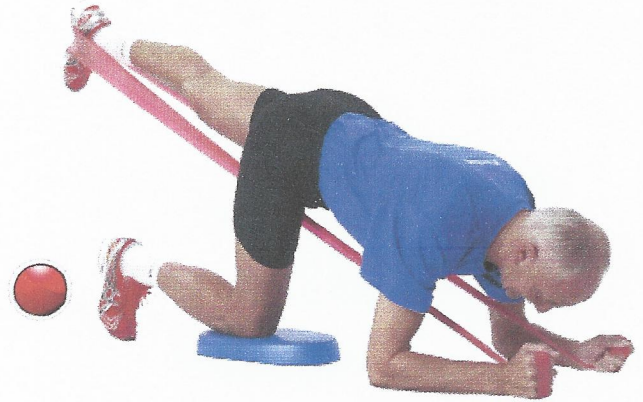
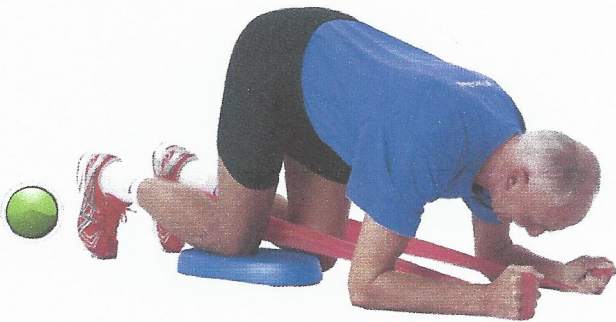
QUADRUPED

A BASIC EXERCISE

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 (Stability Trainer) will minimize the pressure on the floor knee.

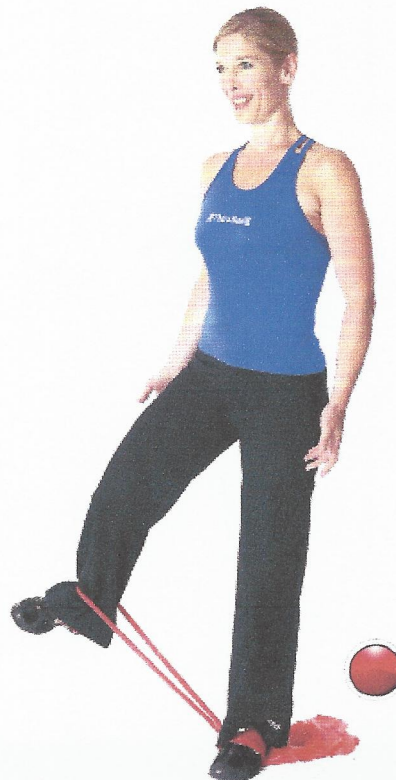
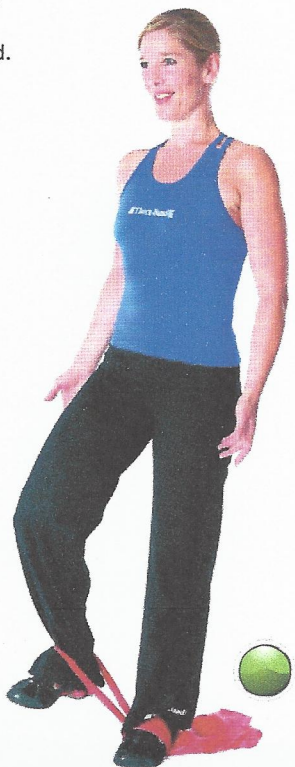


20 Lower Extremity

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ABDUCTION

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

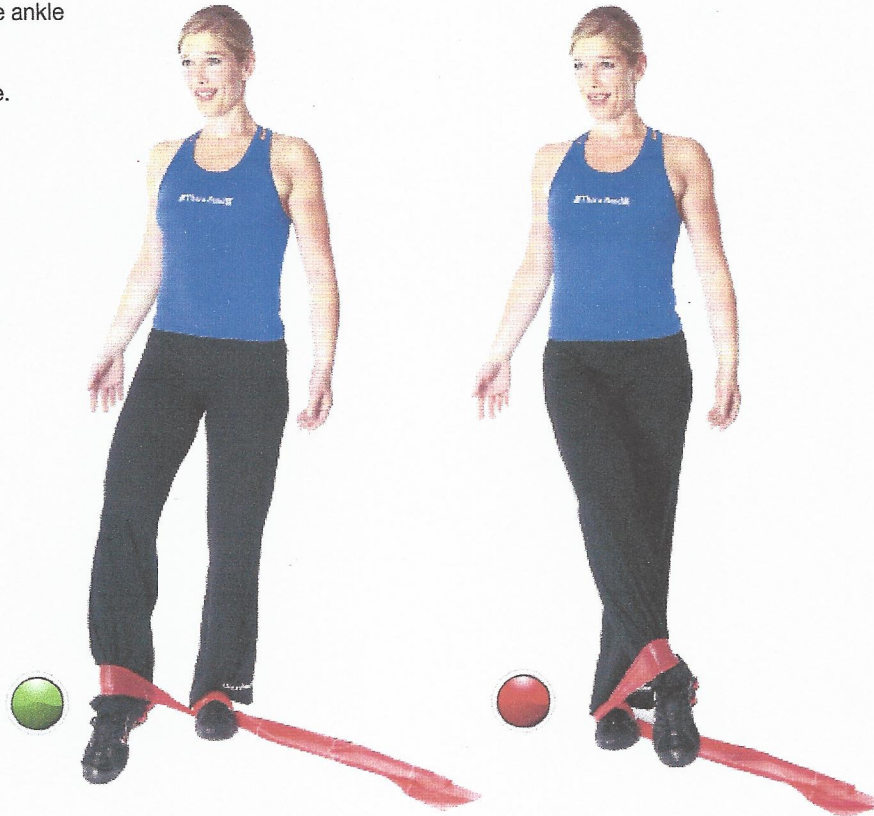


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ADDUCTION

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.



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LEG CURL

A BASIC EXERCISE

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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SIT-TO-STAND

ACTIVITIES OF DAILY LIVING

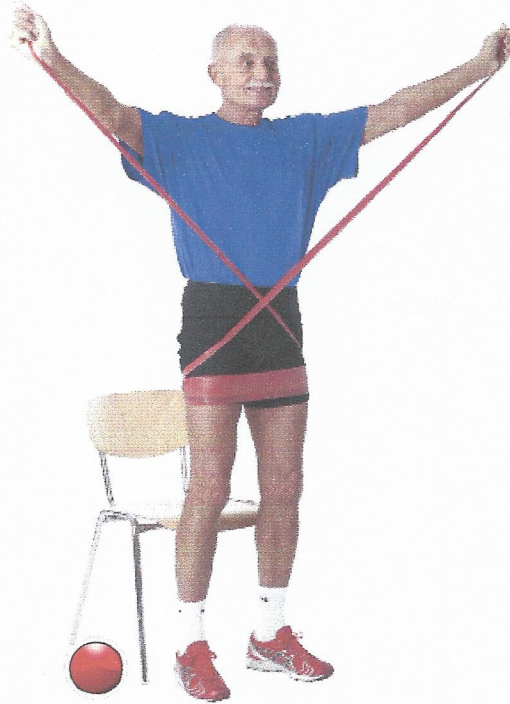
You can use the band to train your daily movements to make your life easier and prevent you from falls. You will see, after a few weeks of regular exercises you will manage your daily life better than before.

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



B VARIATION

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



C VARIATION

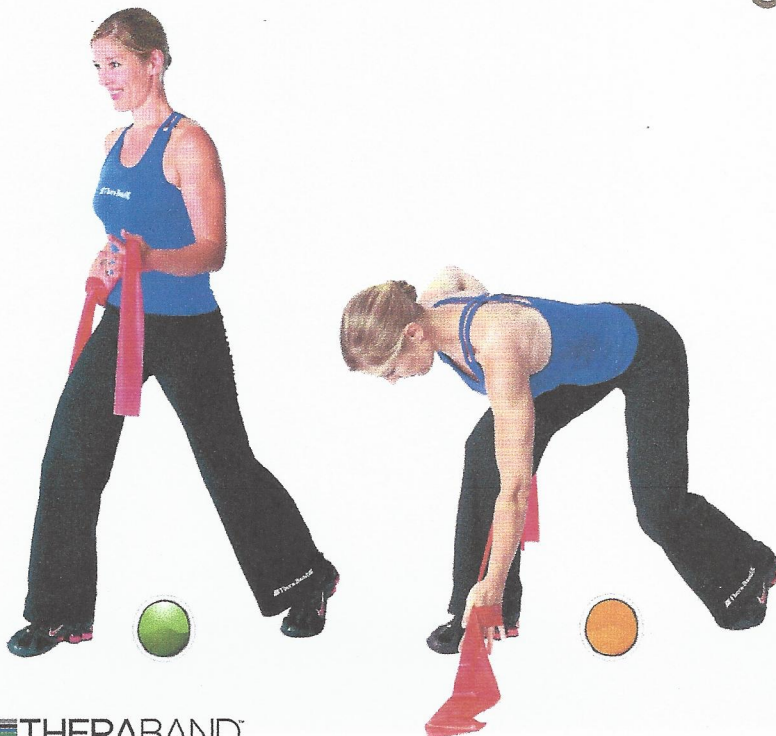
(WITHOUT PICTURE)

Get up while lifting the bands upwards (extend arms). Slowly sit down again.
C One foot slightly in front of other (without picture)

BEND DOWN AND REACH/STRETCH

A BASIC EXERCISE

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.



SLIDING DOOR

B VARIATION

Reach/Stretch (single-arm or bilateral).

C VARIATION

Combine bending down and stretching



SIDE STEP

A BASIC EXERCISE

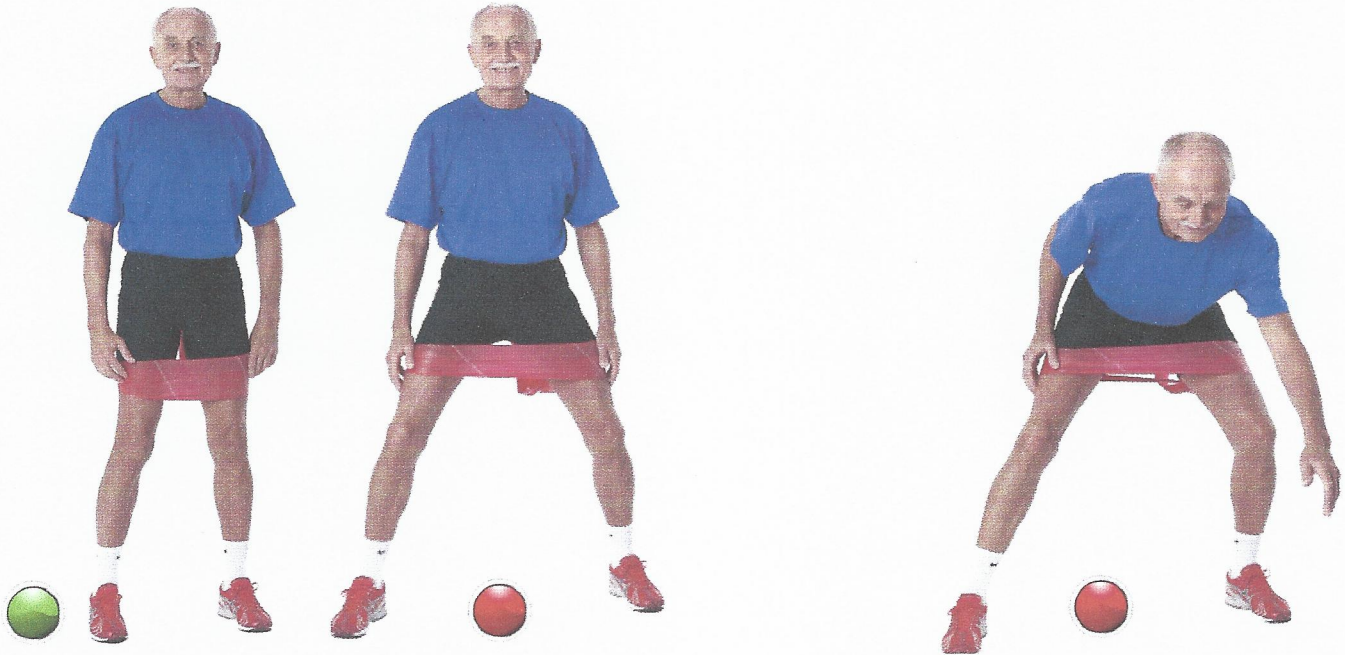
Wrap the band around your thighs.
Side-Step to one side.

B VARIATION

(WITHOUT PICTURE)
Side-Step left and right.

C VARIATION

Side-Step in combination
with bending down.



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DISTRIBUTOR



Medical Fitness
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