



exercises programs

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs. User must wear suitable eye protection such as safety goggles 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 Body Workout with Thera-Band® Elastic Bands: General upper body workout

Start with one set of 10 repetitions for each exercise. Perform resistance exercise at least 2 to 3 times a week. Don't exercise the same muscle groups on consecutive days. Gradually progress toward a goal of 2 to 3 sets of 10 repetitions for 10-12 exercises. Perform each repetition slowly, particularly on the return movement. Remember to exhale on exertion and to maintain proper posture during the exercise.



Thera-Band Elbow Biceps Curl (standing)

Stand on the middle of the tubing. Grasp the ends of the tubing. Lift the tubing upward, bending your elbows and palms up. Keep your elbows by your side. Hold and slowly return.

VARIATION: Perform with palms facing downward.

TIP: Keep your back straight; avoid leaning backward or rounding your back.



Thera-Band Elbow Extension Kick Back

Begin with one leg slightly in front of the other. Stand on the end of the band with the front foot. Bend forward at the hips, keeping your back straight. Grasp end of band with shoulder extended and elbow bent.

Pull band backward by extending elbow, keeping your shoulder extended as well. Hold and slowly return.



Thera-Band Shoulder Front Raise in Standing

Stand on the middle of the band under your feet. Grasp the ends of the band. Lift upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return.

VARIATION: Lift arms completely overhead for full range of motion.

TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.



Thera-Band Shoulder Lateral Raise in Standing

Stand on the middle of the band. Grasp the ends of the band. Lift the band upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return.

VARIATION: Lift arms completely overhead for full range of motion.

TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.



Thera-Band Shoulder Bench Press in Standing

Begin with band wrapped around your upper back. Grasp both ends of band with elbows bent and palms facing inward. Push band forward, extending your elbows to shoulder level. Slowly return to starting position.

TIP: Keep your back and neck straight. Don't shrug your shoulders. Don't hold your breath.



Thera-Band Shoulder Pull Back in Standing

Grasp the ends of the band in front of you at shoulder height, and take up the slack. Pull the band outward, keeping your elbows straight and pinch your shoulder blades together. Slowly return.

TIP: Keep your lower back straight. Don't hold your breath, and relax after each repetition.



Thera-Band Shoulder External Rotation (Bilateral) in Standing

Grasp the middle of the band about shoulder width apart, with slight tension in the band. Keep your elbows by your side and forearms parallel to the ground. Pull the ends of the band outward. Hold and slowly return.

TIP: Don't extend your elbows to complete the motion.



Lower Body Workout with Thera-Band® Elastic Bands: General lower body workout

Start with one set of 10 repetitions for each exercise. Perform resistance exercise at least 2 to 3 times a week. Don't exercise the same muscle groups on consecutive days. Gradually progress toward a goal of 2 to 3 sets of 10 repetitions for 10-12 exercises. Perform each repetition slowly, particularly on the return movement. Remember to exhale on exertion and to maintain proper posture during the exercise.



Thera-Band Ankle Calf Raise

Stand with the middle of the tubing under the balls of the foot. Grasp each end of the tubing. Keep your hands by your side and go up onto your toes against the resistance of the tubing. Hold and slowly return.

TIP: Keep tension in the tubing throughout the exercise.



Thera-Band Knee Squat (at side)

Stand on the middle of the band with both feet. Grasp the ends of the band at hip level. Perform squat, keeping back & elbows straight. Hold and slowly return.

TIPS: Keep your back straight and knees pointing forward. Don't allow your knees to rotate inward or outward.



Thera-Band Knee Flexion (in standing)

Make a loop with your band or tubing. Place exercising ankle inside loop. Stand on the remaining loop with the opposite leg to stabilize. While balancing on the leg securing the band, bend your knee upward, flexing the knee. Hold and slowly return.

TIP: Maintain your balance with a sturdy object like a chair. Keep your back straight and avoid arching your back.



Thera-Band Hip Abduction "Quick Kick"

Loop the band around your ankles with no slack in the bands. Keep your knees straight and kick outward with opposite leg. Continue kicking without letting your kicking leg touch the ground. Repeat on other leg. Keep your back straight, and avoid leaning or bending over.



Thera-Band Hip Extension "Quick Kick"

Loop the band around your ankles with no slack in the bands. Keep your knees straight and kick backward with opposite leg. Continue kicking without letting your kicking leg touch the ground. Repeat on other leg. Keep your back straight, and avoid bending over or slouching.



Thera-Band Hip Extension "Good Morning"

Stand on the middle of the tubing with both feet. Grasp the ends of the tubing take up all the slack. Keep your elbows and back straight, and bend forward from the hips with your knee straight. Slowly return to an upright position against the tension of the tubing.

TIP: Be sure to bend at the hips, not the back. Avoid rounding your back.



Thera-Band Lunge

Stand with one foot on the middle of the band. Grasp ends of bands and loop around your hands at chest level with elbows bent. Place other leg behind with knee slightly bent. Keeping your trunk upright, bend your front knee, lowering the body straight down, then return to the upright position against the band.

TIPS: Keep your back straight; avoid rounding your back.