

# Exercise Band Workout

*Please use this instructional flyer with the exercise bands provided.*

Using an exercise band can help make your muscles stronger. Strong muscles have many benefits and help lower your risk of getting injured. Remember to take it easy if you are new to these exercises. If you are not sure if this is right for you, talk to your doctor first.

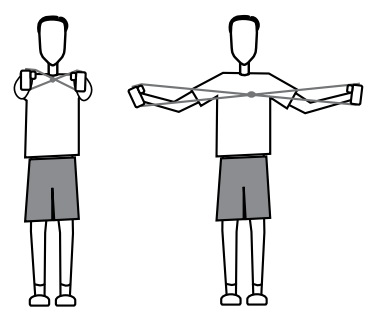
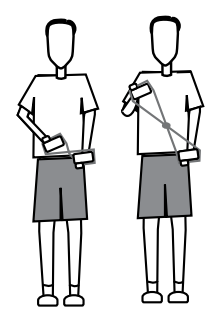
When you are ready to begin, follow this format:

1. Start with 8 to 12 repetitions. This means doing the listed exercise 8 to 12 times.
2. Rest for about 30 seconds.
3. Do another 8 to 12 repetitions.
4. Rest.
5. Finish the exercise with another 8 to 12 repetitions.

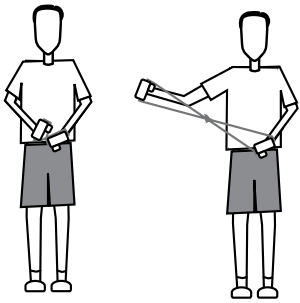
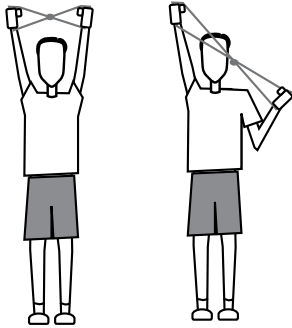
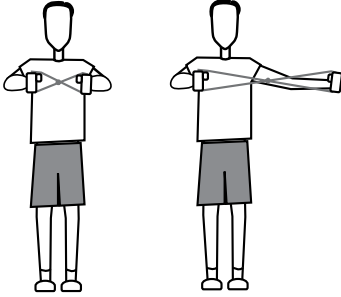
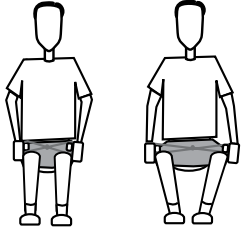
Try this format for every exercise shown below. Don't forget to switch sides if needed. Try these exercises at least 2 times a week for good results.



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1-800-804-6074.

Muscle group	What to do	Real-life benefit	Illustration
Upper back (trapezius)	Hold band with both hands. Lift arms parallel to floor in front of chest. Keep shoulders down. Slowly pull band apart by squeezing shoulder blades together. Slowly return to starting position.	<ul style="list-style-type: none"> <li>• Pull open a heavy door more easily.</li> <li>• Better posture.</li> </ul>	
Front of upper arm (biceps)	Hold band with both hands with the left hand facing down and the right hand facing up. Keep the left arm straight pointing toward the floor. Slowly curl the right arm up, bending at the elbow, and keeping the elbow at your side. Slowly return to starting position. Switch sides when ready.	<ul style="list-style-type: none"> <li>• Carry heavy objects and open stubborn jars.</li> <li>• Great-looking arms.</li> </ul>	

*(continued)*

<i>Muscle group</i>	<i>What to do</i>	<i>Real-life benefit</i>	<i>Illustration</i>
Shoulders (deltoids)	Hold band with both hands in front of your hips. Elbows should be slightly bent. Keeping your left arm still, slowly lift your right arm out to the side. Slowly return to starting position. Switch sides when ready.	<ul style="list-style-type: none"> <li>• Lift heavy objects from a top shelf.</li> </ul>	
Lower back (latissimus dorsi)	Hold band with both hands above your head. Slowly pull down your left arm to your left side while bending your elbow. Slowly return to starting position. Switch sides when ready.	<ul style="list-style-type: none"> <li>• Lift heavy objects with ease.</li> <li>• Broader lower back muscles make your hips look narrower.</li> </ul>	
Back of arm (triceps)	Hold band with both hands, with fists facing each other and palms facing down. Lift arms parallel to floor in front of chest with elbows bent. Using left arm only, slowly pull band apart, then slowly return to starting position. Switch sides when ready.	<ul style="list-style-type: none"> <li>• Pull or push yourself up from seated or lying position easier.</li> <li>• Reduce flab from under arms.</li> </ul>	
Inner and outer thigh (adductors and abductors)	While sitting down, hold band with both hands. Rest hands on outer edge of knees. Slowly pull band apart using your legs, then slowly return to starting position.	<ul style="list-style-type: none"> <li>• Better support for hips and legs.</li> </ul>	

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions.