

Instructions for safe and effective exercise

Here are some examples of the kinds of exercises you can do with your Power Band.

To begin:

- Wear comfortable, breathable clothing such as athletic or leisure-wear.
- Do your warm up and stretching exercises before working out.
- Exercise at an even pace, keeping your breathing easy. Follow the step-by-step instructions, and do not overexert yourself. Breathe out while tightening your muscles, and breathe in while relaxing them.

Each workout routine should contain three stages:

Warm Up

This first step gets your blood flowing and prepares your muscles and body for a proper workout. Warming up for about ten minutes reduces your risk of cramping up or pulling a muscle. Start with a few stretching exercises. Hold each stretch for about 30 seconds. Remember not to jerk or force your muscles while stretching. If you experience pain at any point, be sure to stop immediately.

Work Out

Muscular strength and endurance training are important steps towards reducing our risk of injury and illness and maintaining mobility and strong muscles and bones, particularly as we age. Endurance training is also referred to as cardiovascular or cardio training because of the benefits this exercise has for the cardiovascular system.

Cool Down

Much like you should always warm up before working out, it is also important to cool down afterwards. Follow your training with ten minutes of lower-intensity exercise and stretching. Cooling down after working out allows your body to gradually return to its pre-workout heart rate, blood pressure, and temperature.

Stretching

Stretching is an important step to keep in mind at each phase of your training. It helps prepare your muscles before your workout and also helps prevent soreness and stiffness afterwards.

Stretching after exercise helps your muscles return to their original relaxed length, preventing muscle shortening. The more intense your workout has been, the more important it will be to stretch afterwards.

Stretch the muscle groups that you worked out in your training for 20 to 30 seconds per muscle. Remember to never stretch in such a way that causes you any physical pain.

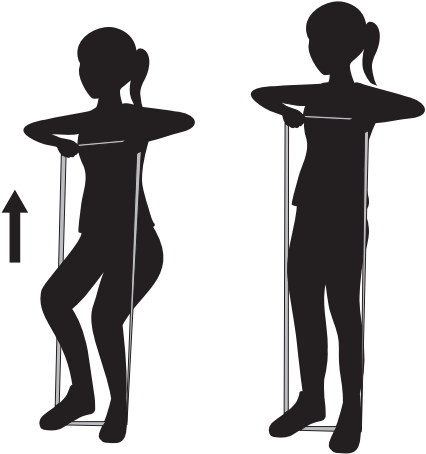
Begin your workout with about 7–8 repetitions per set. You can gradually increase this to 11-12 reps per set as needed. If your muscles are tired or sore, reduce the scope of your training. For best results, you should work out 3–4 times a week. This allows for a day of rest between training days so that your body and muscles can sufficiently recover.

Remember to maintain your core stable while exercising. Keep your spine (particularly the lumbar area) straight and your vertebrae aligned to prevent back injury. Perform all of your exercises in a controlled and fluid manner, without using momentum or jerking motions to over exert yourself.

Remember that overdoing it, or making careless, sudden, or improper motions can result in illness or injury.

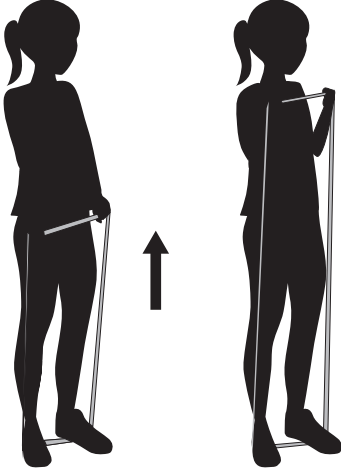
EXERCISES

THIGH ("SQUATS")



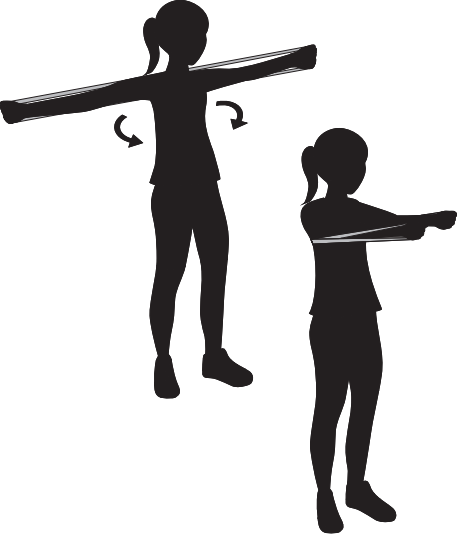
- Stand on the band with your feet pointing forward, shoulder-width apart as illustrated. Hold the band firmly with both hands at chest height with your elbows bent.
- Then bend your knees while maintaining a stable upper body. Your knees should point upwards as you bend and not extend over your toes.
- Straighten your legs back up again. Hold that position and then go back into the knee bend.

BICEPS



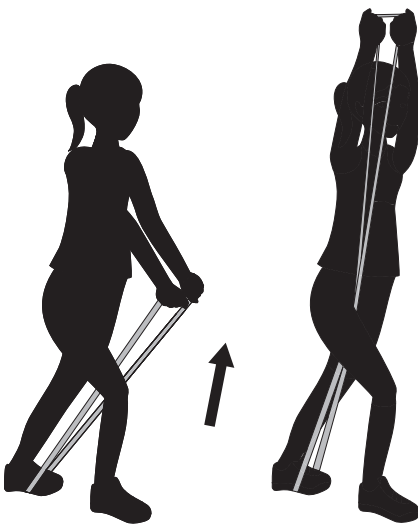
- Stand with both feet parallel, shoulder-width apart on the band as illustrated. Hold the band with both hands. Your palms should be facing upwards in front of your body at about waist height with your elbows straight.
- Keeping your elbows close to your side at all times, bend your arms upwards, with your wrists stable.
- Hold that position, and then lower your arms to waist level again.

CHEST PRESS



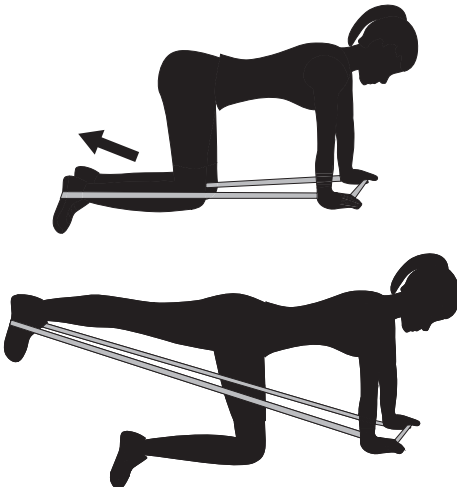
- Stand with your feet pointing forwards about shoulder-width apart with your knees slightly bent.
- Position the band behind you at the level of your shoulders and hold the two ends in your hands as illustrated.
- Then, keeping your centre stable, pull your arms together in front of your chest as straight as you can.
- Hold that position and then slowly return your arms to their starting point.

DIAGONAL CORE MUSCLES



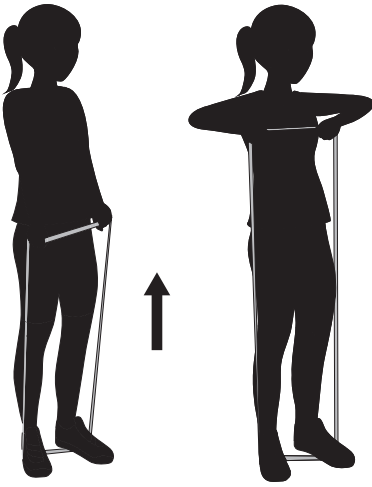
- Start by standing with your knees bent slightly in a walking position as illustrated.
- Stand with your back foot on the band and hold the other end with both hands in front of you at approximately waist height.
- Move your nearly straight arms forward and upward in the direction of your front leg.
- Hold that position and then lower your arms slowly back to their starting position.
- Switch sides and repeat the exercise.

LEG & CORE MUSCLES



- Position yourself on all fours as illustrated, holding the front end of the power band in one hand.
- Place the other end of the band around your opposite foot.
- Straighten the banded leg back and upwards.
- Hold that pose and then slowly return to your starting position.
- Switch sides and repeat the exercise.

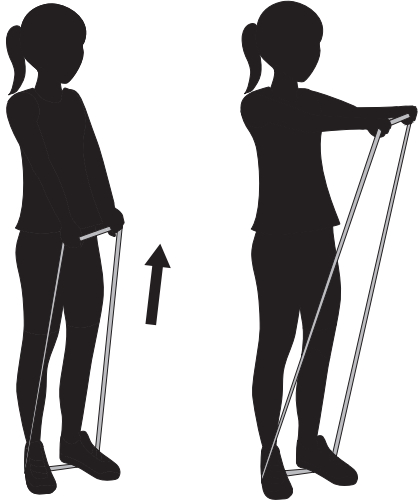
SHOULDERS I



- Stand with your feet parallel about shoulder-width apart on the band as illustrated. Hold the band in both hands in front of you at approximately waist height with your palms facing downwards and your elbows straight.
- Then bend your elbows and pull your hands upwards. Hold this a moment and then slowly return to the starting position.

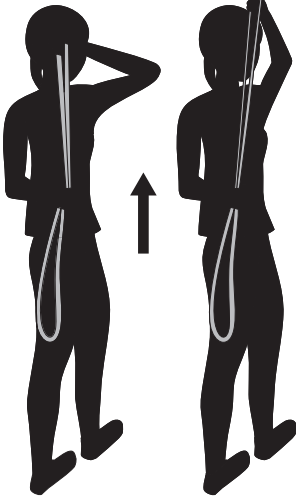
EXERCISES

SHOULDERS II



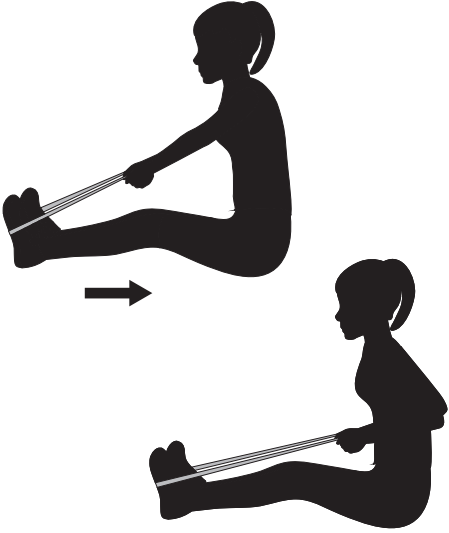
- Stand on the band with your feet pointing forward about shoulder-width apart as illustrated. Hold the band with both hands in front of you at approximately waist height with your palms facing downward and your elbows straight.
- Then lift your arms forward and up to about shoulder height as shown.
- Hold that position and then slowly lower your arms to their starting position.

TRICEPS



- Stand as illustrated with your knees slightly bent in a walking position.
- Place the band behind your body and hold the lower end with one hand behind your back. The shorter you grab the band, the greater the level of resistance will be.
- Take the other end of the band in your other hand with your elbow bent at about the height of your head as shown.
- Then straighten out your upper arm.
- Hold that a moment and then slowly return to the starting position.
- Switch sides and repeat the exercise.

BACK & SHOULDERS



- Sit on the floor with your back straight your legs nearly straight as illustrated.
- Place one end of the band around your feet and grab the other end with both hands with your arms straight. The shorter you grab the band, the greater the level of resistance will be.
- Bend your elbows and pull your hands back towards your body.
- Hold that pose and then slowly straighten your arms back to the starting position.