

Thera-Band Workout

Can't make it to the gym? No worries! You can perform a variety of exercises using a Thera-Band. This inexpensive fitness tool comes in a variety of thicknesses that will vary the intensity of your workout. A thicker band gives you more resistance and a thinner band, less resistance. Throw one in your suitcase or keep a band at the cottage to help you fit in a total workout.

After a 5-minute warm-up, complete all exercises, back to back, for 1 minute each (45 seconds with a 15 second rest). Take a 30 second to 1-minute break, and then complete the exercises again for an additional round. Take breaks whenever you need them and drink lots of water throughout your workout! Perform a 5-minute cool down stretch at the end. The entire workout, including warm-up and cool down should take approximately 30-35 minutes.

Trainer's Tip: You should feel tension on the band throughout the exercises. If you want less resistance, hold your hands further toward the ends of the band.

MID-ROW (BACK MUSCLES)

- Begin by sitting up tall on a mat with legs stretched in front and abs engaged
 - Loop band around feet and hold an end with each hand
 - Pull band towards you, bending elbows, keeping them close to your sides while squeezing your shoulder blades
 - Hold for a second and slowly extend your arms back to starting position
- Continue



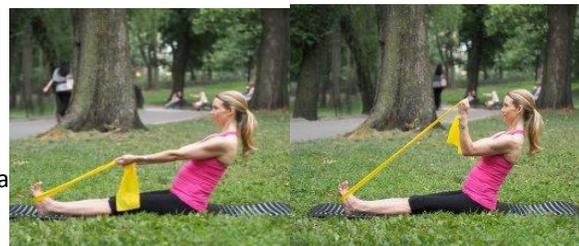
TRICEPS EXTENSION (BACK UPPER ARMS)

- Begin by sitting up tall on a mat with legs stretched in front or crossed and abs engaged
 - Hold one end of the band with the hand of your extended arm on the ground and close to your side. Hold the other end with your right hand and extend the right arm over your head
 - Keeping upper arm steady, slowly bend the right elbow behind you and slowly extend
- Continue for the duration and switch arms for the next round



BICEPS CURLS (FRONT UPPER ARMS)

- Begin by looping the band around your feet and hold ends tightly with both hands. Lean back slightly to engage the core, keeping back straight
 - Extend arms in front at chest height. Slowly bend elbows until forearm is at a right angle to the upper arm and slowly extend arms back to starting position
- Continue



LEG LIFTS (SEAT & BACK THIGH)

- Start on hands and knees, abs engaged, back straight and head in line with neck
- Loop the band around your foot and extend that leg behind you while holding the band ends with both hands (hands underneath shoulders)
- Slowly lift the extended leg to slightly above hip height and slowly lower
- Touch (not rest) toe to ground and continue the motion for the duration and switch legs for the next round



SIDE PULSES (SEAT & SIDE LEG)

- Start by lying on your side and rest on your elbow (elbow underneath shoulder) and bend the bottom knee for stability
- Loop the band around the foot of your top leg while holding the band ends with the hand of the supporting arm. Make sure toe is pointing slightly downward
- Slowly lift the top leg to slightly above hip height and slowly lower
- Touch (not rest) toe to ground and continue the motion for the duration and switch sides for the next round



SQUATS (SEAT, HIPS, THIGHS)

- Begin in a standing position, with feet shoulder width apart, placing the band under the feet and holding an end in each hand
- Slowly lower into a squat (lead with the seat, push through the heels and keep back straight) keeping the tension on the band
- Slowly return to starting position
- Continue for the duration



TORSO TWIST (CORE)

- Attach one end of the band to a secure lower object like a table leg or staircase banister
- Holding the band in both hands and stand parallel to the band. Place feet shoulder width apart
- Slowly pull the band across the body in an upward motion, while twisting your torso and pivoting the foot closest to the secured end. Hold for a second and slowly return to starting position
- Continue for the duration and switch sides for the next round

