

## DOUGLAS WILLIAMS EXECUTIVE HEALTH

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### Resistance Stretch Bands: Instructions and Exercises

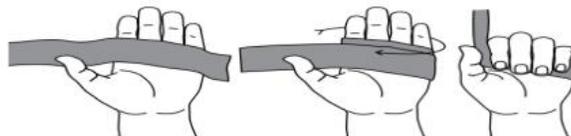
#### Practical Exercise Tips

- With all exercises, posture and body alignment is critical. Keep the shoulders and hips aligned, tighten the abdominals, and relax the knees. Be sure to practice the safest posture possible by maintaining a natural spinal curve
- Use the band or tubing prescribed by your physician or therapist for the prescribed sets and repetitions. Rest between sets.
- Include proper warm-up and cool-down activities with your elastic resistance-training program.
- Perform all exercises in a slow and controlled manner. At no time should you feel “out of control”; remember to control the band or tubing rather than allowing it to control you. Do not allow the band or tubing to snap back.
- Avoid hyperextending or over-flexing joints when exercising. Don’t lock the joints.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition. Don’t hold your breath.
- For beginners, perform the exercises without the band or tubing until you are comfortable, and then add resistance. Begin with 8 to 10 exercises that target major muscle groups.

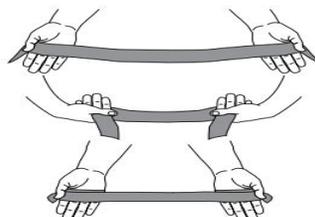
#### Handling the Bands

Your elastic band should be securely attached to your hand or foot before use to avoid slippage and possible injury. “Double wrapping” the band may help secure it to your hand or foot. Never exercise with the band unless it is wrapped around your hand.

- **Grip Wrap:** Lay the band flat in your hand with the end toward your pinky finger. Wrap the long end of the band around the back of your hand. Repeat as needed. Firmly grasp

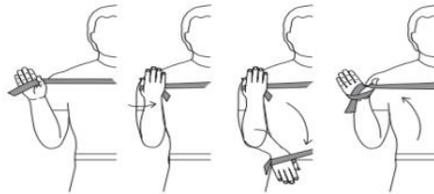


- **Palm Wrap:** Begin with palms up and ends of band between the thumb and finger. Rotate your palms inward, bringing the band around the back of your hands. Repeat as needed. Firmly grasp.

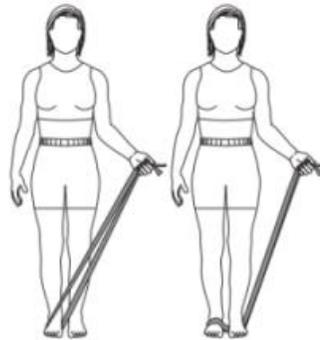


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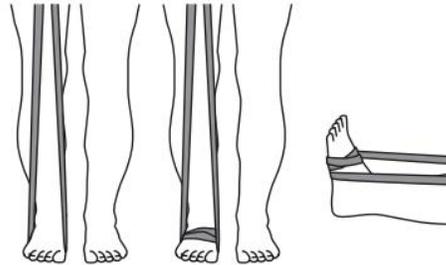
- **Euro Wrap:** Begin with your palm facing forward and the ends of the band between the thumb and palm. Rotate your arm inward. Turn your hand downward, bringing the band around the back of your hand. Return the palm facing forward, bringing the band between the thumb and fingers.



- **Foot Loop:** Stand on the middle of the band. Loop over the top of the foot and stabilize other ends with opposite foot.

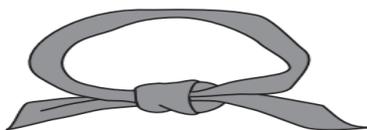


- **Foot Wrap:** Stand on the middle of the band. Wrap one end around the top of the foot.



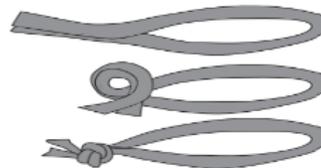
Creating Loops

Loops can be easily created for upper or lower body exercises.



*Short length loop*

Tie each end in a square knot



*Long length loop*

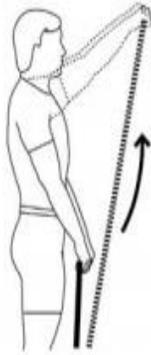
Tie ends together in a simple knot, leaving long loop.

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SHOULDERS

*Front Raises*



- Stand on the resistance band
- Grasp both ends of the band and pull your arms upwards keeping elbow straight
- Slowly return to start position

*Shoulder Flexion*

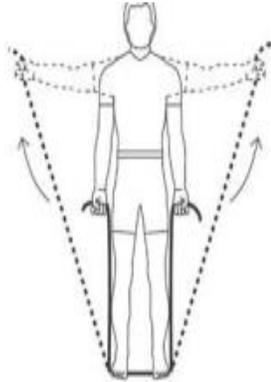


- Stand on the resistance band
- Begin with your arms at your sides, elbows straight, thumb up
- Grasp the band
- Raise your arm in front over your head, keeping the elbow straight
- Slowly return to starting position

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***Lateral Raises***



- Stand on the resistance band
- Hold the band in both hands
- Begin with your arms at your sides
- Position your palms forward
- Keep your elbows straight and lift both arms to shoulder level
- Slowly lower and repeat

***Overhead Press***



- Stand on the resistance band
- Grasp the band with both hands, arms at side, elbows bent, as shown
- Push your arms up and overhead
- Slowly return to start position and repeat

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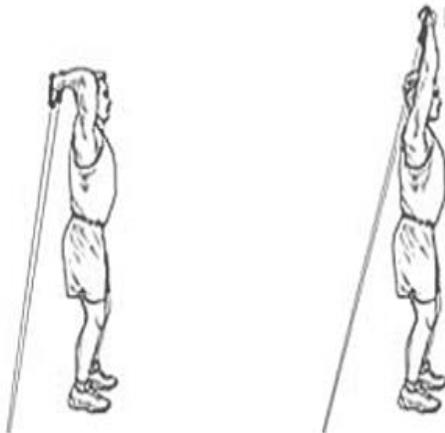
ARMS

*Biceps Curls*



- Stand on the resistance band
- Grasp the band with both hands, palm up, arms straight at your sides
- Pull upward, bending at elbow
- Slowly return to start position and repeat

*Triceps Extensions*



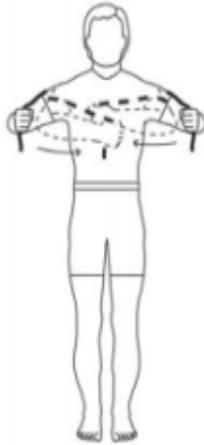
- Stand on the resistance band.
- Grab the band with both hands and pull your arms over your shoulder, holding the band behind your back.
- Extend the arms upwards, squeezing the triceps.
- Slowly return to start position and repeat.

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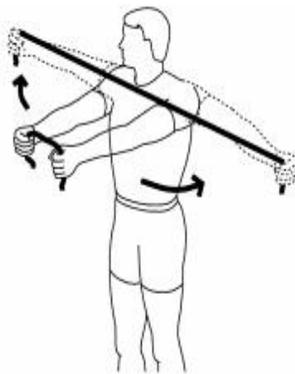
UPPER BACK

*Dynamic Hug*



- Begin with the resistance band wrapped around your upper back, holding each end with your hands
- Abduct your shoulders to 60 degrees and bend the elbows to 45 degrees
- Keep your shoulders elevated and push arms forward and inward in a hugging motion
- When your hands touch, hold, slowly return to start position and repeat

*Reverse Flies*



- Grasp the resistance band with both hands, elbows straight, as shown
- Move your arms away from each other, out to the sides
- Slowly return to start position

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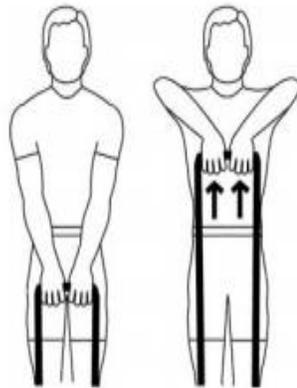
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***Lateral Pulldowns***



- Attach the resistance band overhead to secure object, for example a door.
- Grasp the band with both hands as shown.
- Pull down, bending your elbows, squeezing your shoulder blades together.
- Slowly return to start position and repeat.

***Upright Rows***



- Stand on the resistance band
- Grasp the band with both hands in front of hips, keep your elbows straight
- Lift upward towards your chin, bending the elbows
- Keep your hands close to the chest
- Slowly lower and repeat

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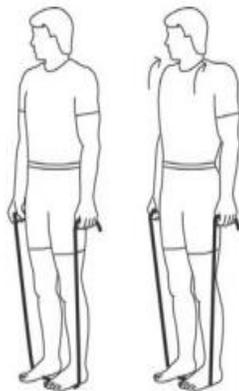
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***Bent-over Rows***



- Secure the resistance under one foot with a wrap
- Hold the band with one hand
- Slightly bend your hips and knees and support the upper body with other arm as shown
- Pull up on the band, raising your elbow to shoulder height
- Slowly return to start position and repeat

***Shrugs***

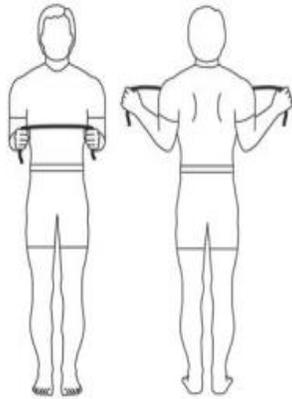


- Stand on the resistance band as shown, holding the band in both hands.
- Raise your shoulders upward towards your ears, and roll backwards.
- Keep your elbows straight.
- Slowly return to start position.

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***Scapular Retraction***



- Hold the resistance band with both hands; keep your arms at the sides with your elbows bent.
- Squeeze your shoulder blades together by moving your hands outward slightly.
- Slowly return to starting position.

**ABDOMEN**

***Side Bends***

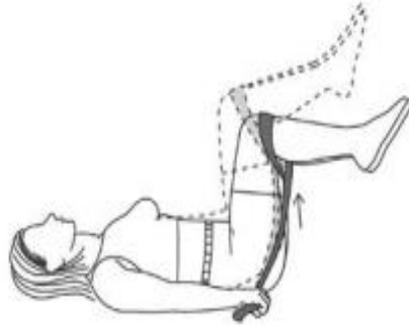


- Stand, holding the resistance band in your right hand. Secure the band with your right foot and a foot wrap
- Bend to the left, keeping your elbow straight
- Slowly return to start position and repeat
- Repeat sets with other side

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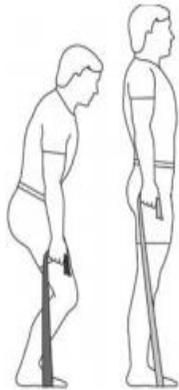
***Lower Abs Crunches***



- Lie on your back with your hips and knees flexed
- Stretch the resistance band over the knees and cross it underneath
- Hold each end of the band with your hands and place your arms at the sides, with elbows straight
- Lift your knees upward, lifting your hips off the floor
- Hold and slowly return

**HIPS, LOWER BACK, & LEGS**

***Deadlift***

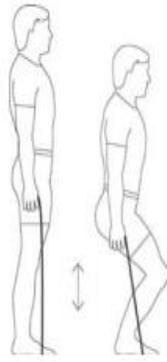


- Stand on the resistance band with both feet
- Squat down, grasp the ends of the band with both hands and take up all slack
- Keep your elbows and the back straight and extend your hips to slowly return from the squat to an upright position
- Slowly repeat

**DOUGLAS WILLIAMS EXECUTIVE HEALTH**

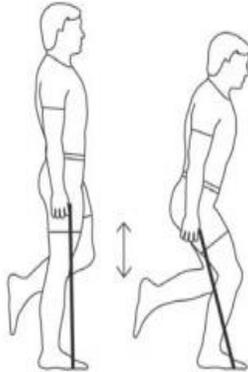
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**Squats**



- Stand on the resistance band with both feet
- Hold the band with both hands, keeping your elbows straight
- Bend your knees to 90 degrees
- Pull to add tension to the band
- Straighten your knees
- Slowly repeat

**One-leg Squats**



- Place the resistance band under one foot with a wrap
- Hold the band with both hands
- Stand on the leg that is on the band, slightly lift off the other foot
- Slowly bend the knee to 45 degrees. Keep back straight
- Straighten knee
- Slowly repeat

**DOUGLAS WILLIAMS EXECUTIVE HEALTH**

---

***Lunge Step-in***



- Stand with one foot on the middle of the resistance band.
- Grasp both ends of band and loop around your hands at chest level, keeping the elbows bent.
- With the other leg, make a step to the front.
- Keep your trunk straight and bend the front knee, lowering yourself down.
- Slowly return to upright position, move your front foot to the back and repeat.

***Hip Abduction Walk***



- Wrap the resistance band around both of your ankles.
- Stand with feet hip-wide apart.
- Step with one foot to the side.
- Follow with the other foot, keeping the band under tension.
- Repeat for the desired steps, and then switch direction.

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---

***Hip Abduction***



- Wrap the resistance band around both of your ankles
- Keep your knees straight, move one leg outwards to the side
- Slowly return to start position

***External Rotation Clam***



- Loop the resistance band around your thighs.
- Lie on your back propped on your elbows with knees bent.
- Move your thighs apart. Return to start position and repeat.

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### *Caring for Elastic Bands*

- Always examine the resistance band or tubing before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises
- Store all resistance bands and tubing out of direct sunlight and away from extreme temperatures
- After use in chlorinated water, rinse the bands or tubing with tap water and dry flat
- If the bands or tubing becomes sticky, clean with mild soap and water, dry flat, and then dust with talcum powder