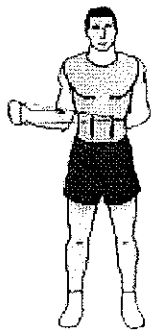


Therobics: This class will teach you how to use a system of elastic bands and tubing called resistance bands. The movements mimic activities of daily living like reaching, stretching, twisting and lifting.

Wednesday, September 13, 2011

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External rotation with resistance band

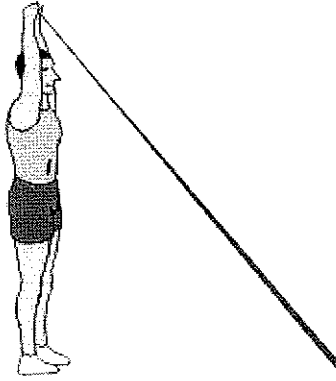
1. Secure door strap at approximately waist height or wrap into around the front of your body and secure with the other hand.
2. Stand 2-3 feet away from door strap or attachment point with the working arm facing away from band. Feet should be shoulder width apart with knees slightly bent.
3. Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated inward with fist pointing towards attachment of band.
4. Rotate arm outward keeping elbow at 90°. Step away from door to increase resistance if needed.
5. Return to start position.

**Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

Stationary Lunge with resistance band

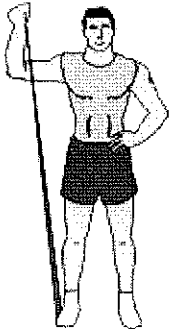
1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place resistance band under front foot and hold the other end with your hands.
2. Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
3. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
4. Return to start position.





High Pull with resistance band

1. Starting Position: Face the cable with your hands outstretched and hanging on to the cable handle in a low position.
2. Keeping the arms straight stand up using your low back and raise your arms above your head.
3. Return to the starting position and repeat.



External rotation with resistance band

1. Grab the band with one hand and step on the other end with the opposite foot.
 2. Hold your elbow high and out to the side.
 3. Rotate your shoulder girdle so that your hand raises up and out away from your body.
 4. Keep your elbow bent at about 90 degrees of angle.
- **Try to focus on just rotating your shoulder and working the rotator cuff muscles.



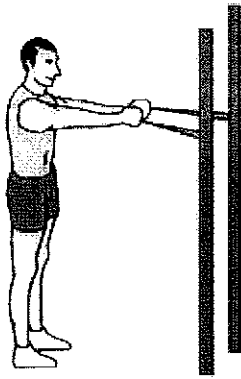
Upright Row with resistance band

1. Stand on a band with your feet and hold the other end of the band with your hands.
2. Bring your elbows up towards the ceiling and keep your hands close to your chest.
3. Return to the starting position and repeat for the prescribed repetitions.



Alternating Reverse Curl with resistance band

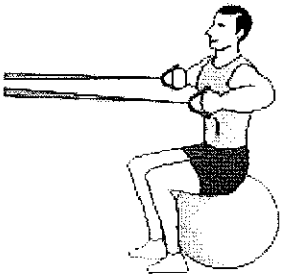
1. Start by placing the band under your feet and holding the ends of the band in your hands.
2. Slowly curl one arm up with your palms facing down and then lower to repeat with the other arm.
3. Continue for the recommended repetitions.



Retraction

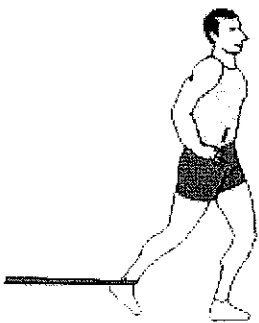
1. Stand facing the bands.
2. Start position: Position arms perpendicular to body like the letter "T" with thumbs pointing up and elbows straight.
3. Pull arms back by squeezing shoulder blades together.
4. Return to start position.
5. Remember to keep head in neutral position.

MODIFICATION



Seated Reverse Flyes with resistance band

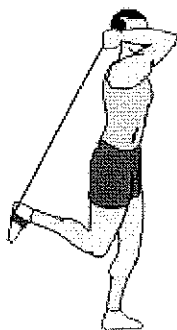
1. Start by sitting on a stability ball and grab each band handle at arms length.
 2. Keeping your arms semi-straight bring them out and back until your arms are parallel with your body.
- **Make sure you squeeze your shoulder blades together while completing this exercise.



Hip Flexor thrust

1. Stand with feet hip width apart and place a band around the ankle. The band should be fixed to an object at the other end.
2. Raise the leg that has the band forward and hip. Think of driving your knee out and then up towards the ceiling.
3. Tighten your core and maintain balance when performing this exercise.
4. Return to the starting position and repeat. Perform with the other leg.

Leg ext/Tricep Ext with resistance band



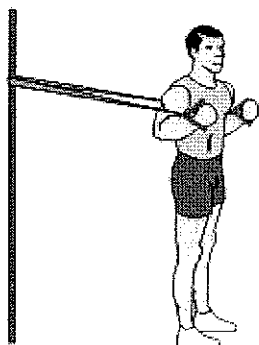
1. Start by placing the band underneath your foot and holding it with one hand over your head.
2. With your knee bent and elbow bent simultaneously straighten the limbs until both are in full extension.
3. Return to the starting position and repeat with the other leg.

Squat with resistance band



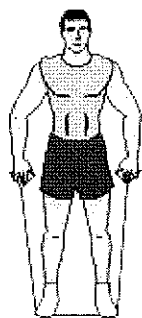
1. Start by stepping on the Resistance band with both feet shoulder width apart.
2. Hold the Resistance band at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat for the prescribed repetitions.

Standing Chest Press with resistance band



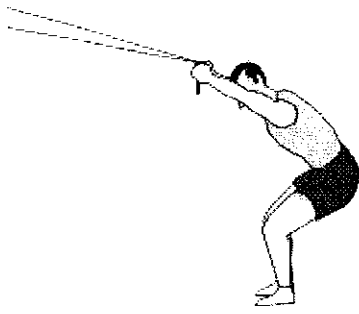
1. Start by securing the band at chest level behind you and standing with your feet together. To have a more stable stance you can bring one foot in front of the other in a staggered stance (lunge stance.)
2. Hold the band with your hands at chest level and your elbows back.
3. Press the bands out away from your body until your arms are extended.
4. Return to the starting position and repeat for the recommended repetitions.

Front Raise with resistance band



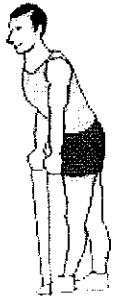
1. Step onto resistance band with feet hip width apart and knees slightly bent.
2. Start position: Grasp handles with an overhand grip (palms down) and shoulder width apart. Arms should hang down at sides with elbows slightly bent.
3. Raise handles to front of body at shoulder height keeping elbows only slightly bent.
4. Return to start position.

**Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.



Bent Over Row (w/ resistance band)

1. Starting Position: Place bands around a fixed object or in a door jamb at head height.
2. Bend forward at the waist keeping your back flat to about a 45 degree angle.
3. Pull band towards your waist in a rowing motion.
4. Squeeze your shoulder blades together as you pull the band towards you.



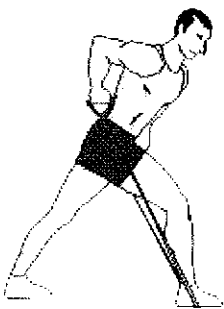
Standing Bent Over Row (w/ resistance band)

1. Start by placing the band under one foot and stepping backwards with the other foot.
2. Bend over keeping your back flat and stop at a 45 degree angle.
3. Pull the bands up towards your waist keeping your elbows in close together.
4. Squeeze your shoulder blades together when performing rowing motion.



Wood Chop with resistance band or cable

1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body but up above your head and over the shoulder. Keeping your arms semi straight rotate your body down and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.



1-Arm Band Row

1. Start by standing on the band with your forward foot and grabbing the handle or band with your hand.
2. Keeping your back flat and at or near a 45 degree angle pull the band up towards your waist.
3. Lower the band back down until your arm is straight and repeat for the prescribed number of repetitions.
4. Repeat with other arm.



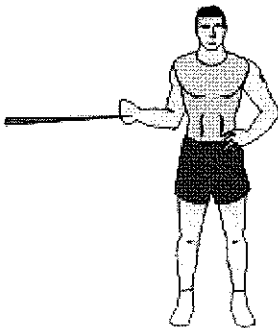
Lateral Band Walk

1. Place a short band around your knees and place a long band around your feet with your arms holding the other end.
2. Proceed to slide your feet across the floor while barely picking your feet up off the ground.
**Try to keep your hips level and just abduct your leg rather than tilting your hips up and down to raise your leg.



Basic Lat Pulldown with resistance band

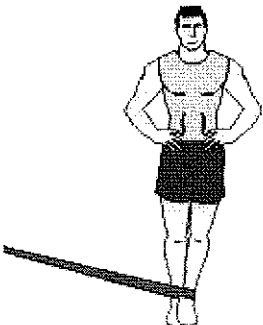
1. Secure door strap overhead.
2. Kneel on one knee with opposite foot flat on floor with knee bent at 90°.
3. Start position: Position hands overhead and shoulder width apart. Grasp handles with a neutral grip (palms facing each other).
4. Pull handles down to approximately ear level, making sure you lead with the elbows and squeeze the shoulder blades together at the end of the pulldown.
5. Return to start position.



Internal rotation with resistance band

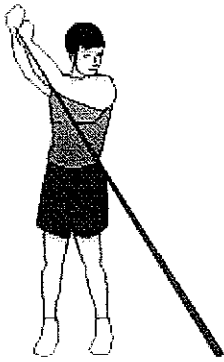
1. Secure door strap at approximately waist height.
2. Stand 2-3 feet away from door strap or attachment point with the working arm facing the band. Feet should be shoulder width apart with knees slightly bent.
3. Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated outward with fist pointing towards attachment of band.
4. Rotate arm inward keeping elbow at 90°. Step away from door to increase resistance if needed.
5. Return to start position.

**Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.



Leg abduction with resistance band

1. Start by attaching resistance band to your ankle and stand laterally to the attachment point of the band.
2. Maintaining your posture and balance laterally swing your leg out and away from your body.
**Return to the starting position and repeat.

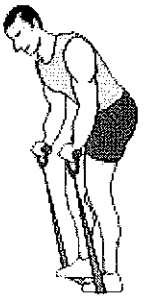


Reverse Wood Chop with resistance band or cable

1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body. Keeping your arms semi straight rotate your body out and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.

Bentover Band Row

1. Start by standing on the band with both feet and grabbing each end with your hands.
2. Bend forward to about a 45 degree angle keeping your back flat.
3. Row the bands up towards your waist and let your elbows point towards the ceiling.
4. Return to the starting position and repeat.



Standing Overhead Tricep Extension with resistance band

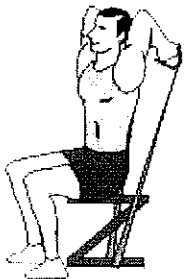
1. Start by holding the resistance band in one hand and placing that hand behind your back.
2. Now grab the other end of the band with the arm that is over your head.
3. Extend the top elbow until your arm is fully extended.
4. Return to the starting position and repeat for the prescribed repetitions.



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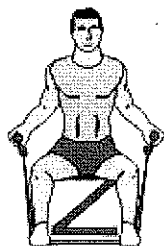
Seated Overhead Tricep Extension with resistance band

1. Start by sitting on a bench with the band secured under your feet or the bench.
2. Bring the band up above your head with your arms extended.
3. Keeping your elbows stationary bend your arms so that your hands come down and back behind your head.
4. Extend your arms and return to the starting position and repeat.



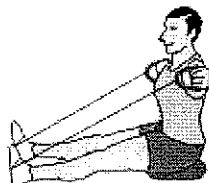
Seated Lateral Raise with resistance band

1. Sit on a bench or chair with the band secured underneath you.
2. Keep your arms semi straight and raise them out and away from your body until your arms reach shoulder height.
3. Return to the starting position and repeat.



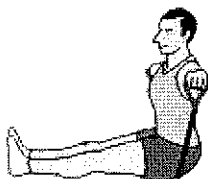
Alternate Toe touch with resistance band

1. Start by sitting on the ground with your legs extended in a V-formation.
2. Place a band around both feet and hold onto it with your hands.
3. Keeping your back flat twist and reach with your right hand toward your opposite foot.
4. Repeat with the other hand.



Spine Twist with resistance band

1. Sit in an upright position on the floor and legs flat on the floor
2. Hold your arms out to the side holding a band end in each hand. Slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit.
4. Repeat according to prescribed repetitions.



Supine chest flyes with resistance band

1. Lie on your back and wrap the band around your back so that you are holding the ends of the bands.
2. Extend your elbows so that they are just slightly bent.
3. Lower your arms out and down until a good stretch is felt in your chest.
4. Return to the starting position and repeat.



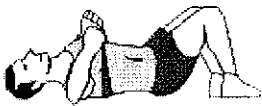
Supine calf raises with resistance band

1. Lie on your back and place a band around the bottoms of both feet.
2. Extend your foot to full extension.
3. Return to the starting position and repeat.



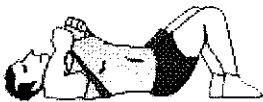
Supine chest press with resistance band

1. Lie on your back and wrap the band around your back so that you are holding the ends of the bands.
2. Extend your elbows so that they are just slightly bent.
3. Bend your elbows and lower your arms down until your elbows are at 90 degrees. Return to the starting position and repeat.



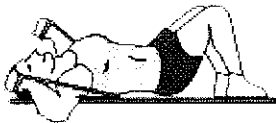
Alt chest press with resistance band

1. Lie on your back and place the resistance band under your back and hold the ends with both hands.
2. Start by pressing one arm up towards the ceiling and then return to the starting position. Repeat with the other arm.
3. Repeat for the prescribed number of repetitions.



Supine Mobility Flyes with resistance band

1. Lie on your back and a band under your waist with a handle in each hand.
2. Start by bringing your hands back to shoulder level with your elbows bent and then return to your waist.
3. Then bring your arms over your head with your arms straight.
4. Repeat for the prescribed repetitions.



Lying Crunch with resistance band

1. Secure door strap approximately waist height (or 2-3 feet up from level of bench).

2. Start position: Lie back onto floor or bench with knees bent, both hands behind head. Grasp handles and keep elbows out of site behind you. Head should be in a neutral position with a space between chin and chest.

3. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.

4. Return to start position.

****Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, move away from tubing**



attachment point.