

Take a Resistance Band Break



TIPS & CAUTIONS

- Resistance exercise improves muscle and bone strength, glucose tolerance, flexibility, metabolism, the ability to perform activities of daily living *AND* reduces risk of injury & stress!
- Bands are inexpensive, easy to store, portable and versatile.
- The degree of resistance varies with the band color.
- Regulate the degree of tension by adjusting the distance between your grip and the securing location.
- Work *slowly* through the full range of motion of each exercise.
- Perform 10 – 15 repetitions of each exercise and 2 – 3 sets of repetitions, 3 non-consecutive days per week.
- Make sure to *breathe!*
- Keep your grip loose enough to avoid creating white knuckles!
- **ALWAYS** maintain erect posture and proper joint alignment.
- Maintain 90 degree angles at knees.
- **ALWAYS** secure your band in a fixed location when in use, such as a doorknob, pole or under your feet.
- Avoid exercises that may cause band to snap towards the face.
- Examine tubing before use for nicks, tears or punctures.
- Do not overstretch tubing by more than 3 times its resting length.
- Keep bands away from sharp objects, excessive heat and unsupervised children.
- If you experience shortness of breath, dizziness or light-headedness , stop immediately and contact your physician.
- Muscle soreness may be experienced the first few days.

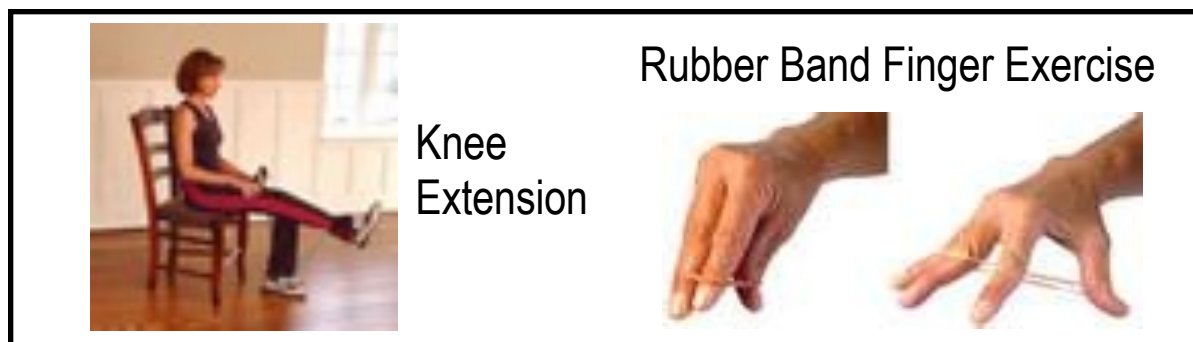
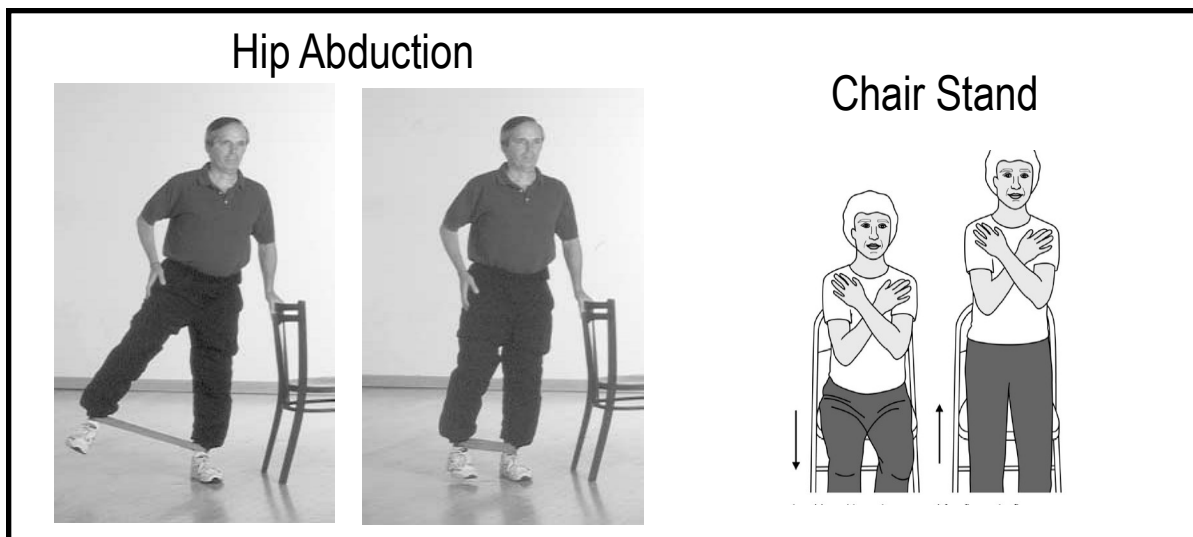
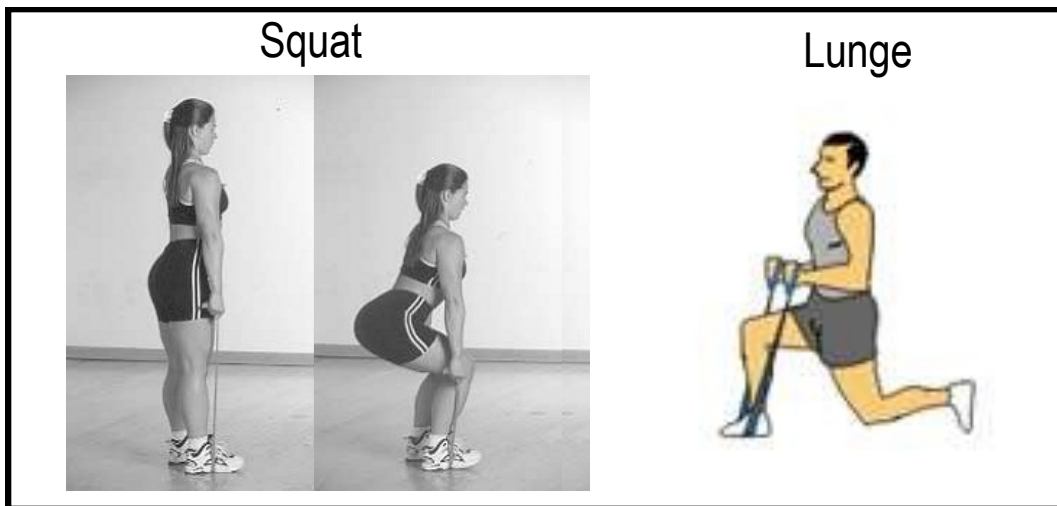
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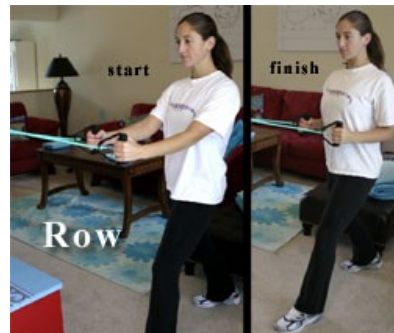
(1) Warm Up - Chair March, (2) Work Out
(3) Cool Down - Stretch



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Upper Back and Biceps Variations



Shoulder Variations



Biceps



Triceps



Chest – Wall Push

