Resistance Training
with Thera-Bands®
General Reminders

- Ensure you have slow controlled movements. Try to count for 3 seconds on the way down and 3 seconds on the way up
  o Remember to BREATHE! Exhale on exertion, inhale on relaxation
- Remember not to lock your limbs at the end of the movement pattern
  o Ensure there is a slight bend in your joints (elbows and knees) at all times
- ALL motions should be pain free – if you feel any pain, stop the movement immediately
- During exercises where the band is tied/wrapped around your lower legs, ensure you have a piece of clothing covering your leg to avoid contact with your skin
- Remember to always use caution!

Progression

- Increasing band resistance through moving along the Thera-Band color continuum (from least to most resistance: Yellow, Red, Green, Blue, Black, Silver, Gold)
- Resistance is also modified through manipulating the distance of the hands from the anchor point
- Additional Thera-Bands can be purchased at Medical Supply stores

Exercise Prescription

- Perform exercises 2-3 times per week on non-consecutive days
- To start:
  o For example, using BLUE band for all exercises
  o Perform each exercise 12 repetitions x 2 sets
  o Progress to performing 12 repetitions x 3 sets
- Next progression:
  o Use BLACK band
  o Perform each exercise 8 repetitions x 2 sets
  o Progress to 10 repetitions x 2 sets
  o Further to 12 repetitions x 2 sets
  o Even more! 8 OR 10 repetitions x 3 sets
  o Then to 12 repetitions x 3 sets
- Further progressions will be to add the next band (SILVER) and follow the same progression as outlined for the BLACK band
- NOTE: Some exercises may require quicker progressions than others. Feel free to use different bands, number of repetitions, and sets for the various exercises. Use your judgment.
  o Example:
    ▪ Triceps Extension: BLUE, 12 reps, 2 sets
    ▪ Leg Press: BLACK, 8 reps, 2 sets

  REST between sets: ~1 minute
Figure 1: Musculoskeletal System. Throughout the program, the muscle groups are indicated.
CHEST PRESS ♦ Pectorals

- Standing
- Keep your feet shoulder width apart with your knees slightly bent
- Wrap the band around your upper torso (underneath your armpits) – have the band placed across the shoulder blades
- Hold the ends of the band in your hand using your index finger and thumb
- Start with your hands on either side of your shoulders, palms facing forwards - INHALE
- EXHALE - Begin to move your hands in a forwards direction, extending your arms in front of your body
- Throughout the movement, try to maintain hands at chest height
- Hold, and slowly return to the starting position
- Remember NOT to lock your elbows at the end of the movement pattern
- Repeat

INHALE

EXHALE
LEG PRESS ♦ Quadriceps (rectus femoris, vastus lateralis, vastus medialis), Hamstrings (semitendinosis, semimembranosis, biceps femoris), Glutes (gluteus medius, gluteus maximus)

- This is a single leg exercise (doing exercise one leg at a time)
- Assume a seated position on the floor with one leg bent. Keep the other leg straight for stability and support
- Try to sit as upright as possible
- Wrap the band around the ball of the bent leg foot and hold the ends of the band with each hand. Take up slack in the band - INHALE
- EXHALE - Lift the leg off the ground and press the leg forward (horizontal plane)
- DO NOT forget to squeeze your buttocks during the movement
- Remember to not lock the knees at the end of the movement
- Hold, and slowly return to the starting position
- Repeat
- Perform exercise on opposite leg

Alternative:
- You can also assume a supine position (laying on your back) with the press leg extending towards the ceiling (vertical plane) OR press the leg forward (horizontal plane)
SQUAT ♦ Quadriceps (rectus femoris, vastus lateralis, vastus medialis), Hamstrings (semitendinosus, semimembranosus, biceps femoris), Glutes (gluteus medius, gluteus maximus)

- As you begin to feel comfortable with the above exercise, you can progress to performing it in a standing position – The Squat
- Assume a standing position with the feet shoulder width apart, knees slightly bent
- Distribute your body weight evenly over your feet (between the heel and forefoot)
- Hands are placed on your hips
- Slowly lower your hips until your upper thighs are almost parallel to the floor
- Try not to let your knees move past your toes as you come down
- Make sure you are looking forwards at all times
- Hold, and slowly return to the starting position by straightening your knees and hips at the same time
- Keep your back flat throughout the exercise

INHALE

EXHALE
**SQUAT continued…**

Progression:
- Place the band underneath both feet (balls of the feet), and hold one end of the band with each hand
- Perform squatting action as described above
- Ensure that your hands are still placed on your hips
SEATED ROW ♦ Trapezius, Latissimus Dorsi

- Sit on the floor with your legs straight out in front of you (legs are stationary in this exercise) for stability and support
- *Try to sit as upright as possible*
- Anchor the band around both feet, while gripping the band with each hand - INHALE
- EXHALE - Pull both ends of the band towards the torso with your hands
- Lead with the elbows keeping the elbows close to the torso
- Try to squeeze the shoulder blades together
- Hold, and slowly return to the starting position
- Throughout the movement, try to keep the torso motionless as the movement is JUST in the arms
- Try to keep your arms at chest height for the full duration of the exercise
- Repeat

**INHALE**

**EXHALE**

**NOTE:** For back support, sit up against the wall

**Alternative:**
- Standing
- Wrap the band around a post, door knob, railing, etc.
- Keep feet shoulder width apart and your knees slightly bent
- Grip each end of the band
- Perform rowing action as described above
LEG EXTENSION ♦ Quadriceps (rectus femoris, vastus lateralis, vastus medialis)

- This is a single leg exercise (one leg at a time)
- Sit in a chair
- Tie the band around one leg of the chair and one ankle, forming a loop – you may have to try the movement a couple of times to determine the appropriate size of the loop
- Starting with your leg at 90 degrees (angle between upper and lower leg) - INHALE
- EXHALE - Slowly lift your foot off the ground and straighten the leg
- Hold, and slowly return to the starting position
- Try to maintain good posture throughout the movement and use your hands as support
- Repeat
- Perform the action on the other leg

INHALE

EXHALE
OUTER THIGH ♦ Gluteus Medius

- Tie the band around both thighs
- Have your legs at 90 degrees (angle between upper and lower leg)
- INHALE, EXHALE - Pull outwards with both legs simultaneously
- Hold, and slowly return to the starting position
- Repeat

INHALE

EXHALE
TRICEPS EXTENSION ✶ Triceps

- This is a single arm exercise (one arm at a time)
- Standing
- Wrap the band around your right hand
- Place your right hand on your heart, and your left hand gripping the band (between thumb and index finger) a few inches below your top hand - INHALE
- EXHALE - Palm facing down, extend your left arm down (straightening your arm)
- Hold, and slowly return to the starting position
- Repeat
- Perform the exercise on the other arm

Added challenge - Move your feet slightly closer together
LEG CURLS ♦ Hamstrings (semitendinosus, semimembranosus, biceps femoris)

- While standing (feet parallel and shoulder width apart), tie the band around one ankle, forming a loop around your foot – you may have to try the movement a couple of times to determine the appropriate size of the loop. Anchor the other end of the loop under your other foot.
- Be sure to hold onto something (chair, railing, etc.) with your hands!
- INHALE
- EXHALE - Curl one leg up towards your buttocks
- Hold, and slowly return to the starting position
- Repeat
- Perform the exercise on the opposite leg
BICEPS CURLS ♦ Biceps

- Standing with feet parallel and shoulder width apart
- Stand in a lunge position, place the band underneath one foot (balls of the feet), such that there is equal amount of band on each side
- Hold the band between the thumb and index finger
- Arms are straight and down at your side, palms facing forward - INHALE
- EXHALE - Curl the arm up to shoulder height
- Try not to bend at the wrist during the movement
- Hold, and slowly return to the starting position
- Repeat

INHALE

EXHALE
CALF RAISES ◆ Gastrocnemius, Soleus

- NO BAND
- Position the balls of your feet on the edge of a stair – OR you can also do the movement on the floor
- INHALE – EXHALE, Point your toes (go up on your toes) as if reaching for an object off of a shelf
- Hold, and slowly return to the starting position
- Repeat

Added Challenge:
- Try only one foot at a time!
- Challenge your balance and not hold onto a stable object.
**Calf Raises continued . . .**

Alternative WITH BAND:
- This is a single leg exercise (one leg at a time)
- Assume a seated position on the floor with one leg bent for stability and support. Keep the other leg straight
- Anchor the band around the ball of the straight leg foot, while gripping the band with each hand
- **Try to sit as upright as possible**
- Have your straight leg slightly elevated off the floor
- INHALE – EXHALE, Point your toe
- Hold, and slowly return to the starting position
- Repeat
- Perform the exercise on the opposite leg

Alternative:
- Perform the exercise while sitting in a chair

**INHALE**

**EXHALE**
SHOULDER PRESS  ♦ Deltoids

- (Same initial position as Chest Press)
- Feet are shoulder width apart with your knees slightly bent
- Wrap the band around your upper torso (underneath your armpits) - have the band placed across the shoulder blades
- Hold the ends of the band in your hand - holding the band in between your index finger and thumb
- Palms facing forward, move your arms straight up with your fingertips leading towards the ceiling
- Try not to bend at the wrist!
- Remember NOT to lock your elbows at the end of the movement pattern
- Hold, and slowly return to the starting position
- Repeat

INHALE  EXHALE
SHOULDER RAISE ♦ Deltoids

- Standing with feet parallel and shoulder width apart
- Place the band underneath the right foot (ball of the foot)
- Hold the band between the thumb and index finger of the right hand
- Arms are straight and down at your side - INHALE
- EXHALE – Keeping the arm straight, raise the right arm out to the side to shoulder height, palms facing down
- Try not to bend at the wrist during the movement
- Hold, and slowly return to the starting position
- Repeat
- Perform the exercise on the left arm

INHALE

EXHALE

In addition:
- Perform this same exercise but raise your arm to the front as well to the back – this will put your shoulder through the full range of motion

Front Raise

Back Raise
**CURL UP** ♦ Rectus Abdominis

- Securely attach the middle of the band to a stationary object near the floor (e.g., a closed door)
- Lie on your back with knees bent and arms extended in front at approximately 45 degree angle
- Hold both ends of the band with your hands and keep your hands close together
- Slowly lift your shoulder blades off the floor.
- Slowly return to the starting position.

**INHALE**

**EXHALE**
LOWER ABDOMINAL CURL ♦ Lower Rectus Abdominis

- Lie on your back with hips and knees in a flexed position
- Stretch band over knees and cross underneath
- Grasp each end of the band on the floor at the hips and the arms are straight by your side
- Slowly lift your knees upwards, lifting the hips off the floor against resistance of the band
- Slowly return to the starting position
TRUNK TWIST ♦ Internal and External Obliques

- Sit erect with legs out in front and at least shoulder width apart
- Place the middle of the band around both feet (the band will be in a stretched state)
- Hold both ends of the band with your hands and have your arms straight out in front of you
- Slowly rotate the trunk to one side and hold
- Slowly return to the starting position
- Repeat movement on the other side

INHALE

EXHALE
BRIDGE ♦ Gluteus Maximus and Deep Back Extensors

- Lie on your back with your knees and hips bent
- Place the middle of the band across the waist (the band will be in a stretched state)
- Hold each end of the band with hands
- Keep arms straight with hands parallel to your hips
- Slowly lift the buttocks odd the floor with knees staying together
- Hold for 10-30 counts
- Slowly return to the starting position

INHALE

EXHALE
REFERENCES AND ADDITIONAL RESOURCES


http://www.thera-band.com/

http://www.thera-bandacademy.com/
About the Author