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Elastiband®



42 Exercises For a Complete Workout

by Fred Hoffman, M.Ed

Sveltus

Author • ***Fred Hoffman*** • International Fitness Consultant



- *Fred, the author of Going Global: An Expert's Guide to Working Abroad in the International Fitness Industry and the recipient of the 2007 IDEA Fitness Instructor of the Year Award, has been working in the fitness and health industry for thirty years.*

A registered respiratory therapist, he holds a Masters Degree in Health Education and is certified by the American College of Sports Medicine and the American Council on Exercise.

The owner of Fitness Resources, an education and consultancy company, Fred is a consultant and program developer for Sveltus.

He is a member of the American Council on Exercise Industry Advisory Panel and the American College of Sports Medicine's Health & Fitness Summit Program Committee.

Fred's enthusiasm and expertise has taken him to nearly 50 countries on six continents to speak at more than 200 conferences and conventions, present workshops and master classes, conduct staff training, and serve as a consultant on various projects.

He has authored numerous articles, and has appeared in over 130 international journals, magazines, newspapers and e-media. In 2001 Fred was elected to the International Who's Who of Professionals.

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Introduction

This professional training manual is intended for use by Group Exercise Instructors, Personal Trainers and Coaches as a means for class participants and clients to achieve an optimal level of muscular strength and endurance while exercising with the Sveltus Elastiband®.

Suitable for participants of all ages and fitness levels, it includes important information concerning the use and care of the Elastiband®.

The manual contains 42 functional resistance-training exercises and stretches, and includes specific information that will allow each exercise to be performed properly, safely and efficiently.

All of the exercises are intended to enhance performance during activities of daily living. Each one has been designed to train the core musculature while targeting specific muscles groups. Additionally, the exercises address mobility, stability, strength, endurance and dynamic movement in the 3 planes of motion (sagittal, frontal and horizontal).

We hope that you will enjoy working with the Sveltus Elastiband® and that it helps you to continue with, and progress your exercise program. We understand the importance of physical exercise as an integral part of your life and are happy to accompany you on your journey to overall wellbeing!

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Foundations

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Resistance Training and Elastic Resistance

Resistance training is often categorized by three different types of muscle contractions; concentric (muscle shortening), eccentric (muscle lengthening) and isometric (tension in the muscle but no movement at the joint). All three contractions can take place when using a constant resistance or load such as free weights, resistance training machines and body weight, etc.

Additionally, all three contractions can take place when using an elastic resistance, such as the Sveltus Elastiband®. This type of resistance is classified as 'variable'. In other words, the resistance changes as the material is stretched or elongated. 'The change in length as a function of the applied force, the modulus of elasticity of the materials and the cross-sectional area all dictate the level of resistance and the amount of potential energy stored by elastic.' (Ozkaya and Nordin 1991).

Regardless of the training method, all resistance exercise must adhere to the overload principle to increase strength. This is the process of gradually adding more resistance than the muscles have previously encountered. If muscular contractions are strong, prolonged and repeated regularly, adaptive changes will occur allowing muscles to handle greater amounts of work.

The Sveltus Elastiband® provides suitable progressive resistance to create the afore-mentioned overload and to achieve a full-body, integrated strength-training workout.

Benefits of Resistance Training

The benefits of resistance training are numerous and varied. Following is a short list of the benefits to you and your clients when using the Elastiband® for resistance-training workouts:

- Increased muscle strength and muscle mass
- Increased strength of connective tissue
- Increased protection for muscles and joints
- Increased calorie consumption
- Improved body composition, reducing the risk of diabetes
- Increased rate of resting metabolism
- Improved posture
- Possible decreased risk of osteoporosis
- Increased sense of wellbeing

Basic Training Principles and Guidelines

There are several factors that affect strength development. Please consider the following variables when designing and implementing a program using the Elastiband®:

- Training frequency: the appropriate frequency should be determined according to personal goals and needs.

- Appropriate exercise choice and order: based on needs, experience and training level.
- Exercise volume and load: the number of sets, repetitions and intensity (level of difficulty). These can also be used to increase or decrease intensity of the exercise.
- Appropriate amount of rest between sets: allows adequate recovery of the muscles.

The American College of Sports Medicine (ACSM) suggests the following guidelines for establishing an effective strength-training program for healthy adults:

- Adults should train each of the 8-10 major muscle groups 2 or 3 days each week.
- A minimum of one set of an exercise is required. 2-3 sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power and 15-20 repetitions improve muscular endurance.
- A rest interval of 2-3 minutes between exercises, with a minimum of 30-90 seconds.
- Perform flexibility exercises for the major muscles groups, 2-3 days each week.

Safety Recommendations for Proper Use when Training with the Elastiband®

- Before starting an exercise program, consult with your doctor to determine if the exercises are suitable for you.
- Exercise in an open space that is well-ventilated and free from obstacles.
- Wear exercise clothing that allows freedom of movement and is breathable, moisture-wicking (draws the moisture out) and quick-drying.
- Wear proper footwear that is both comfortable and promotes stability in the foot and ankle.
- Perform an adequate full-body warm-up (3-5 minutes) before beginning an Elastiband® resistance-training program.
- Use proper form while exercising, with an emphasis on proper alignment and core engagement.
- Perform exercises in a controlled manner and through full range of motion.
- Breathe as normally as possible during the exercises. Do not hold your breath. As a rule of thumb, we recommend the following: exhale during the effort phase (push or pull) of the exercise and inhale during the recovery phase.
- Select an amount of resistance** that will fatigue the targeted muscle group in 8-12 repetitions.

**Please note that for each exercise you are prompted to hold the Elastiband® with two specific loops to begin the exercise. If you discover that the exercise is too easy or too challenging to execute, you may select different loops to regulate the level of difficulty. For example if you begin an exercise with loops 2 and 6 and you find it quite easy (or the exercise becomes easier as you become stronger), you may choose loops 2 and 5, or 2 and 4 to increase the resistance. On the contrary, if you begin an exercise with loops 3 and 5, and you find it too challenging, you may choose 3 and 6, or 3 and 7 to decrease the resistance. We recommend that you choose the appropriate loops that will allow you to comfortably and safely challenge the targeted muscles groups.

- Rest for a minimum of 30 seconds, and up to 90 seconds between each set of resistance exercises to allow adequate recovery.
- Discontinue performing an exercise if there is undue pain or discomfort.

Guidelines for Proper Care of the Elastiband®

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Inspect the Elastiband® for possible wear and tear before beginning an exercise session.

Avoid exposing the Elastiband® to rough or abrasive surfaces.

To prevent discoloration, avoid prolonged, direct exposure to the sun.

If necessary, the Elastiband® can be hand-washed.





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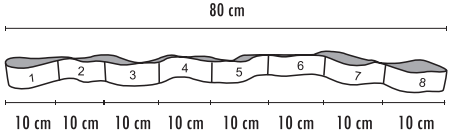
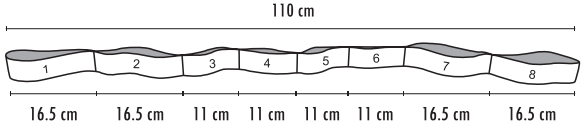




Strength	7 kg	10 kg	15 kg	20 kg	Multi 10 kg	Multi 15kg
						
Specifications	Light Juniors, Seniors, Rehabilitation	Original	Medium	Strong	The larger loops allow an easy fit for shoes and thighs	

Elastodien, Polyester, Polyamide

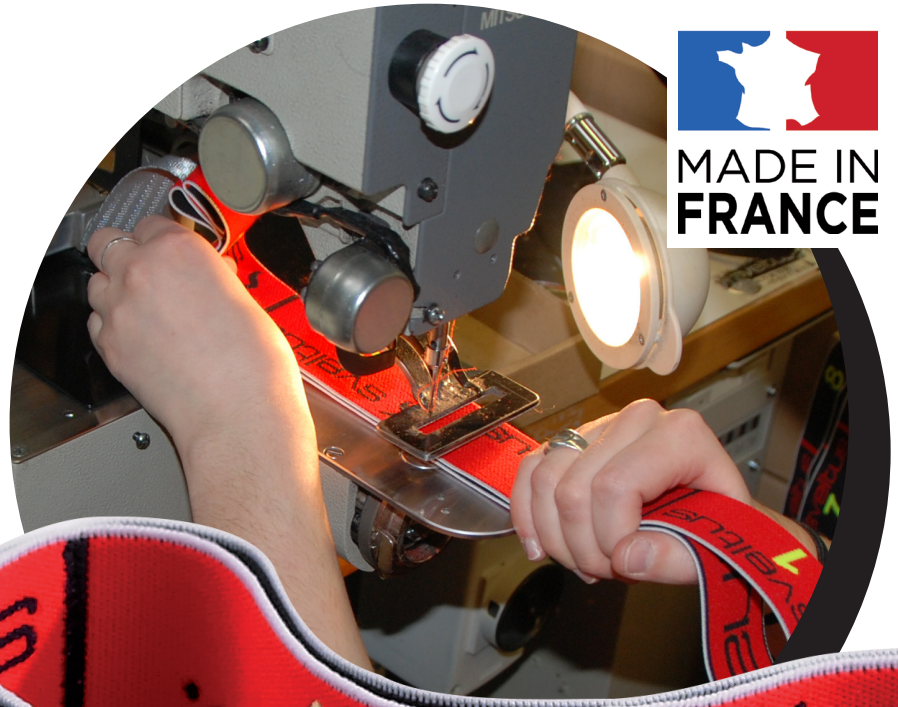
Washable, Length : +/- 10 %

- The Elastiband® is our signature product. Designed to train for muscular strength, endurance and flexibility, the unique properties of the Elastiband® allow individuals of all ages and fitness levels to improve their physical condition. Presented here are the different models of the Elastiband®.

PROVEN QUALITY

Elastiband complies with oeko tex and reach standards.
Quality controls are made in a laboratory.

- Very versatile : allows strengthening of all muscle groups
- Easy and comfortable to use
- Durable
- Tear-proof



MADE IN FRANCE



You can utilize the Elastiband® with the Elastiband® Strap

TERMINOLOGY

Abduction: movement away from the midline of the body

Adduction: movement toward the midline of the body

Core muscles: underlying muscles of the torso which are directly involved with full-body functional movement, stability and posture

Duration: the total amount of time to complete a training session

Extension: movement that increases the angle at the joint

Flexion: movement that decreases the angle at the joint

Flexibility: the ability to move joints through their normal full range of motion

Frequency: the number of training sessions per week or month

Grip: a way or style of holding the Elastiband®

Loop: the numbered sections of the Elastiband®, which allows holding and anchoring with the hand, foot, ankle, thigh or Elastiband Strap

Muscular Endurance: the capacity of a muscle to exert force against a resistance over a sustained period of time

Muscular Strength: maximal force that a muscle can produce against a resistance during contraction

TERMINOLOGY

Neutral Alignment: a state of optimal body symmetry and balance

Overload: process of gradually adding more resistance than the muscles have previously encountered

Prone: position of the body lying with the face down

Quadruped: a position of the body with the weight distributed over both hands and both knees

Range of Motion (ROM): amount of movement around a joint

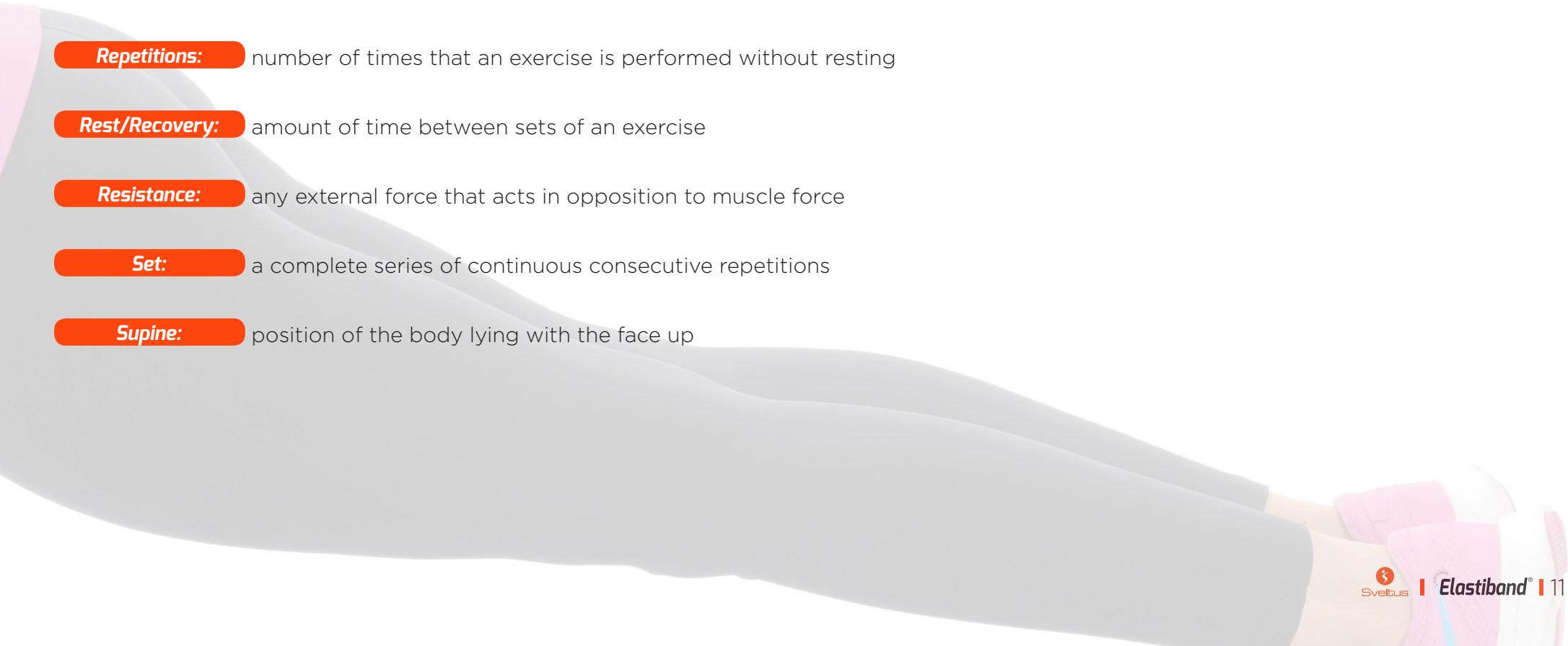
Repetitions: number of times that an exercise is performed without resting

Rest/Recovery: amount of time between sets of an exercise

Resistance: any external force that acts in opposition to muscle force

Set: a complete series of continuous consecutive repetitions

Supine: position of the body lying with the face up



Holding and Anchoring the Elastiband®

Holding and anchoring with the hand

● The **Elastiband®** can be held and anchored in various ways. In order to properly and safely execute an exercise, before beginning, ensure that the **Elastiband®** is positioned correctly and securely anchored.

Overhand grip



Underhand grip



Flat hand inside a loop



Flat hand, Elastiband® between the thumb and forefinger



Heel or palm of the hand inside or on the Elastiband®





Both hands clasped with fingers interlaced



Holding and Anchoring the Elastiband®

Anchoring with the foot

Toe or foot inside the loop (toe up or toe down)

1



2



Standing with one foot or two feet in, or on the Elastiband®

1



2



3



4



Holding and Anchoring the Elastiband®

Ankle or thigh anchoring

Take one end of the Elastiband® and thread it through the last loop to create a larger loop.
Place the thigh or ankle inside, and pull until the Elastiband® is tightened securely and comfortably.

1



2



3



4



5



6



Holding and Anchoring the Elastiband®

Anchoring with the Elastiband Strap

How to Use the Elastiband Strap





Attach the Strap to the appropriate loop of the Elastiband®. Now attach the Strap to a stable and solid structure (as shown). Before performing the exercise, confirm that it is securely attached.

Please note that all of the exercises that utilize the Elastiband® with the Elastiband Strap can also be performed with a trainer, who will 'replace' the strap, functioning as a stable structure. The positions shown in the exercise photos remain the same.

How to tie two Elastibands together

1



2



3



4



5



6



7



Thread one Elastiband® through loop 8 of the second, leading with loop 1. Now, thread it through loop 8 of the first one, and pull until a knot is formed.

Neutral Spine Alignment

- Neutral spine alignment allows for symmetry, balance and reduced stress on the body's overall structure and musculature. It optimizes breathing, enhances the actions of the circulatory system and promotes natural and coordinated muscle function.

It is recommended to begin each exercise in neutral spine alignment, and to maintain this position throughout the exercise when possible.





Body Positions

- Elastiband® exercises may be performed in a variety of body positions:



Standing

Squat





Lunge

Kneeling



Body Positions



Sitting



Supine



Prone



Quadruped



Body Positions



Push-up/Plank

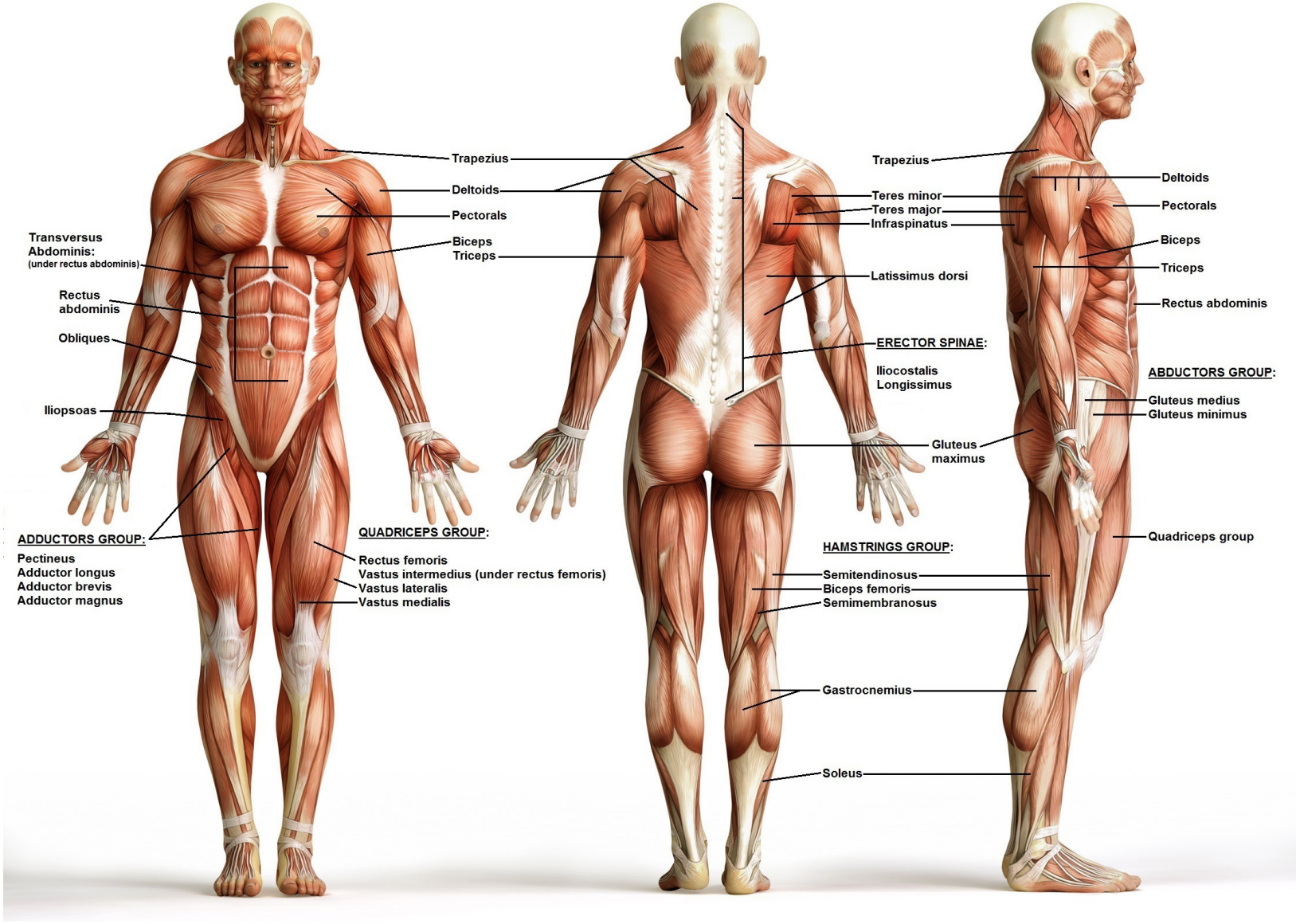




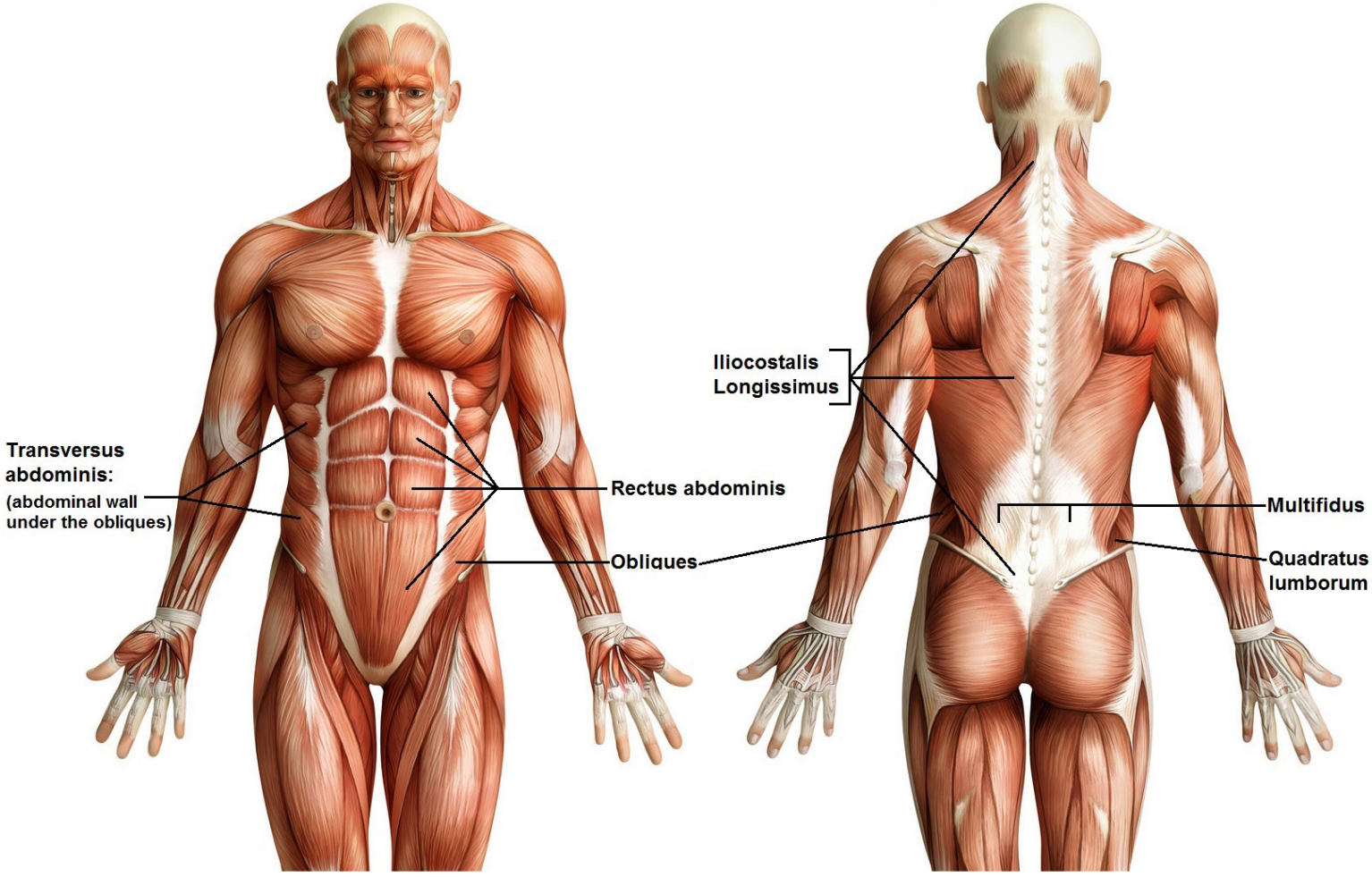
Side-lying



The Muscular System



The Core Muscles

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Upper Body Exercises



Loops 1 & 1

Standing Chest Flye

Target Muscles: Pectorals, Core

Tie two Elastibands together

- Anchor the Elastibands as shown (loop 6 of both) with the Strap at the height of the upper back and shoulders. Standing, feet staggered, hip-width apart. Facing away from the Elastiband, hold loops 1 of each Elastiband® with palms facing inwards towards each other, arms lifted at the height of the chest, elbows bent at approximately 60 degrees.
- Push the Elastiband® forward, the arms moving from a wide position to more narrow. Continue to push until the arms are extended with just a small amount flexion at the elbow. Maintain the wrist in neutral position. Return the arms to the starting position and repeat. Reverse feet position mid-way through the set.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Single Arm Chest Flye

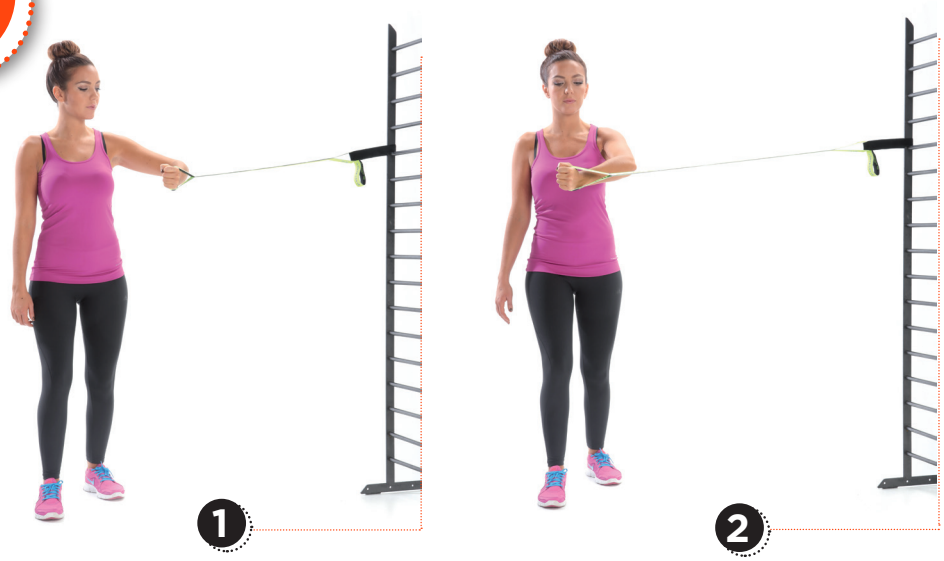
Loops 1 & 7

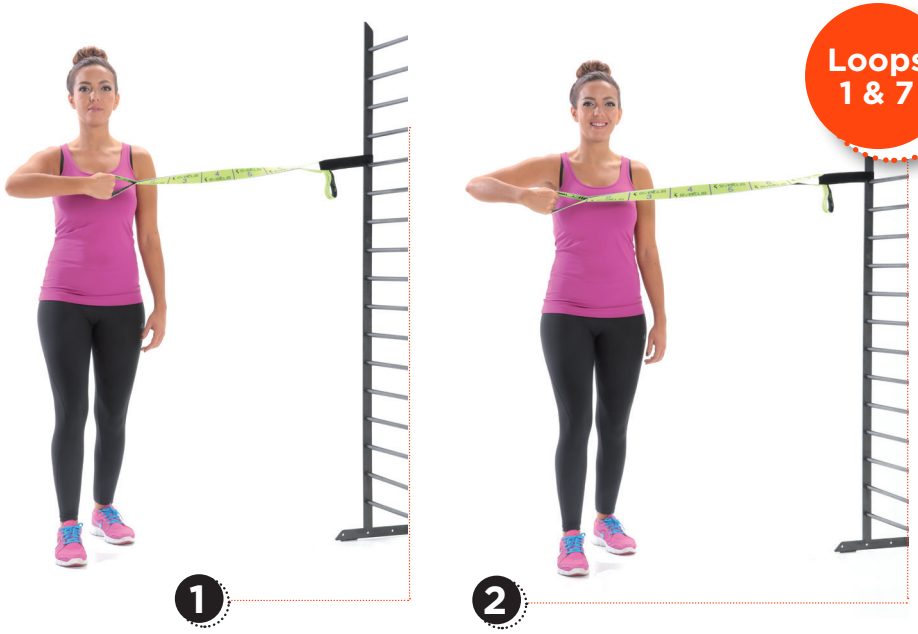
Target Muscles: Pectorals, Core

- Anchor the Elastiband® (loop 7) with the Strap at the height of the upper back and shoulders. Standing, feet staggered, hip-width apart, right foot front, left foot back. Face with your left side to the Elastiband®. Hold loop 1 with the left hand, palm facing inward, the left arm lifted at the height of the chest, elbow slightly bent and parallel to the floor.
- Pull the Elastiband® to the midline of the chest, arm parallel to the floor and elbow bent (no change in the arm position). The wrist in neutral position. Return the arm to the starting position and repeat.
- Face with your right side to the Elastiband®, reverse feet and arm positions, and repeat with the right arm.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 1 & 7

Single Arm Reverse Flye

Target Muscles: Deltoids, Trapezius, Pectorals, Core

- Anchor the Elastiband® (loop 7) with the Strap at the height of the upper back and shoulders. Standing, feet staggered, hip-width apart, right foot front, left foot back. Face with your left side to the Elastiband®. Hold loop 1 with the right hand, palm facing inward, the right arm lifted at the height of the chest, elbow slightly bent and parallel to the floor.
- Pull the Elastiband® across the front of the chest, keeping the arm parallel to the floor and the elbow bent (no change in the arm position), maintain the wrist in neutral position. Return the arm to the starting position and repeat.
- Face with your right side to Elastiband®, reverse feet and arm positions and repeat with the left arm.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Push-up

Loops 1 & 8

Target Muscles: Pectorals, Deltoids, Core

- Hold the Elastiband® loop 1 with the right hand and loop 8 with the left hand. Place the Elastiband® around the back, at the level of the chest and arms. Kneel on the floor and walk your hands forward until your body is in a straight line from shoulders to knees. The hands are in the loops, anchored with the heel of the hand, the arms are extended, placed slightly wider than shoulder-width. Push-ups can be performed with knees flexed on the floor or with legs extended.
- Keeping the core engaged, flex the elbows to approximately 90 degrees, lowering the torso. Extend the arms to return to the starting position. Repeat.

Maintain neutral posture including head and neck, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**



Kneeling Lat Pulldown



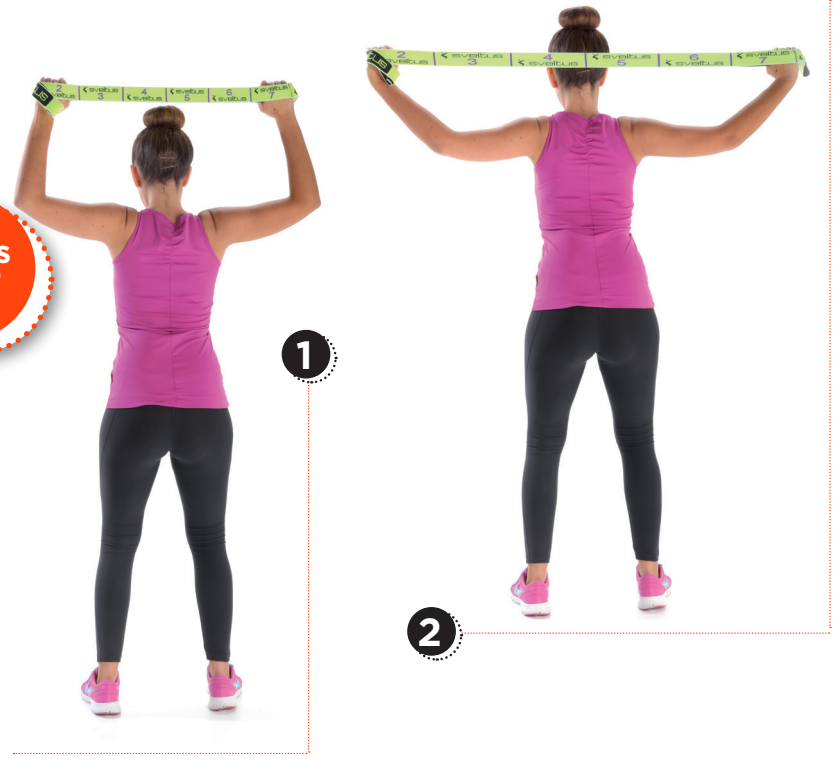
Target Muscles: Latissimus Dorsi, Lower Trapezius

- Anchor the Elastiband® loop 5 with the Strap above your head as shown. Kneeling, knees and feet hip-width apart, the torso in a slight forward flexed position. Facing the Elastiband®, hold loops 1 and 8 with an overhand grip, arms lifted at the height of the chest, elbows bent at 90 degrees, forearms in a straight line to the Elastiband®.
- Flex the elbows and pull the Elastiband® down and back, depressing the scapula and maintaining the arms in a straight line with the Elastiband®. Continue to pull until the elbows are slightly behind the back. Maintain wrists in neutral position. Return arms to starting position and repeat.

Maintain neutral posture, in the forward flexed position, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Two Arm Press Out (Upper Back)



Target Muscles: Levator Scapulae, Rhomboids, Trapezius, Deltoids, Triceps, Core

- Standing, with feet hip-width apart, hold the Elastiband®, overhand grip, hands in loops 2 and 7. Arms are at the height of the upper back and shoulders, parallel to the floor, positioned slightly behind the head with the elbows bent at 90 degrees.
- Press the Elastiband® outwards to the side with both hands simultaneously, extending the arms only slightly while keeping them parallel to the floor. The elbows remain bent throughout, wrists in neutral position. Return the arms to the start position and repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Standing Overhead Press



Target Muscles: Deltoids, Trapezius, Triceps, Core

Tie two Elastibands together at Loops 8

- Standing, legs hip-width apart, knees slightly bent. Each foot stands on loop 8 of the corresponding Elastiband®. Hold one loop 1 in the right hand, (between the thumb and forefinger without gripping), the other loop 1 in the left hand, palms facing inward, arms lifted and elbows completely flexed (as shown). Align the Elastibands in a straight vertical line from the foot to the hand.
- Press both loops upward vertically until the arms are fully extended with just a slight bend in the elbow. The wrists remain in neutral position.
- Return both arms to starting position. Repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Single Arm Standing Overhead Press



Target Muscles: Deltoids, Trapezius, Triceps, Core

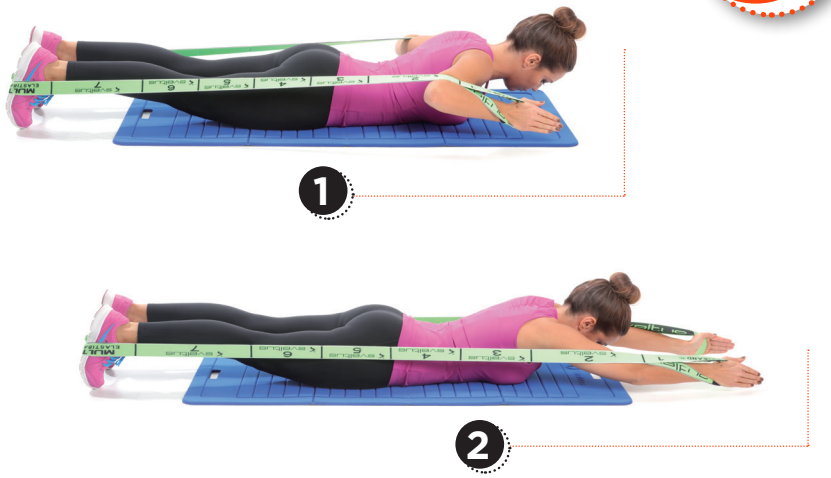
- Standing, legs hip-width apart, knees slightly bent, the right heel placed on loop 8 to anchor the Elastiband®. Hold loop 1 in the right hand (between the thumb and forefinger without gripping), palm facing inward, arms lifted and elbow flexed (as shown). Align the Elastiband® in a straight vertical line from the heel to the hand.
- Press the loop upward vertically until the arm is fully extended with just a slight bend in the elbow. The wrist remains in neutral position.
- Switch the foot and arm positions and repeat on the left side.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Loops 1 of both elastibands

Prone Overhead Press



Target Muscles: Deltoids, Trapezius, Triceps, Core

Tie two Elastibands together at Loops 8

- Laying prone, shoulders and head lifted slightly off of the floor, legs extended, hip-width apart with the Elastibands wrapped around the bottom of both feet. Hold one loop 1 in the right hand, (between the thumb and forefinger without gripping), the other loop 1 in the left hand, palms facing inward, arms lifted and elbows completely flexed (as shown). Align the Elastibands in a straight vertical line from the foot to the hand.
- Press both loops horizontally until the arms are fully extended with just a slight bend in the elbow. The wrists remain in neutral position.
- Return both arms to starting position. Repeat

Maintain neutral posture, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Standing Two Arm Reverse Flye

Loops 4 & 6

Target Muscles: Deltoids, Trapezius, Pectorals, Core

- Standing, with feet hip-width apart. Hold the Elastiband®, overhand grip, hands in loops 4 and 6 at the height of the upper back and shoulders. Arms are parallel to the floor with the elbows slightly bent.
- Pull the Elastiband® with both hands simultaneously; moving the arms away from each other while keeping them parallel to the floor, the elbows remain bent throughout (no change in the position of the arm), the wrist in neutral position. Return the arms to starting position and repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 4 & 4 8 & 8

Bent Over Row

Target Muscles: Rhomboids, Trapezius, Latissimus Dorsi, Deltoids

Tie two Elastibands together

- Standing on loops 8 of both Elastibands with feet hip-width apart, torso flexed forward as shown. Hold loops 4 of both Elastibands, palms of the hands facing each other, arms slightly bent.
- Pull the loops upwards and outwards, flexing the elbows and squeezing the shoulder blades together (scapular retraction). Keep pulling until the elbows are slightly behind the back, wrists remain in a neutral position. Return arms to starting position and repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Single Arm Bent Over Row

Loops 1 & 7

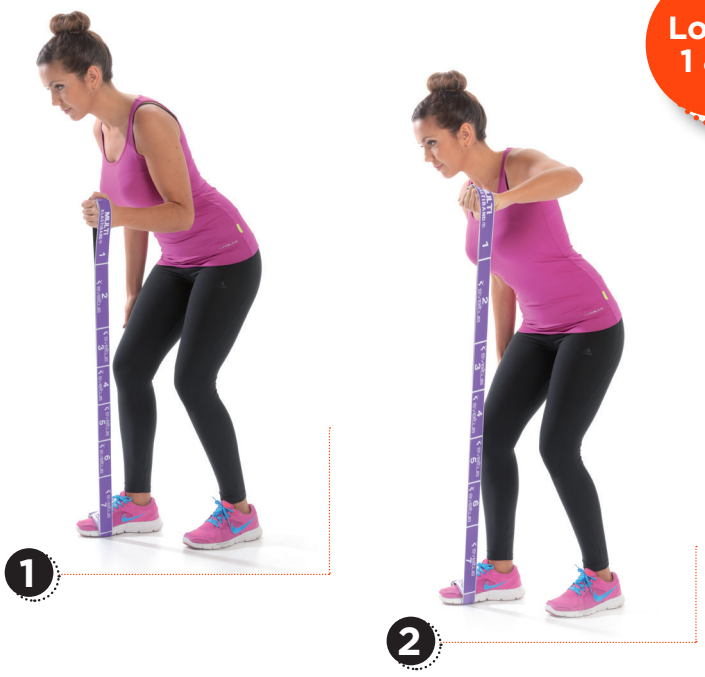
Target Muscles: Rhomboids, Trapezius, Deltoids

- Standing with feet staggered right foot back placed on loop 7 to anchor the Elastiband®, left foot front, torso in a forward flexed position. Hold loop 1 with the right hand, elbow slightly flexed, arm along the side.
- Pull the loop, flexing and lifting the elbow and the Elastiband® until the elbow is past the height of the back. The wrist remains in neutral position. Return the arm to the starting position and repeat.
- Reverse feet and arm positions, and repeat with the left arm.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3 R, L**





Loops 1 & 8

Single Arm Bent - Over Lateral Raise

Target Muscles: Medial Deltoid, Core

- Standing, 45 degrees forward flexion of the torso, feet staggered, right foot forward, left foot back, hip-width apart, knees slightly bent. Place the right foot in loop 8 to anchor the Elastiband®. Hold loop 1 with the left hand, the left arm is lifted, the elbow bent at approximately 90 degrees.
- Lift the left arm laterally to shoulder height, pulling the Elastiband®. The elbow remains bent with the wrist in neutral position. Return the arm to starting position and repeat.
- Reverse feet and arm positions and repeat with the right arm.

Maintain neutral posture in the forward flexed position of the torso, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Standing Row

Loops 1 & 8

Target Muscles: Rhomboids, Trapezius, Latissimus Dorsi

- Anchor the Elastiband® (loop 5) with the Strap at the height of the mid-back. Standing, feet staggered, facing the Elastiband®, hold loops 1 and 8 with an overhand grip, arms lifted at chest height, elbows slightly bent.
- Bend the elbows and pull the Elastiband® back, squeezing the shoulder blades together, arms parallel to the floor and wrists in a neutral position. Continue to pull until the elbows are slightly behind the back. Return arms to starting position and repeat. Reverse feet position mid-way through the set.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 1 & 8

Seated Row

Target Muscles: Rhomboids, Trapezius, Latissimus Dorsi, Deltoids

- Seated on floor, back upright, legs extended, knees slightly bent with feet hip-width apart, Elastiband® placed around the bottom of both feet. Cross Elastiband® and hold loops 1 and 8 with palms facing each other, arms slightly bent.
- Pull the loops towards your chest, flexing the elbows and keeping them parallel to the floor, wrists in neutral position. Squeeze the shoulder blades together and continue to pull until the elbows are slightly behind the back. Return arms to starting position and repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Single Arm Front Raise

Loops 1 & 7

Target Muscles: Anterior Deltoid, Core

- Standing, legs staggered, right foot front, left foot behind, knees slightly bent. Place the right foot in loop 7 to anchor the Elastiband®. Hold loop 1 with the right hand, overhand grip, and the arm extended (elbow slightly bent) along the side of the body.
- Lift the right arm in front of the body to shoulder height, maintain a slight bend in the elbow and the wrist in neutral position. Return arm to start position and repeat.
- Reverse feet and positions, and repeat with the left arm.

Maintain neutral posture with a slight forward flexion of the torso, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 1 & 7

Single Arm Lateral Raise

Target Muscles: Medial Deltoid, Core muscles

- Standing, slight forward flexion of the torso, legs staggered, left foot front, right foot behind with the knees slightly bent. Place the right foot in loop 7, anchoring the Elastiband®. Hold loop 1 with the right hand, overhand grip, and the arm extended (elbow slightly bent) along the side of the body.
- Lift the right arm to the side to shoulder height, maintaining a slight bend in the elbow and the wrist in neutral position. Return arm to start position and repeat.
- Reverse feet and arm positions and repeat on the left side.

Maintain neutral posture with a slight forward flexion of the torso, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Single Arm Rear Deltoid Raise

Loops 4 & 8

Target Muscles: Posterior Deltoid, Triceps, Core

- Standing, legs staggered, right foot front, left foot behind with knees bent slightly. Place the right heel on loop 1 to anchor the Elastiband®. Hold loop 7 with the right hand, palm facing forward (overhand grip), with the arm extended along the side of the body.
- Lift and press the right arm backwards approximately 45 degrees, maintain the wrist in neutral position. Return the arm to the starting position and repeat.
- Reverse feet and arm positions and repeat with the left arm.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 4 & 8

Single Arm Biceps Curl

Target Muscles: Biceps and Core muscles

- Standing, legs staggered, right foot front placed on loop 8 to anchor the Elastiband®, left foot behind, knees slightly bent. Hold loop 4 with the right hand, underhand grip, arm extended (elbow slightly bent) along the side of the body.
- Pull the handle towards your shoulders, flexing the elbow. Keep the wrist in a neutral position, and the elbow remains next to your waist. Return your hand to starting position and repeat.
- Reverse feet and arm positions and repeat with the left arm.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Seated Biceps Curl

Loops 1 & 8

Target Muscles: Biceps, Core and Back

- Seated, legs extended, knees slightly bent with feet hip-width apart, Elastiband® placed around bottom of both feet. Arms in front of the body, elbows bent (as shown), hold loops 1 and 8 with palms facing up.
- Pull the loops towards your shoulders, flexing the elbows. Keep the wrists in a neutral position and the elbows relatively stationary. Return your hands to starting position and repeat.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 1 & 7

Triceps Extension (Kickback)

Target Muscles: Triceps and Core

- Standing, feet staggered, right foot forward, left foot behind, the torso in a forward flexed position. Place the front foot on the Elastiband® loop 7 to anchor, and hold loop 1 with the right hand. Lift the right arm along the side until the elbow is parallel to the floor at the height (approximately) of the shoulder and back, elbow is flexed.
- Extend the arm and Elastiband®, maintaining the elbow stationary and the wrist in neutral position. Flex the elbow, returning the arm to start position. Repeat.
- Reverse feet and arm positions and repeat on the left side.

Maintain neutral posture including the head and neck, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Triceps Overhead Extension

Loops 1 & 4

Target Muscles: Triceps and Core

- Standing, feet parallel, hip-width apart. Hold loop 4 with the left hand with the arm internally rotated, elbow bent at 90 degrees and placed against the back. Hold loop 1 with the right hand. The right arm is lifted, the elbow flexed, pointing up and slightly forward of the head.
- Extend the arm and Elastiband® vertically, the elbow remains stationary. Maintain the wrist in a neutral position. Flex the elbow, returning the arm to the starting position. Repeat.
- Reverse the arm positions and repeat on the left side.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Lower Body exercises



Loops 1, 2 & 7

Standing Hamstring Curl

Target Muscles: Hamstring, gluteal, core

- Standing, the Elastiband® loops 1 and 2 secured around the left ankle. The left leg is extended and placed behind the body with the toe touching, or lifted off the floor. The right foot anchors the Elastiband® loop 5, right knee slightly bent. Arms are relaxed along the side of the body, core muscles engaged, slight forward lean of the torso.
- Flex the knee to 90 degrees, moving the foot towards the buttocks. The left knee remains stable throughout the movement. Return the leg to the start position. Repeat.
- Reverse the leg and loop positions and repeat with the right leg.

Maintain neutral posture, knee slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Standing Hip Abduction

Loops 1,2 & 5

Target Muscles: tensor fasciae latae, sartorius, piriformis, gluteal, core

- Standing, the Elastiband® loops 1 & 2 secured around the left ankle, the left leg is abducted slightly with the toe touching the floor. The right foot anchors the Elastiband® at loop 5. The right knee is slightly bent, the arms are relaxed along the side of the body (option to hold loop 8 with the right hand without tension in the Elastiband®), core muscles engaged.
- Abduct the left hip, lifting the extended leg upward and lateral to approximately 45 degrees. Maintain the leg in extension.
- Return the leg to starting position (without touching the floor) and repeat.
- Reverse the loop and leg positions and repeat with the right leg.

Maintain neutral posture, knee slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 1,2 & 7

Standing Hip Extension

Target Muscles: Gluteal, hamstring, core

- Standing, the Elastiband® loops 1 and 2 secured around the left ankle. The left leg is extended and placed behind the body with the toe touching, or lifted off the floor. The right foot anchors the Elastiband® loop 5, right knee slightly bent. Arms are relaxed along the side of the body, core muscles engaged, slight forward lean of the torso.
- Lift the leg backwards and upwards approximately 30 degrees. The torso will naturally lean forward as the leg is lifted. Return the leg (and torso) to the starting position. Repeat.
- Reverse the leg and loop positions and repeat with the right leg.

Maintain neutral posture in the torso, knee slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Squat

Loops 1, 1, 8 and 8

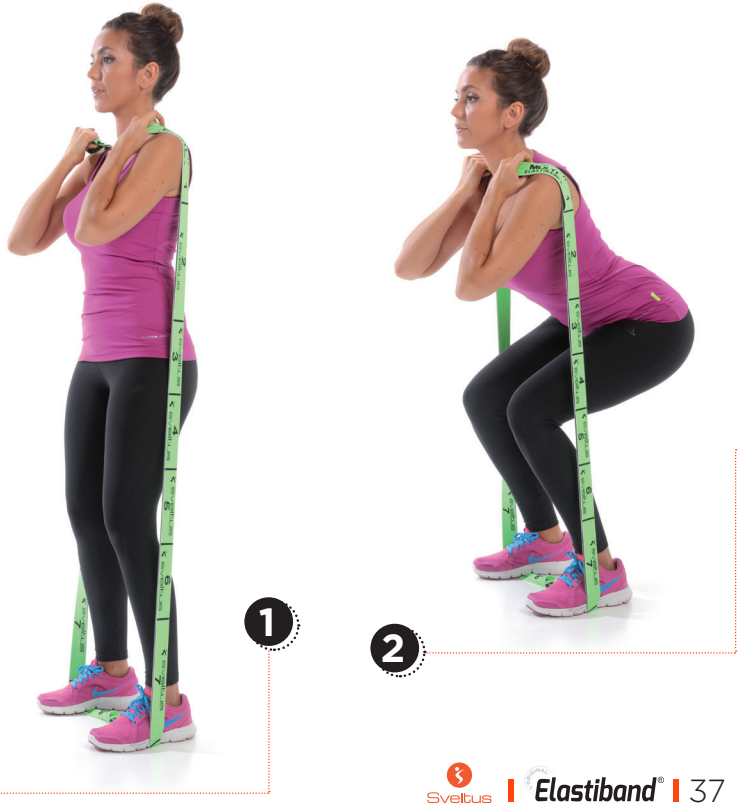
Target Muscles: Hamstring, gluteal, quadriceps

Tie two Elastibands together at Loops 8

- Standing, feet hip-width apart, knees slightly bent. Anchor both Elastibands loop 8 under the feet. Hold one Elastiband® loop 1 with the right hand, overhand grip, the other loop 1 with the left. Arms are positioned at the side, slightly to the front with the elbows bent and the hands holding the Elastibands, at the top of the shoulders (as shown), core muscles engaged. The Elastibands are in a straight line from foot to shoulder. Make every attempt to prevent the Elastiband® from coming in contact with the arms.
- Perform a squat; the knees bend to 80-90 degrees of flexion and the buttocks move back and down. The torso flexes forward slightly. Return to start position and repeat

Maintain neutral posture, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**





Loops 3 & 5

Supine Bilateral Hip Abduction

Target Muscles: Abductors, gluteal, core

- Lying supine with both legs lifted, the hips and knees flexed at 90 degrees. The feet positioned a hip-width apart with the toes in Elastiband® loops 3 and 5. Arms relaxed along the side of the body. Neck relaxed with the head on the floor.
- Abduct both hips simultaneously, moving the entire leg towards the exterior.
- Return to the start position. Repeat

Maintain neutral spine, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Supine Hip Adduction

Loops 2 & 8

Target Muscles: Adductors, core

- Supine position, right leg extended with the right foot (flexed) in Elastiband® loop 8. Left leg bent, with the foot firmly on the floor. Hold loop 2 with the right hand, the right arm on the floor, in line with the shoulder, elbow flexed at 90 degrees. Abduct the right leg to approximately 35-45 degrees. Lift the right leg approximately 4-5 cm from the floor. Core muscles are engaged.
- Keeping the leg extended and lifted, adduct the hip moving the leg towards the left until it is slightly past midline. Return the leg to starting position and repeat. The arm remains stable throughout. If desired, increase resistance by holding the Elastiband® at loop 6 or 5.
- Change sides and perform the same exercise with the left leg.

Maintain neutral posture including neck and head, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**









Loops 1,2 & 7

Quadruped Hip Extension

Target Muscles: Gluteal, hamstring, core

- In the quadruped position, the Elastiband® is secured around the left ankle, right toe in the Elastiband® loop 7. The right leg is lifted to the height of the hip, extended and parallel to the floor.
- Lift the leg upward, 15-30 degrees, keeping the leg extended. Return the leg to starting position and repeat.
- Perform the same exercise with the left leg.
- Maintain neutral posture including the neck and head, core muscles engaged
- **Repetitions: 8-12, Sets: 1-3**

Quadruped Leg and Hip Extension

Loops 3 & 8

Target Muscles: Hamstring, gluteal, core

- Quadruped position, the Elastiband® loop 1 is anchored on the floor with the right hand. The right toe is in the Elastiband® loop 3, the right leg lifted with the knee flexed at approximately 90 degrees (as shown).
- Extend the leg behind and lift to approximately 20-30 degrees. Return the leg to the flexed starting position (without touching the floor) and repeat.
- Perform the same exercise with the left leg.
- Maintain neutral posture including neck and head core muscles engaged
- **Repetitions: 8-12, Sets: 1-3**







Loops 1, 2 & 7

Quadruped Hamstring Curl

Target Muscles: Gluteal, hamstring, core

- In the quadruped position, the Elastiband® is secured around the left ankle, right toe in the Elastiband® loop 7. The right leg is lifted to the height of the hip, parallel to the floor, the knee flexed at 90 degrees.
- Extend the right leg behind, maintaining the height. Return the leg to starting position and repeat.
- Perform the same exercise with the left leg.
- Maintain neutral posture including neck and head, core muscles engaged.
- **Repetitions: 8-12, Sets: 1-3**

Side-Lying Hip Abduction

Loops 3 & 5

Target Muscles: Gluteal, abductors, core

- Left side-lying position, the upper torso supported by the left forearm, the elbow is directly beneath the shoulder. Both knees are bent and the right lower leg is lifted slightly. The right toe in the Elastiband® loop 5 and the left toe in loop 3. Core muscles are engaged, shoulders depressed and retracted.
- Lift the right leg upward to approximately 35-45 degrees, keeping it parallel to the floor. Return the leg to start position and repeat.
- Change sides and perform the same exercise with the left leg.
- Maintain neutral posture including neck and head, core muscles engaged.
- **Repetitions: 8-12, Sets: 1-3**







Core Exercises



Loops 1 & 4

Standing Lateral Flexion

Target Muscles: Obliques, Quadratus Lumborum, core, various arm muscles

- Standing, knees slightly bent, feet hip-width apart. Hold the Elastiband® loop 1 with the left hand, and anchor the Elastiband® by placing the left foot in loop 4 and standing on it. The left arm is extended with the elbow slightly bent, core muscles engaged.
- Create tension in the arm with the Elastiband®. Flex the torso to the right side, contracting the right oblique muscles. Return to starting position and repeat.
- Repeat on the right side.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**

Supine Lateral Flexion

Loops 5 & 5

Target Muscles: Obliques, Quadratus Lumborum, core, various arm muscles

Tie two Elastibands together at Loops 8

- Lying supine, knees slightly bent, feet hip-width apart, the Elastibands wrapped around the bottom of both feet. Arms along the side of the body, elbows slightly bent and core muscles engaged.
- Hold loop 5 of one Elastiband® with the right hand, the second with the left. Create tension in the arms with the Elastiband®. Head and shoulders lifted slightly off of the floor engaging the core muscles. Maintain this posture throughout the series.
- Flex the torso laterally allowing the right arm to move towards the right ankle and foot. Repeat left. Maintain tension in the arms throughout. Continue to alternate right and left throughout the set.

Maintain neutral posture, knees slightly bent (soft), core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**







Loops 1 & 8

Trunk Rotation

Target Muscles: Obliques, core, various arm muscles

- Kneeling, knees and feet hip-width apart. Anchor Elastiband® loop 8 with the Strap at the height of the chest and upper back. The left side towards the Elastiband®, hold loop 1 with both hands, arms lifted at chest height, parallel to the floor, elbows slightly bent. The upper torso and arms are rotated left towards the anchor point.
- Rotate the torso towards, and past center, pulling the Elastiband® across the front of the chest, arms parallel to the floor, elbow bent (no change in the arm position). Return to the start position and repeat.
- Repeat the entire series with the right side towards the anchor point.
- **Repetitions: 8-12, Sets: 1-3**

Reverse V-Sit

Loops 1 & 8

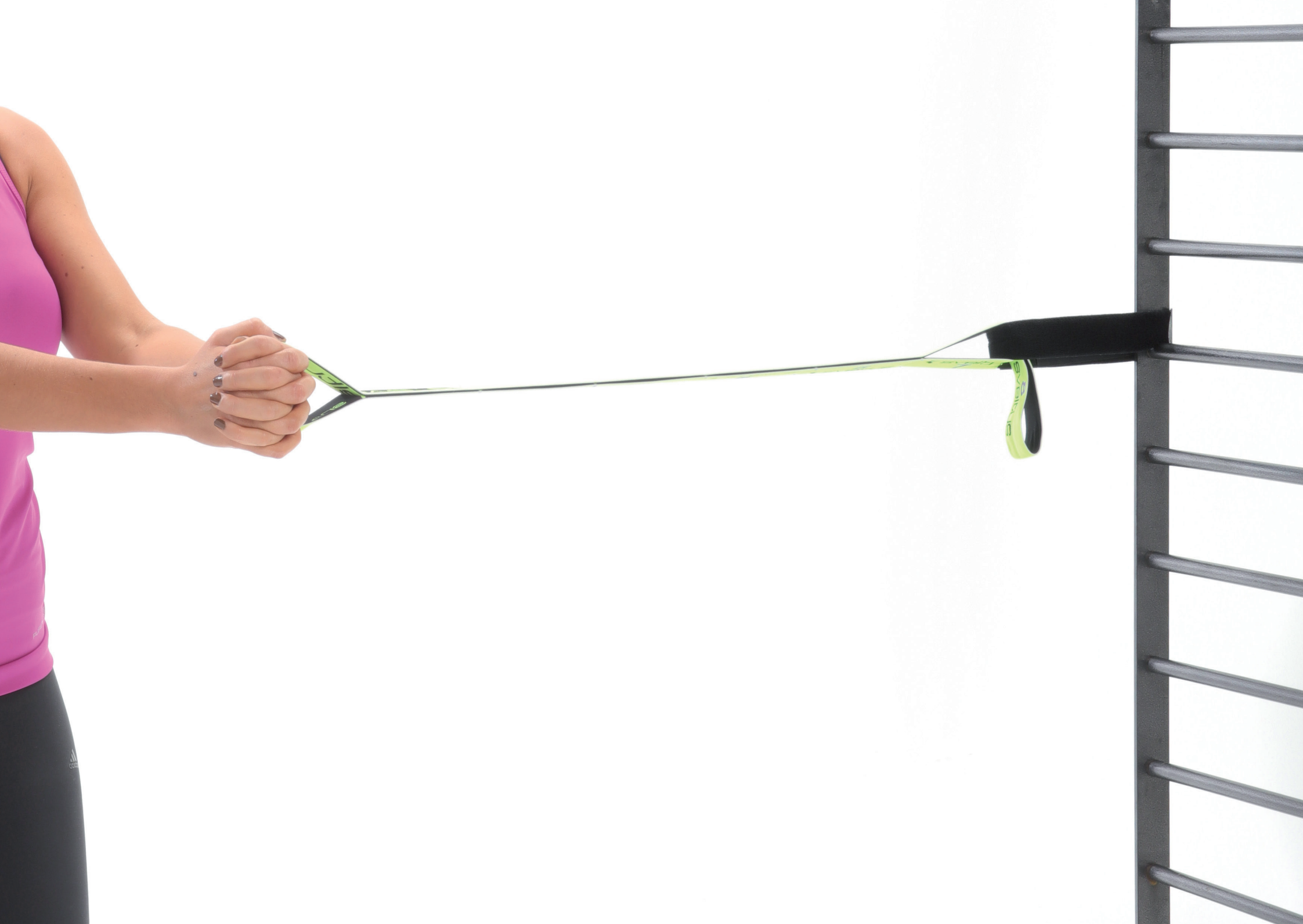
Target Muscles: Abdominals, core and various muscles of the back

- Sitting upright on the floor with legs extended, knees slightly bent. Place the Elastiband® around the bottom of both feet, and hold loops 1 and 8 together with both hands. Pull gently with the arms to create tension in the Elastiband®. Maintain the arms in this position throughout. Core muscles are engaged.
- Keeping the legs extended and the chest lifted, lean backwards and lower the upper torso towards the floor, maintain neutral posture as much as possible. Lower to approximately 45 degrees, and hold. Return the torso back to start position. Repeat.

Maintain neutral posture including the neck and head, core muscles engaged.

- **Repetitions: 8-12, Sets: 1-3**







Stretching Exercises



Loops 1 & 4 or 5

Triceps Stretch

Target Muscles: Triceps

- Standing, feet hip-width apart, knees slightly bent. Hold Elastiband® loop 1 with the right hand. The right arm is lifted, close to the head, the elbow flexed and the right hand at the level of the upper back.
- Internally rotate the left shoulder and reach down with the left arm to hold the Elastiband® band at approximately loop 4 or 5.
- Pull down on the Elastiband® with the left hand to stretch the triceps of the right arm. Hold the stretch for 15-30 seconds, repeat 3-5 times. Maintain neutral posture, the head and neck remain in alignment, knees slightly bent, core muscles engaged. Slow, deep breathing is encouraged.

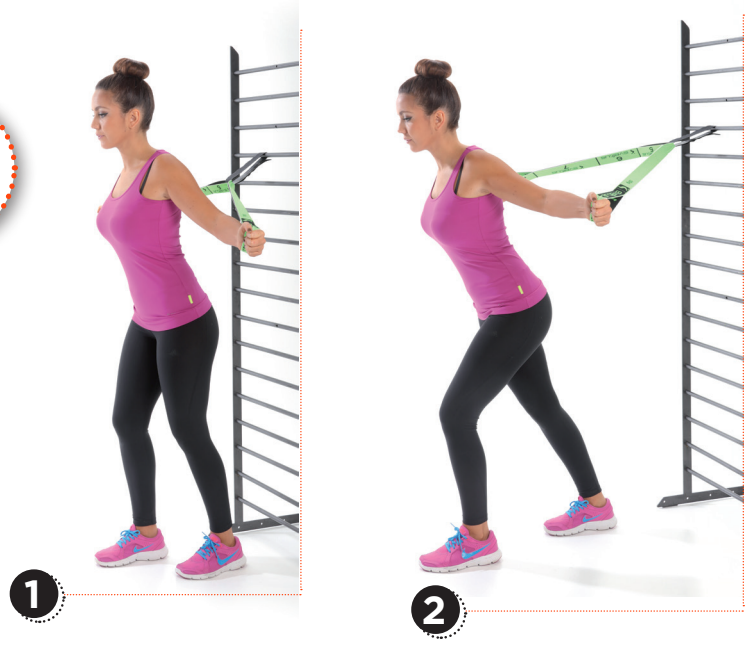
When finished with the right arm, repeat with the left.

Standing Chest Stretch

Loops 1 & 8

Target Muscles: Pectorals

- Anchor the Elastiband® loop 4 with the Strap at the height of the upper back and shoulders. Standing, feet staggered, right foot front, face away from the Elastiband®. Hold loops 1 and 8 with palms facing inwards towards each other, arms extended and lifted at the height of the chest.
- Step forward with the left foot until the arms are behind the back and tension (stretching) is felt in the pectoral muscles. Keep the chest lifted, the core engaged and the wrists in neutral position.
- Hold the position for 15-30 seconds and repeat 1-3 times. Adjust the position as needed or desired. Slow, deep breathing is encouraged. Repeat with the left foot forward 1-3 times.



Prone Quadriceps Stretch

Loops 1 & 8



Target Muscles: Quadriceps

- Begin in the side-lying position, with the Elastiband® loop 1 secured around the right ankle and holding the Elastiband® loop 8 with the both hands. The right knee is flexed at 90 degrees.
- Roll into a prone position and hold the Elastiband® slightly over your head with both hands as shown. Assist the stretch by pulling the right foot towards the buttock. Maintain the right hip in contact with the floor if possible, the neck and head in neutral posture and core muscles engaged. Slow, deep breathing is encouraged.
- Hold the stretch for 15-30 seconds, repeat 3-5 times. Once finished, repeat with the left leg.

Supine Hamstring Stretch

Loops 1 & 5



Target Muscles: Hamstring

- Begin in the supine position, the left leg extended with the foot (flexed) in the Elastiband® loop 1 and lifted until a slight stretch is felt. The right knee is bent with the right foot flat on the floor. If desired, the leg may be extended. Hold the Elastiband® at loop 5 with both hands.
- Slowly and gently pull the left leg towards the torso. If necessary, hold the Elastiband® at a lower number (3, 4) to facilitate the movement. Keep the hips aligned and in contact with the floor. Maintain neutral posture of the neck and head. Hold the stretch for 15-30 seconds, repeat 3-5 times. Slow, deep breathing is encouraged.
- When finished, perform the stretch with the right leg.



Loops 1 & 3

Supine Gluteal Stretch

Target Muscles: Gluteals

- Supine position, legs extended, with the left foot in the Elastiband® loop 1. Lift the left leg to approximately 80 degrees of hip flexion or until a stretch is felt in the hamstring. Hold the Elastiband® with the right hand at loop 3.
- Slowly and gently pull the left leg towards the chest and bring it across the body towards the right side. Assist the gluteal stretch by pulling the left leg downward towards the floor, and moving the leg more towards the right shoulder. The left hip may lose contact with the floor as rotation occurs in the torso. Hold the stretch for 15-30 seconds, repeat 3-5 times. Slow, deep breathing is encouraged.
- When finished, perform the same stretch with the right leg.

Standing Back Stretch

Loops 1 & 8



Target Muscles: Latissimus Dorsi, Lower Trapezius,

- Anchor the Elastiband® loop 4 with the Strap at the height of the top of the head. Facing the Elastiband®, hold loops 1 and 8 with the hands, overhand grip. Standing, feet hip-width apart, knees slightly bent and torso in a forward flexed position. The arms are extended and in a straight line to the Elastiband®.
- Let the hips fall backward and down until a stretch is felt in the upper and middle back. Adjust as needed. Slow, deep breathing is encouraged. Hold the stretch for 15-30 seconds, repeat 3-5 times.

Maintain neutral posture in the forward flexed position, knees slightly bent (soft), core muscles engaged.



Creating an Exercise Program with the Elastiband®

Creating an exercise program with the Elastiband®

- **Once you have reviewed, practiced and mastered the Elastiband® exercises presented in this manual, you can create your own exercise workout programs. Each program should be planned and designed to create a total-body workout that includes strength, endurance and flexibility exercises.**

The following variables should always be considered when creating a program:

- Level of experience and muscular fitness of the intended participants
  - Beginner
  - Intermediate
  - Advanced
- Goal of the workout: this will help you to determine the choice of exercises to be included
- Length of the workout
- Number of exercises
- Number of repetitions of each exercise
- Number of sets
- Intensity
- Recovery or rest time
- Warm-up and Stretching
  - The workout plan should begin with a warm-up that will prepare the body for the specific exercises and end with stretching exercises that target the muscle groups that have been trained.

On the following pages you will find three sample programs.



Program 1 - Full Body Workout

1



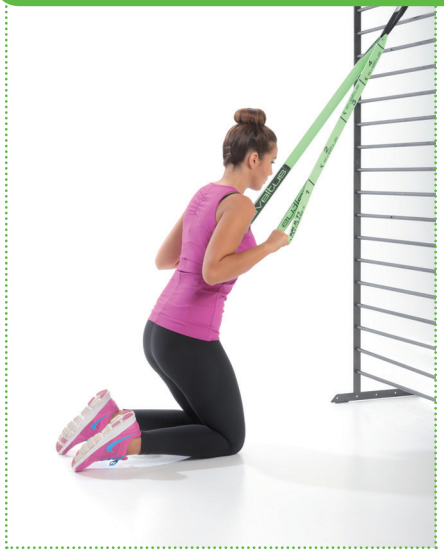
Standing Chest Flye



2



Kneeling Lat Pull down



3



Standing Overhead Press



Program 1 - Full Body Workout

4



Standing Hamstring Curl



5



Squat



6



Quadruped Leg and Hip Extension



Program 1 - Full Body Workout

7



Seated Biceps Curl



8



Triceps Extension (Kickback)



9



Trunk Rotation



Program 1 - Full Body Workout

10



Reverse V-Sit



11



Supine Hamstring Stretch



12



Standing Back Stretch

Program 2 - Full Body Workout

1



Push-up





2



Bent Over Row





3



Prone Overhead Shoulder Press



Program 2 - Full Body Workout

4



Squat



5



Side-Lying Hip Abduction



6



Supine Leg Adduction



Program 2 - Full Body Workout

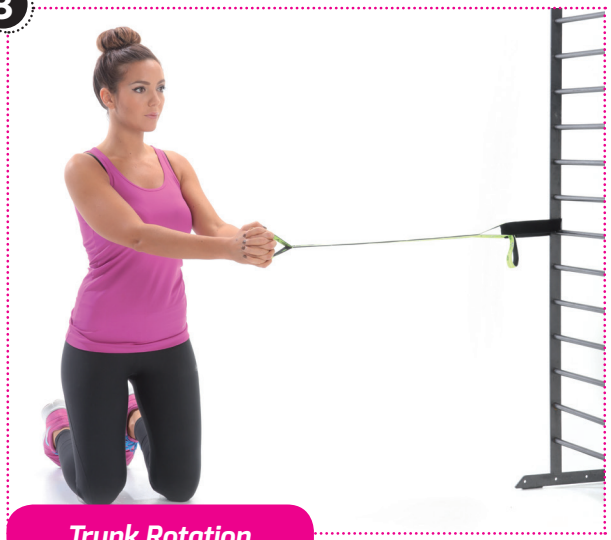
7



Reverse V-Sit



8



Trunk Rotation



9



Single Arm Biceps Curl



Program 2 - Full Body Workout

10



Triceps Overhead Extension



11



Standing Chest Stretch



12



Supine Gluteal Stretch







Program 3 - Full Body Workout

1



Single Arm Reverse Chest Flye



2



Push-up





3



Standing Row



Program 3 - Full Body Workout

4



Single Arm Lateral Raise



5



Standing Hip Abduction



6



Standing Hip Extension



Program 3 - Full Body Workout

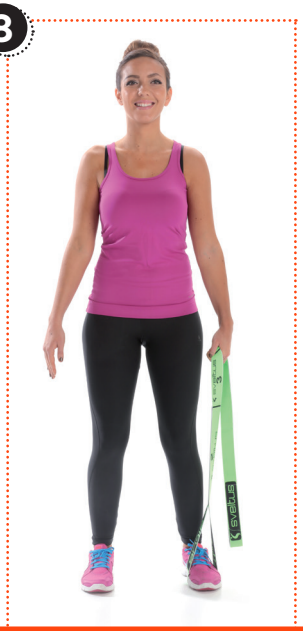
7



Squat



8



Standing Lateral Flexion



9



Trunk Rotation



Program 3 - Full Body Workout

10



Reverse V-Sit



11



Single Arm Biceps Curl



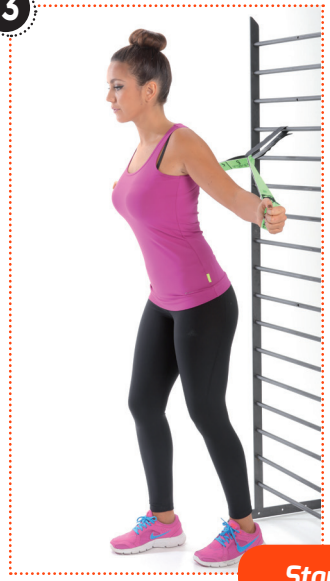
12



Triceps Extension (Kickback)



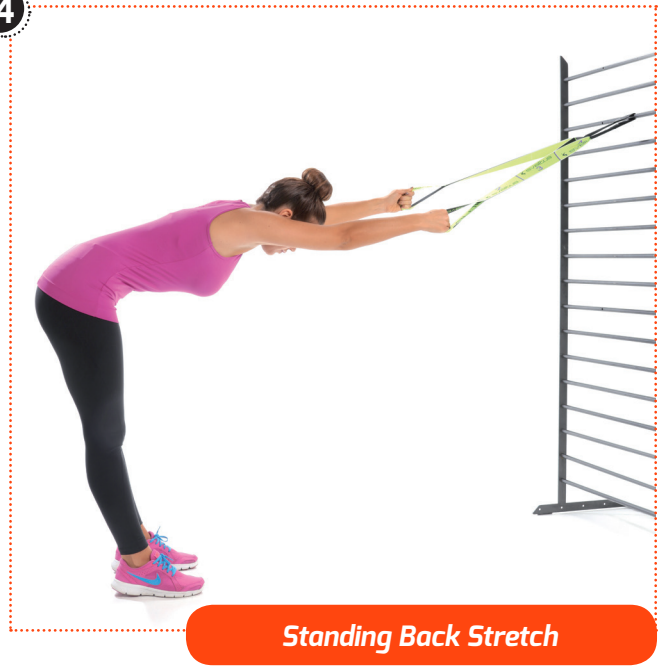
13



Standing Chest Stretch



14



Standing Back Stretch

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