

IMPORTANT: Always consult a physician before you begin any exercise program. Bring this exercise guide and the band to your doctor for approval before you begin. **CAUTION:** If you are (or think you may be) allergic to latex do not touch or use the bands being provided. You may wish to consider purchasing a rubber exercise band at a sporting goods store.

Benefits of Latex Resistance Bands

Will help shape and tone your entire body in just a few minutes per week. The bands have been used by physical and occupational therapists for over 15 years. Thousands of health care professionals worldwide have been recommending this product to their clientele for rehabilitation and conditioning.

Storage

Always store your band in an area of moderate room temperature. If possible, store in a darkened area such as a drawer or a closet. Never store your band in an area of direct sunlight because long exposure to sunlight will cause damage to the latex.

Safety Precautions

Before each use, examine your band for nicks, small tears or punctures that may cause the band to break. If you find any defects, discard the band immediately and obtain a new one before performing any exercise. The exercise may cause injury when not used properly.

Strength Training Guidelines

Perform the exercises in the order presented. Be sure to warm up first with walking, high knee lifts, arm circles/swings, stretching, etc. Breathing is important! Exhale during the first (most important) phase. Body alignment is critical with the standing exercise – square the shoulders; contract the abdominal muscles and relax your knees.

For Weight Loss:

Exercise bands tend to increase your metabolic rate.

A higher metabolic rate encourages weight loss.

Resistance builds muscle.

The more muscle we have, the easier it is to lose weight.

Muscle burns more calories than fat.

Resistance exercise, combined with proper diet and aerobic exercise (walking) is a proven formula for weight loss and good health

Exercise instruction photographs: Richard Derwald, Erie County Senior Fitness Program
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Before Starting: Please insure that both ends of the band are wrapped securely in and around each hand.