



RESISTANCE BAND EXERCISES

Resistance bands are manufactured from natural and synthetic rubber, elastic or latex. They were first introduced in sports training for exercise during injury recovery but are now commonly used in strength training routines.

Strength or resistance training involves using resistance to build muscle strength. Muscles are worked when they contract against an external resistance. These anaerobic exercises can help to strengthen muscles to help you cope better with your daily activities and prevent injury. Strength training includes all weight lifting exercises, including exercises with dumbbells, using your own body weight or exercises with resistance bands.

Using resistance bands in strength training may seem far too simple, but these bands are very effective in working the muscles and are of great benefit in your training regime. Whether you are just starting to exercise, or you work out regularly, resistance bands can boost your flexibility, range of motion, balance and stamina.

There are different types of bands available in different sizes and lengths. Some are a continuous loop while others have a comfortable handle on each end that fits

snugly into your hand. Bands with handles are commonly used in full body workout programmes. Another type of band, a latex resistant tube, is a continuous band commonly used in yoga and Pilates routines. These are effective for a lighter exercise routine or physical therapy. All bands have different resistance levels available – from loose and stretchy to medium and very taut. You will need to ask for advice when purchasing resistance bands to determine what you would like to achieve and the level at which you are exercising.

Benefits

- Resistance bands are versatile and you can target different muscle groups for a full body workout.
- Routines and exercises are fairly easy to master and you can combine the bands with exercises you are already familiar with.
- Bands are compact and easy to store. They're relatively inexpensive and you can keep a pair at home and

work for lunchtime exercises. Some routines can be done at a desk.

- Bands are small and lightweight and can easily fit in with your luggage, so if you travel, you don't have to stop your exercise routine.
- You don't need a large area to exercise - a small apartment or a hotel room is suitable.
- During injury convalescence, with advice for your physiotherapist or doctor, you may be able to exercise other muscles using a resistance band, to keep up fitness and speed up recovery.
- Use the Resistance Band Exercises shown for some easy resistance band exercises you can start with.



References

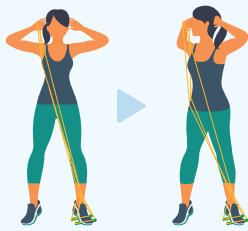
1. <http://www.betterhealth.com>
2. <http://www.livestrong.com>
3. <http://www.fitday.com>
4. <http://www.popsugar.com>

Exercises you can do at home

The only equipment you will need is your resistance band. The resistance band helps to make your muscles work harder to push or pull as you move, making your muscles stronger.

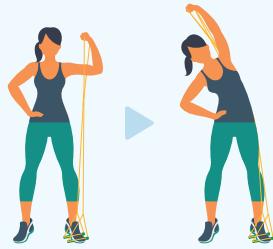
Do 5 repetitions of each exercise to start with. As you exercise more and your muscles get stronger, you can choose to increase the number of repetitions.

Stretch: stretching is very important before and after exercising and on rest days. Stretching helps to prevent injury, improve flexibility and ease aches and pains.



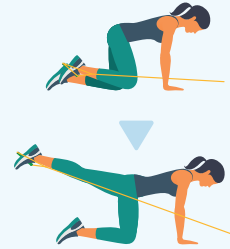
Side twist

Repeat 5 times
(more as you get stronger)



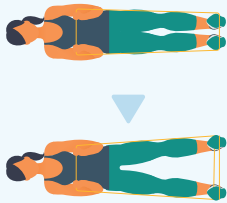
Side bend

Repeat 5 times
(more as you get stronger)



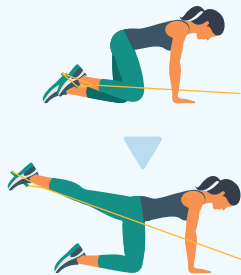
Knee raise

Repeat 5 times
(more as you get stronger)



Lying leg scissors

Repeat 5 times
(more as you get stronger)



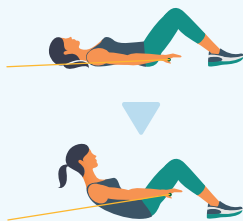
Leg raise

Repeat 5 times
(more as you get stronger)



Squat

Repeat 5 times
(more as you get stronger)



Sit ups

Repeat 5 times
(more as you get stronger)



Bicep curls

Repeat 5 times
(more as you get stronger)



Side leg raises

Repeat 5 times
(more as you get stronger)

Don't forget to stretch when you are finished your workout.