

SHAPE UP! with the Resistance Band

- The Theraband is a 6" wide natural latex resistance band. It is usually cut to 4 or 5 foot lengths for strength and conditioning and 5 or 6 foot lengths for use in Pilates.
- Ideal workout that one can use anywhere, anytime
- Great for strengthening and conditioning all major muscle groups
- Use for group fitness, aquatics, seniors and children
- Excellent resource for personal trainers

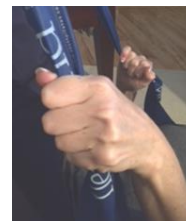
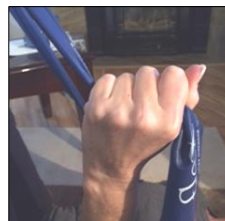
*Please note that Therabands do contain latex and should not be used by anyone with an allergy to latex.



- Proper use of these bands for resistive exercise provides both positive and negative force on the muscles, improving strength, range of motion and cooperation of muscle groups.
- TheraBand™ costs much less than other exercise equipment plus they are portable and versatile with virtually unlimited uses.

HAND POSITIONS

- Thumbs Up = Band coming up between thumb and index finger
- Thumbs Down = Band coming down between thumb and index finger



BREATHING



Leaning over legs to focus on breathing laterally into rib cage

SEATED ROW



Sit tall on sits bones; shoulders down...Exhale pull shoulder blades towards spine

ROLLDOWN/SHOULDER SHRUGS



Rolldown 1 vertebra at a time; neutral spine.
Shoulder shrugs 4-5x



LEG LOWERS-PARALLEL/LATERAL



Neutral spine



LEG PRESSES

Spine imprinted; feel parallel



LATERAL PRESSES



Heels together; toes turned out

GLUTE PRESSES/ADDUCTION

Begin in neutral spine

Adduction; spine imprinted



SOLEUS/GASTROCNEMIUS



Spine Imprinted

LEG LOWER & LIFT

- Imprinted spine
- Shoulders down
- Legs together



HUNDREDS



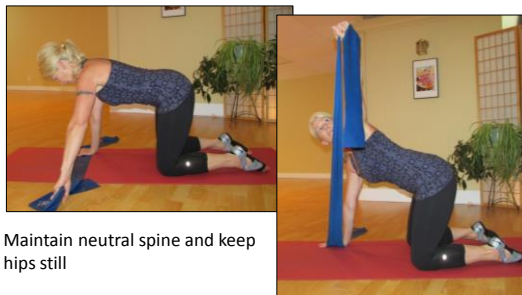
Spine imprinted

CAT STRETCH



Articulate spine in both directions

THORACIC ROTATION



Maintain neutral spine and keep hips still

CHEST EXPANSION



- Tall kneeling in neutral spine
- Set shoulders
- Exhale to lift arms

THE LEAN



Pull band tight across hips; set shoulders

ARM & LEG BALANCE 1/2



Wrap foot as shown...

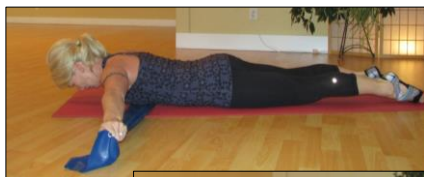
Begin in neutral spine. Bring leg out/in 5x

ARM & LEG BALANCE 2/2



Wrap band around knee; bring leg in/out 5x
Add arm and bring both in/out 5x

REAR DELTOID/EXTENSION



Neutral spine; band under chest



EXTENSION



Band across upper back
 I – Lift into extension; arms out to sides
 E- Take arms back
 I – Hold
 E – Down



TRICEPS



BICEPS



THE CURVE

Keep hips grounded; arms glued in position



OFFERING



Begin sitting tall on sitsbones
 I – lift arms
 E – open (keeping shoulder blades still)
 I – close
 E – lower



ROLL UP

ROLL UP

- Lie down in neutral spine
- I - lift head and shoulders off mat and begin to curl arms
- E - curl all the way up coming over legs and reaching arms out to sides
- I - start to bend arms as you begin to roll back down
- E - finish lying down in a neutral spine

DOUBLE LEG STRETCH



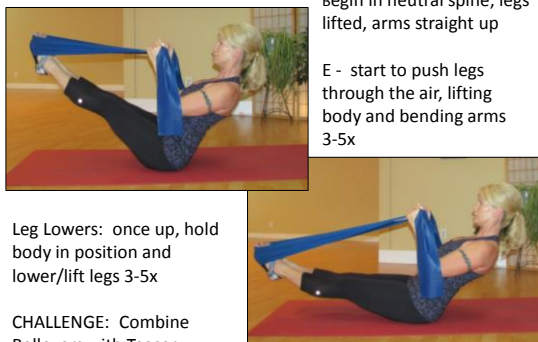
Begin imprinted as shown
 E - extend arms and legs, shifting to neutral (if able)
 I - return to starting position

ROLLOVER



Begin as shown with band taut
 E- keeping arms straight, and abs tight, pull legs over head
 I - hold
 E - slowly roll down 1 vertebra at a time

TEASER/LEG LOWERS



Begin in neutral spine; legs lifted, arms straight up

E - start to push legs through the air, lifting body and bending arms 3-5x

Leg Lowers: once up, hold body in position and lower/lift legs 3-5x

CHALLENGE: Combine Rollovers with Teaser

EXTERNAL ROTATION

SIT TALL ON CENTRE OF BAND; NEUTRAL SPINE
 8 REPS OF EACH EXERCISES



1. Grab opposite band with hand; elbow at side
 E - Open hand out to side
 2. Turn palm down
 E - Pull band out to side creating a curve
- Repeat with other hand

INTERNAL ROTATION



3. Grab band with same-side hand; elbow at side
E – rotate arm into body



4. After last rep, take elbow out to side
E – “Rub” across belly
Repeat with other hand

THE SAW



1. Sit tall on sitsbones



2. I – Rotate at waist



3. E – Rotate at waist and reach for baby toe

4. I – back to No. 2
5. E – back to start

Repeat on other side

SQUATS



E – Hinge from hips (neutral spine) and lift arms from shoulders
I – Back to standing
8 – 12 reps

BACK EXTENSION



E – Straighten arms up to ceiling
I – Create circle to bring them back to starting position
5 reps
Reverse moves with breathe



Presented to you by:
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Thank you for attending;
I wish you every success!

Please contact me if you have any questions at
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SHAPE UP!

Rhona is an internationally recognized Yoga Instructor and has been helping others get the best out of life through Fitness, Health, and Wellness for over 19 years. She is a highly accomplished Bender Ball Master Trainer and teaches Pilates, Pfilates, Personal and Group Fitness, and is a MELT Hand and Foot Instructor.

Rhona specializes in Functional Training, Posture, Core, Balance, and Pelvic Floor Fitness as well as delivering top-notch CEC-approved workshops to Instructors internationally.