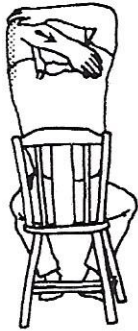


STRETCH

Shoulder/Upper Body Area: Posterior Deltoid, Anterior Deltoid, Coracobrachialis, Pectoralis major

REMEMBER: Stretch before and after each Iso-Band exercise.



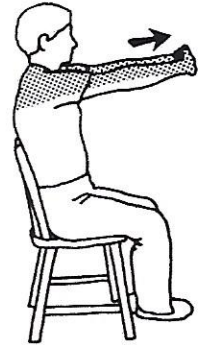
Stretch A
10 seconds



Stretch B
15 seconds



Stretch C
20 seconds



Stretch D
25 seconds

Caution: If you have had or do have any problems with your shoulder, arm or chest consult your physician prior to doing these stretches or strengthening exercises.

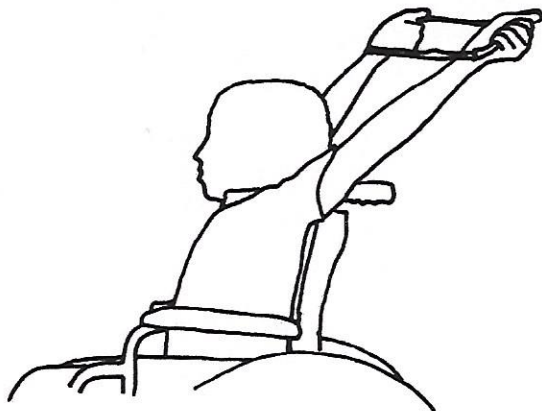
Note: When first attempting the exercise, keep resistance of the band and number of repetitions at a minimum to avoid muscle soreness or undue strain. Remember to stretch before and after the exercise. →

Breathing: Do not hold your breath! Inhale while taking starting position. Exhale through the resistive phase of the Iso-Band process and again inhale while returning to starting position. Continue this pattern of breathing through repetitions. →

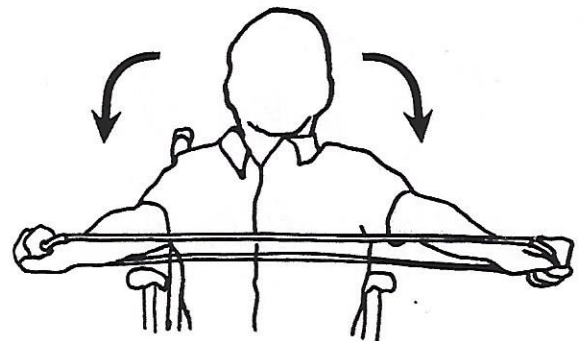
32

STRENGTHEN

4



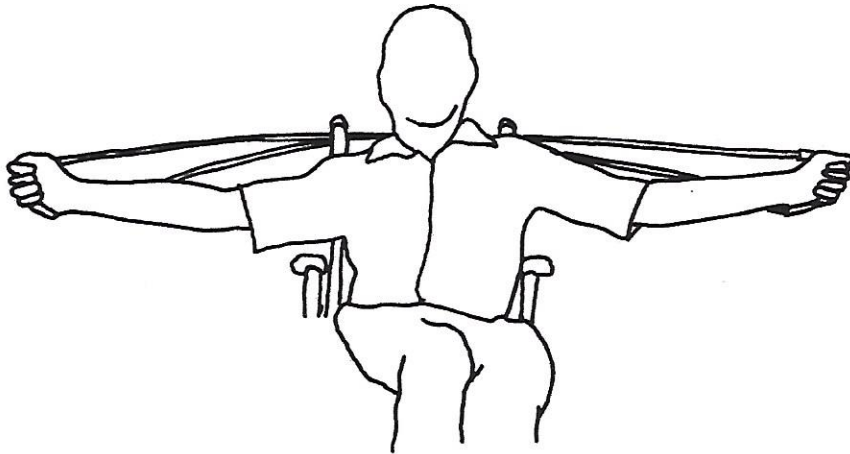
Position: Hold Iso-Band by gripping the two tubular handles with each hand. Raise Iso-Band overhead until arms are straight and form a "V" with the band slightly taut. Rotate hands so that thumbs face in and palms face forward. Move arms back until hands are above and to rear of head.



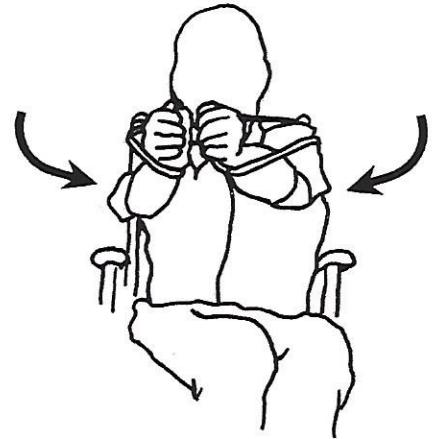
Process: Keeping elbows straight bring arms up over head and forward until an inverted "V" is formed in front of body. Keep a slight tension on band. Return to starting position. Repeat until shoulder area is slightly tired.* After completing the exercise repeat stretches on opposite page.

* To improve upon strength gradually increase resistance of the band and number of repetitions over an extended period of time.

33

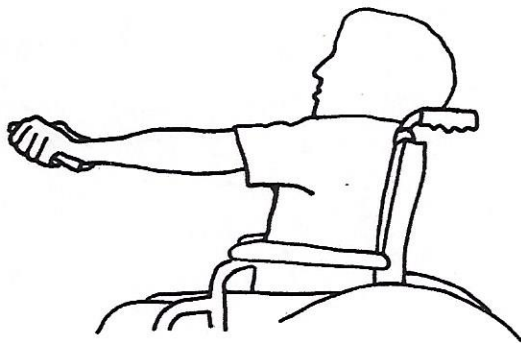


Position: Hold Iso-Band by gripping the two tubular handles with each hand. Raise arms up over head and back down behind back until band is across upper part of back just below the scapula (wing bones). Straighten out the arms, placing tension on the band with palms forward.

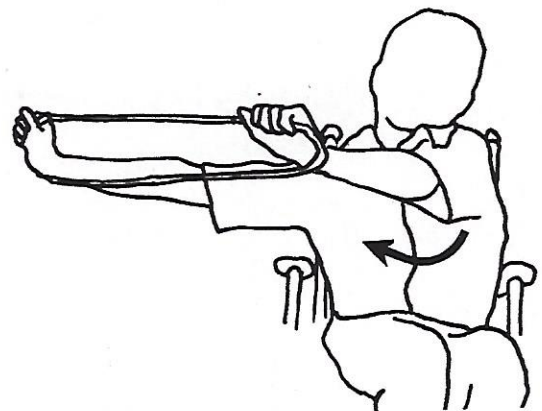


Process: Without bending elbows bring arms forward until hands are together and in front of chest. Repeat until shoulder area is slightly tired.* If resistance of the band is too great, alternate bending one elbow, then the other, while performing the exercise. The amount of bend will determine the resistance. After completing the exercise repeat the stretches on the opposite page.

* To improve upon strength two Iso-Bands can be used in place of one and repetitions can be increased over an extended period of time. 49

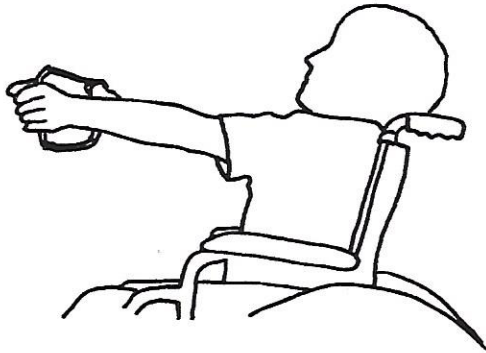


Position: Hold Iso-Band by gripping the two tubular handles with each hand. Extend arms out to the front of the body with slight tension on the band. With palms down arms should be parallel to floor and in a "V" formation.

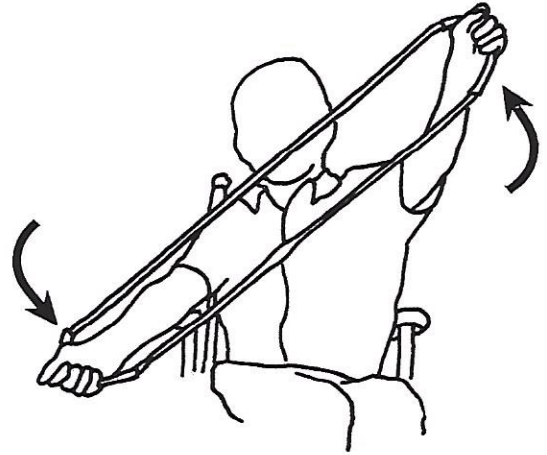


Process: While keeping tension on the band, swing arms to the right rotating body to the right. Return to starting position, then continue by swinging arms to the left rotating body to the left. Repeat until arms and shoulders feel slightly tired.* After completing the exercise repeat stretches on opposite page.

* To improve upon strength gradually increase resistance of the band and number of repetitions over an extended period of time. 35



Position: Hold Iso-Band by gripping the two tubular handles with each hand. Extend arms out to the front of the body forming a "V" parallel to floor with slight tension on the band, palms facing in.



Process: While keeping tension on the band, rotate arms clockwise in a windmill type motion. Return to starting position, then continue by rotating arms counter clockwise in the same windmill type motion. Repeat until shoulders are slightly tired. * After completing the exercise repeat stretches on opposite page.

* To improve upon strength gradually increase resistance of the band and number of repetitions over an extended period of time. 37



Position: Grip one of the handles of the Iso-Band with the right hand, palm down. Hold the band in the left hand about four inches back from the two ends of the gripped handle with the palm down and slightly to the rear of and above the right hand.



Process: Bend the right wrist downward against the resistance of the band. Try not to move the left hand. Elbows of both arms can be held against body to immobilize them. When there is too much resistance created by the band the left hand can move with the bending of the right wrist. Repeat until wrist is tired. * After completing the exercise, repeat the stretches on opposite page. Repeat exercise for left wrist by gripping handle with left hand, etc. Again, do the stretches on opposite page after completing the exercise for the left wrist.

* To improve upon strength gradually increase repetitions over an extended period of time.