



BANDS FOR KIDS

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BAND PROGRAM FOR KIDS

The Thera-Band® **Band Exercise Program for Kids** is designed specifically for physical education programs. By using simple elastic bands, a cost-effective program can be performed by any child in any setting. All major muscle groups can be exercised with one piece of equipment!

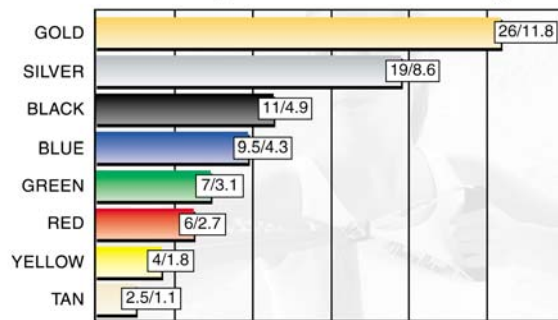
TIPS & PRECAUTIONS

- Remember to warm-up/cool-down
- Stretch before and after exercises
- Maintain proper posture and keep back straight
- Perform slow and controlled motions
- Breathe properly during each exercise
- Don't perform exercises that cause pain
- Always inspect band before use and discard if damaged
- Avoid sharp objects or jewelry when handling the band
- Contact a physician before beginning a program

USING THERA-BAND® RESISTANCE





The National Strength & Conditioning Association (NSCA) recommends that youths perform strengthening exercises for the major muscle groups 2 or 3 days per week. Kids should use a resistance level that allows them to perform 1 to 3 sets of 12 to 15 repetitions of each exercise. The resistance level and color of band may vary between exercises. To increase the resistance, simply move to the next color band. Proper form is most important! For more information on resistance training for youths, visit www.nscf-lift.org.

System of Progressive Resistance
Pounds/Kilograms of Force at 100% Elongation







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A C A D E M Y

SHOULDERS	 <p style="text-align: center;">Lateral Raise</p>	<p>Stand on the middle of your band. Grasp each end of the band at waist level at your side. Raise arms from your side, keeping your elbows straight. Hold & slowly return.</p> <p>TIP: Keep your back straight and abdominals tight. Don't go above shoulder level if it causes pain.</p>	 <p style="text-align: center;">Bow & Arrow</p>	<p>Hold both ends of the band at shoulder level. Extend your forward arm and keep your elbow straight as you pull the other end of the band like a bow & arrow. Hold & slowly return.</p> <p>TIP: Keep your back straight.</p>
CHEST	 <p style="text-align: center;">Chest Press</p>	<p>Wrap the band around your shoulder blades and bring the ends underneath your arms. Grasp ends of band at shoulder level. Extend your arms forward, straightening your elbows. Hold & slowly return.</p> <p>TIP: Avoid arching your back.</p>	 <p style="text-align: center;">Front Raise</p>	<p>Stand on the middle of your band with both feet. Grasp each end of the band at waist level in front of you. Raise arms forward, keeping your elbows straight. Hold & slowly return.</p> <p>TIP: Keep your back straight and abdominals tight. Don't go above shoulder level if it causes pain.</p>





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A C A D E M Y

BACK	 <p style="text-align: center;">Lat Pull Down</p>	<p>Grasp the band overhead with your elbows straight. Pull your arms downward, keeping your elbows straight. Stop at shoulder level. Hold & slowly return</p> <p>TIP: Keep your abdominals tight and avoid leaning over.</p>	 <p style="text-align: center;">Reverse Flies</p>	<p>Stand and grasp the middle portion of the band with both hands. Keeping your elbows straight, stretch the bands at shoulder level until you form a "T" with your body. Hold & slowly return.</p> <p>TIP: Avoid arching your back.</p>
ARMS	 <p style="text-align: center;">Biceps Curl</p>	<p>Begin by standing on the middle of the band and grasp the end of the band with your elbow straight at waist level. Bend your elbow, lifting the band toward your shoulder. Hold & slowly return.</p> <p>TIP: Avoid leaning over.</p>	 <p style="text-align: center;">Triceps Extension</p>	<p>Hold one end of the band above your head. Grasp the other end of the band and extend your elbow backward, while keeping your overhead elbow straight. Hold & slowly return.</p> <p>TIP: Keep your back straight.</p>

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A C A D E M Y

HIPS & BUTTOCKS		<p>Tie the band in a knot to make a loop about a foot long. Loop the band around your ankles. Keeping both knees straight, extend one leg backward. Hold & slowly return. Repeat on other side. TIP: Avoid arching your back.</p>		<p>Tie the band in a knot to make a loop about a foot long. Loop the band around your ankles. Keeping both knees straight, extend one leg outward. Hold & slowly return. Repeat on other side. TIP: Avoid bending your back.</p>
THIGHS		<p>Tie the band in a knot to make a loop about a foot long. Loop the band between both feet and lay on your stomach. Keep one knee straight and bend the other knee upward. Hold & slowly return. Repeat on the other side. TIP: Avoid arching your back.</p>		<p>Loop the middle of the band around the foot. Bend the knee and grasp other ends of band just over your shoulder. Keep tension on the band as you extend your leg downward. Hold & slowly return. Repeat on other side. TIP: Avoid arching your back.</p>

LEGS	 Squat	<p>Stand on middle of band with both feet. Grasp ends of band with both hands at waist level. Keep tension on the band as you squat down, bending your knees. Hold & slowly return. TIP: Keep your back straight. Don't squat if it causes knee pain.</p>	 Leg Press	<p>Wrap the middle of the band around the foot, bending the hip and knee toward the chest. Grasp the ends of the band at shoulder level. Maintain tension on the band as you extend your knee and hip. Hold & slowly return. Repeat on other side. TIP: Don't arch your back.</p>
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