

#### Back Extension\*

- Attach elastic to secure object at shoulder level while sitting on stool as shown.
- Grasp elastic in hands and hold to chest.
- Pull backward, straightening trunk.
- Slowly return and repeat.

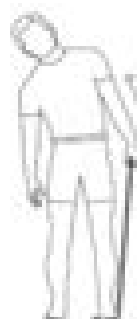


#### Lower Abdominal Crunch

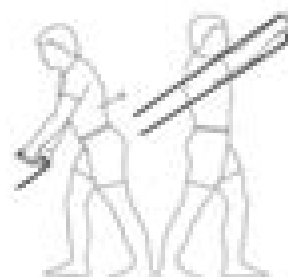
- Lie on back with hips and knees flexed. Stretch band over knees and cross underneath.
- Hold each end of band in hands and place arms at sides, with elbows straight.
- Lift knees upward, lifting hips off the floor.
- Hold and slowly return.

#### Side Bend

- Stand, holding elastic in right hand, right foot securing other end of elastic as shown.
- Bend to left, keeping elbow straight.
- Slowly return to start position and repeat.
- Repeat sets with other side.



\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

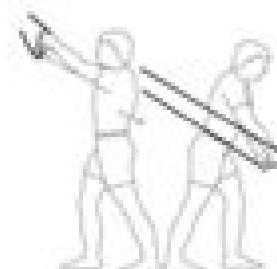


#### Diagonal Lift\*

- Secure elastic at floor level.
- Grasp elastic in both hands.
- Bend at hips (knees if needed) and rotate trunk, pulling upward and across as shown, keeping back in neutral position.
- Slowly return and repeat.

#### Diagonal Chop\*

- Secure elastic above head.
- Grasp elastic in both hands.
- Pull downward and across, rotating trunk, bending at hips and knees as needed, but keeping back neutral, as shown.
- Slowly return and repeat.



\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

# Thera Band Exercise Manual

**Y Pai**



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