

Directions for Handling, Connecting, and Securing Thera-Band® Resistance Bands and Tubing

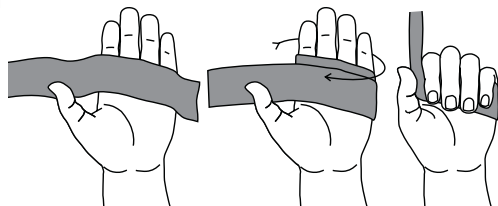
Always examine your band or tubing before use; discard and replace if you notice any tears or nicks. Protect the eyes during exercises that may cause the band or tubing to snap back toward the head. Check routinely for evidence of wear of the band or tubing at connection points and replace the band if evidence is found.

Handling the Bands

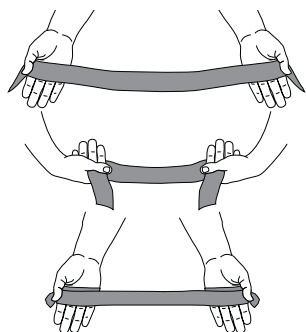
Your elastic band or tubing should be securely attached to your hand or foot before use to avoid slippage and possible injury. "Double wrapping" the band may help secure it to your hand or foot. Never exercise with the band or tubing unless it is secured properly.

Grip Wrap

Lay the band flat in your hand with the end toward your pinky finger. Wrap the long end of the band around the back of your hand. Repeat as needed. Firmly grasp.



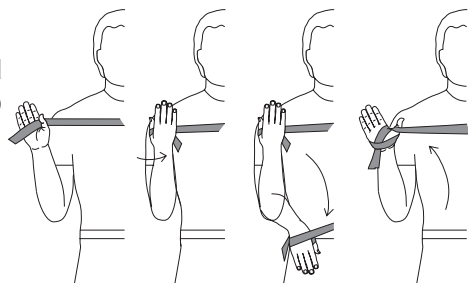
Palm Wrap



Begin with palms up and ends of band between the thumb and palm. Rotate your palms inward, bringing the band around the back of your hands. Repeat as needed. Firmly grasp.

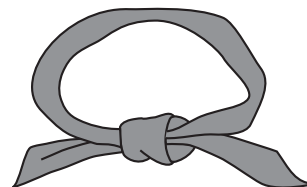
Euro Wrap

Begin with your palm facing forward and the ends of the band between the thumb and palm. Rotate your arm inward. Turn your hand downward, bringing the band around the back of your hand. Return the palm facing forward, bringing the band between the thumb and fingers.

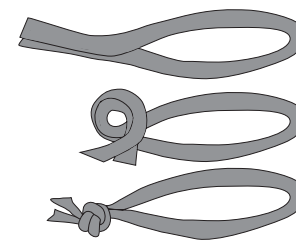


Creating Loops

Loops can be easily created for upper or lower body exercises.

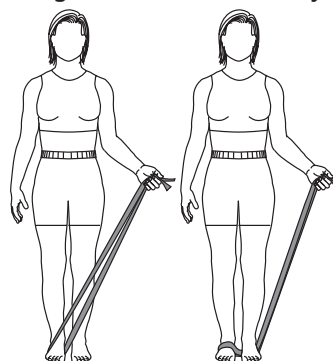


Short length loop: Tie each end into a square knot.

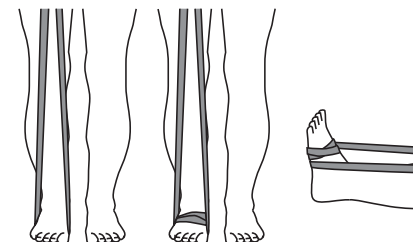


Long length loop: Tie ends together in a simple knot, leaving long loop.

Using Bands for Lower Body



Foot Loop: Stand on the middle of the band. Loop over the top of the foot and stabilize other ends with opposite foot.

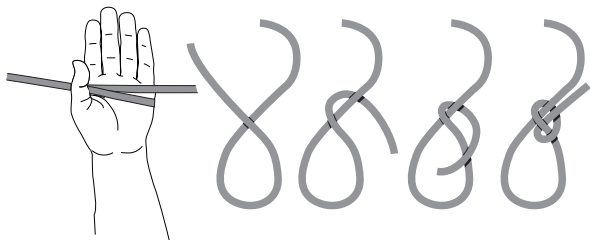


Foot Wrap: Stand on the middle of the band. Wrap one end around the top of the foot.

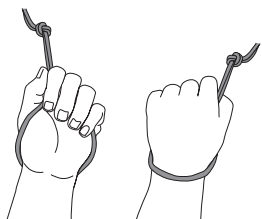


Ankle Wrap: Place the back of your ankle in the middle of the band. Cross the ends in front of your ankle and bring them down on the sides of the ankle. Cross the ends under the foot and bring up around the sides.

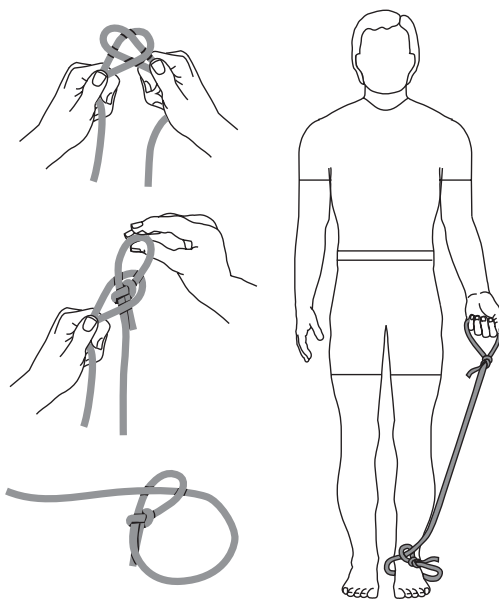
Handling the Tubing



Looped Handle: Begin by wrapping the tubing around the palm to determine the size of the loop. Make a loop by crossing the tubing over and around, pulling the end through the hole. Be sure the loops are tight and secure before using the tubing. Repeat on the other end of tubing.



Place entire hand through the tubing loop and grasp.

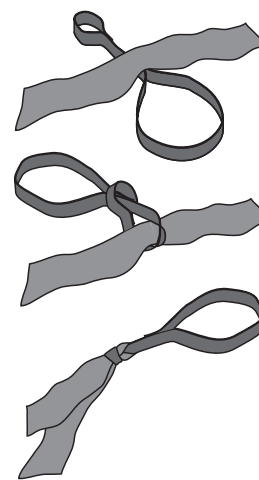
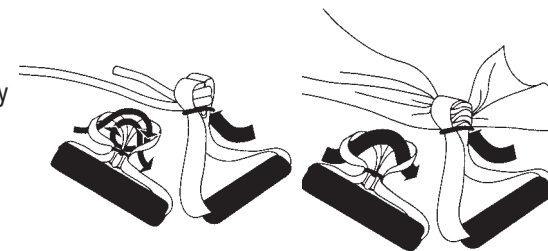


Leg Tubing Loop: Follow instructions outlined above for "Looped Handle." Then place one end of the tubing loop through the loop on the other end of the tubing making a large loop. Step into the large loop and pull on the end of the tubing to tighten.

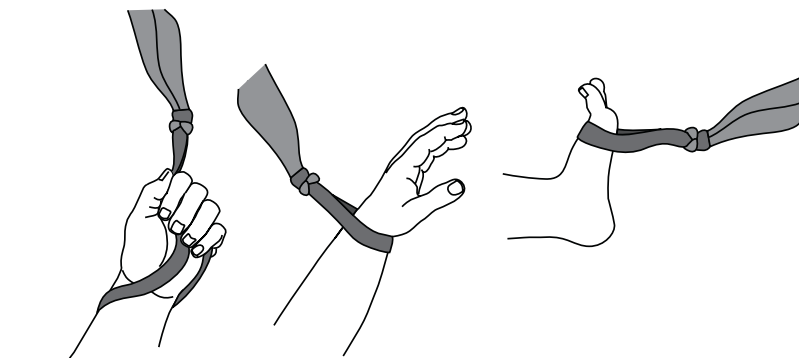
Using Elastic Resistance Accessories

Accessories can also be used to connect or secure elastic resistance. Accessories include handles, door anchors, extremity straps, sports handles, and Assist™ straps. Monitor the attachment periodically for slippage and tighten as necessary.

Using the Cinching System
(Handles, Door Anchors, Extremity Straps and Sports Handle): While pulling down the black buckle on the accessory, push up the webbing to create a double loop.



Thread one end of the band or tubing through one loop and back through the other. Loop a band once and tubing twice to secure safely. Slide buckle towards the looped band or tubing to tighten.

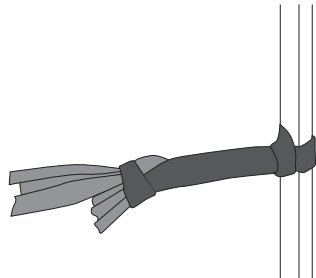
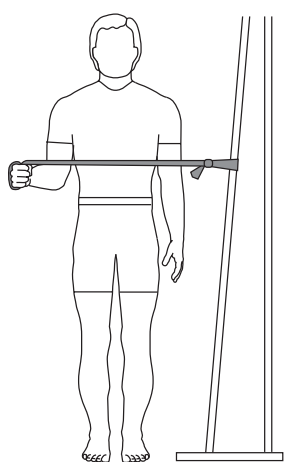


Place wrist inside the large loop and grasp the Assist. Use around the foot for ankle exercises.

Securing the Band / Tubing

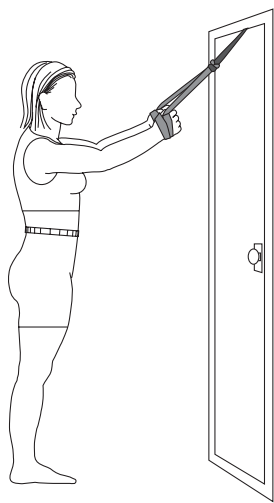
If you are connecting your band or tubing to an external stationary object, be sure that object is heavy and sturdy enough to resist the exercise.

Heavy gym equipment*:

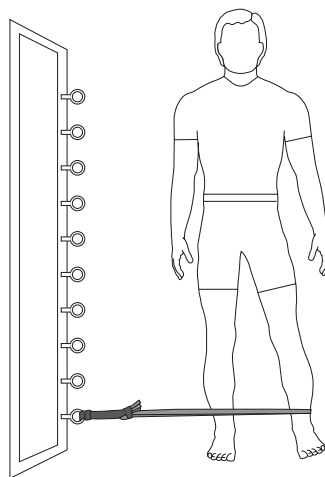


**Recommend using the Assist™ strap with external equipment*

Door (Using Door Anchor):



Wall Tree (Using Assist Strap):



Elastic Resistance Pull Force Charts

Elastic resistance is a unique type of resistance training compared to other traditional forms, such as isotonic or isokinetic resistances. The resistance provided by elastic bands or tubing is based on the amount that the band or tubing is stretched. This resistance can be measured in pounds of force depending on the percentage the band or tubing is stretched from its resting length; this is known as "force-elongation". Regardless of how long the band or tubing is before it's stretched, the force produced at its stretched length depends on the percent elongation. For example, an initial 2 foot (60 cm) length of Green band that is stretched to 4 feet (120 cm) (double its resting length), is at 100% elongation. Therefore, the resistance of the band is 4.6 pounds at that elongation. If the band is then further stretched to 6 feet (180 cm) (200% elongation), the resistance would be 6.7 pounds. Each progressive step represents a consistent pull force increase of 25% in the clinical range (Tan through Black) and 40% in the advanced range (Silver through Gold).

Resistance in Pounds of Thera-Band® Resistance Based on Percent Elongation

Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	Resistance in Pounds at:	
		100% Elongation	200% Elongation
Thera-Band Tan	-	2.4	3.4
Thera-Band Yellow	25%	3.0	4.3
Thera-Band Red	25%	3.7	5.5
Thera-Band Green	25%	4.6	6.7
Thera-Band Blue	25%	5.8	8.6
Thera-Band Black	25%	7.3	10.2
Thera-Band Silver	40%	10.2	15.3
Thera-Band Gold	40%	14.2	21.3

Represents typical values. All products not available in all colors.

BEGINNER
↓
ADVANCED