

Project RICE Resistance Band Protocol, version date 12/19/12

Remind participants to consult their physician before beginning any exercise program.

Ask if anyone has any LATEX ALLERGIES. These bands contain latex and should not be used by people with allergies. If irritation or skin discomfort occurs, participants should stop using the bands immediately.

The bands are color coded by level of resistance.

Green = Light

Orange = Medium

Blue = Heavy

Ask participants to choose ONE band to use during the session exercise. They should test out which one they think is right for them, but some general guidelines are below:

Green/Light Bands

For anyone who:

- Is over 65
- Has arthritis
- Has joint pain (elbows, knees, shoulders, wrists, etc)
- Requests a light band

Orange/Medium Bands

For anyone who:

- Is younger than 65
- Is moderately physically active
- Has NO joint pain (elbows, knees, shoulders, wrists, etc.)

Blue/Heavy Bands

ONLY for anyone who:

- Is younger than 45 years
- Engages in regular physical activity



The band is theirs to keep so that they can practice at home.

Demonstrate how to hold the resistance band, and go through each step of the recommended exercises.

Hand Holds

To hold a stretch band:

1. Lay the band flat in your hand with the end toward your pinky finger.
2. Wrap the long end of the band around the back of your hand.
3. Grasp firmly.



Suggested exercises:

Seated Hip Abduction (for thighs)

Step 1



Sit on the edge of the chair and place the band around your thighs just above your knees.

Step 2



Your feet should be slightly wider than hip-width apart.

Step 3



Open and close your knees in a butterfly motion. Repeat for the desired number of reps.

Seated Bicep Curl (for biceps)

Step 1



Sit on the edge of the chair and hold the band in both hands with your feet anchoring the middle of the band to the floor.

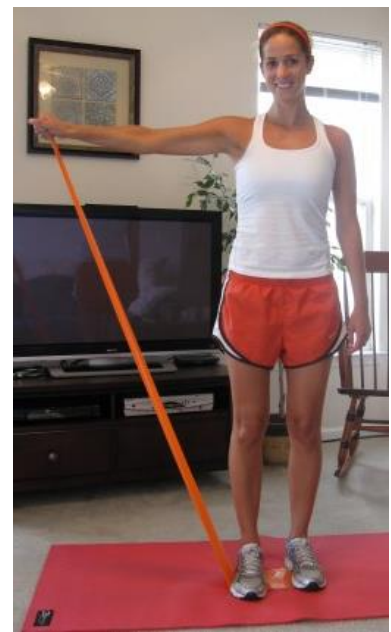
Step 2



Allow your arms to hang at your sides. Curl your arms in front of you with your palms facing up then lower them back to starting position.

From: <http://www.exercise.com/exercises/resistance-band?page=1>

Single Lateral Arm Raise (for shoulders)



- Hook the resistance band firmly under the arch of your right foot. The length of the band going from your foot to your right arm should be greater than the length on the left side.
- Hold the band in your right hand firmly against the right hip.
- Pull the band up and to the side until your arm is completely level with your shoulder, pointing out to your left.
- Slowly let your left arm and leg back down to their starting positions. Repeat

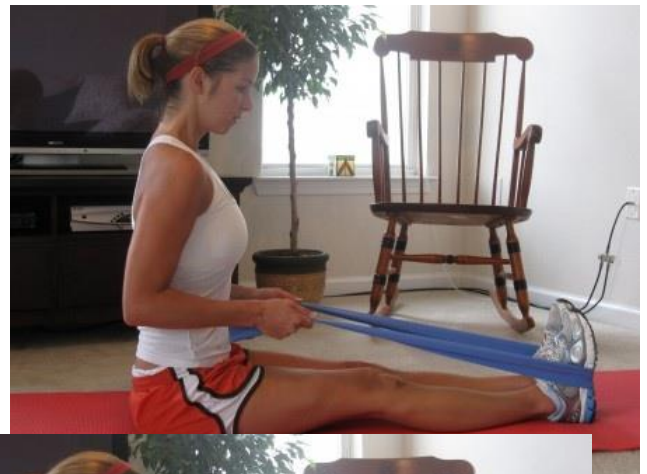


Tricep Extension (for triceps)

- Start by holding the band in one hand and placing that hand behind your back.
- Now grab the other end of the band with the arm that is over your head.
- Extend the top elbow until your arm is fully extended.
- Return to the starting position and repeat.

Seated Row (upper back and lats)

- Grasp one end of the band in each hand. Position yourself so there is some tension on the band to start, and there will still be tension when you fully extend your arms forward.
- Extend your arms forward with the palms facing each other, feeling a back stretch.
- Pull straight back, keeping your elbows close to your body, ending the backstroke when your elbows are at your torso.
- Keep your shoulders relaxed, you will feel your shoulder blades squeezing together in back.
- Keep your back upright and tall. Don't lean backwards on the backstroke or collapse forward on the forward row.
- Tighten your abs and exhale on the backstroke, inhale on the forward row



Seated Front Arm Raise (for shoulders)

- Keep your back upright and tall.
- Grasp one end of the band in each hand. Position yourself so there is some



tension on the band to start, and there will still be tension when you fully extend your arms up.

- Pull the band up with both hands, until your arms are level with your shoulders.
- Slowly bring arms back down the floor and repeat.

From: http://www.befitbefull.com/?page_id=2290