



Co-funded by the
Erasmus+ Programme
of the European Union

Seniors to sport court, not to hospital

EXERCISES WITH THERABAND

Theraband is an exercising rubber for fitness workout. We work against elastic resilience of the rubber. Coordinate the exercises with breathing. While working out, always check the joint centre position and continue only until some fatigue is felt. Fatigue is also decisive for number of repeating the exercise. We usually choose to repeat it 8 - 12 times. Use theraband for everyday exercising in the field and at home. We workout both upper limb muscles, the shoulder girdle and lower limb muscles and all in various positions – lying, sitting, kneeling and even standing position. The final exercise is always muscle stretching and releasing.