

The bands

that extend your life



DINHIN



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Good exercise is valuable for bringing about healthy life and it is unnecessarily costly because it does not depend on the luxury of exercise grounds or the prices of exercise machines. Good exercise means the use of bodies or muscles to make the movements that are right and suitable and serve the purposes of exercise and individuals' needs for physical health. Therefore, good exercise means not only doing anything to become tired or sweat. The results of exercise that happen to individuals' health will tell if their purposes of exercise are fulfilled. Good exercise certainly has impacts on ones' health.

People are different physically. Those who love and are interested in exercise as well as exercise instructors should know exactly how each type of exercise can be done right and what it will cause to ones' health. With the knowledge, ones can choose the types of exercise that meet their objectives and needs in the way that exercise can be the activity of their "health saving". They need not copy the exercise of others or go with the flow because health is individual. We need not do hard, long and frequent exercise like others do in order to be as healthy as they are.

Exercise with elastic bands not only strengthens muscles, bones, joints and whole bodies but also stimulates and improves the efficiency of the nerve cells that control body movements. It also boosts the circulation of blood that feeds muscle and nerve cells. Consequently those who exercise feel fresher and stronger and have better balance in movements. Exercise boosts self-confidence thanks to the beautiful shapes of those who do it. Exercise also delays the deterioration of cells so people who exercise look younger than their age.

Right, sufficient and regular exercise not only strengthens physical and mental health but also promotes responsibility and discipline that are the key to happy and successful life in line with the principle of sufficiency under which good health does not need huge investment.

This manual gives some examples of the exercise with elastic bands that you can apply to strengthen your muscles and body. It's time to enjoy your band.

Key tips to strengthen your muscles with elastic band exercise.

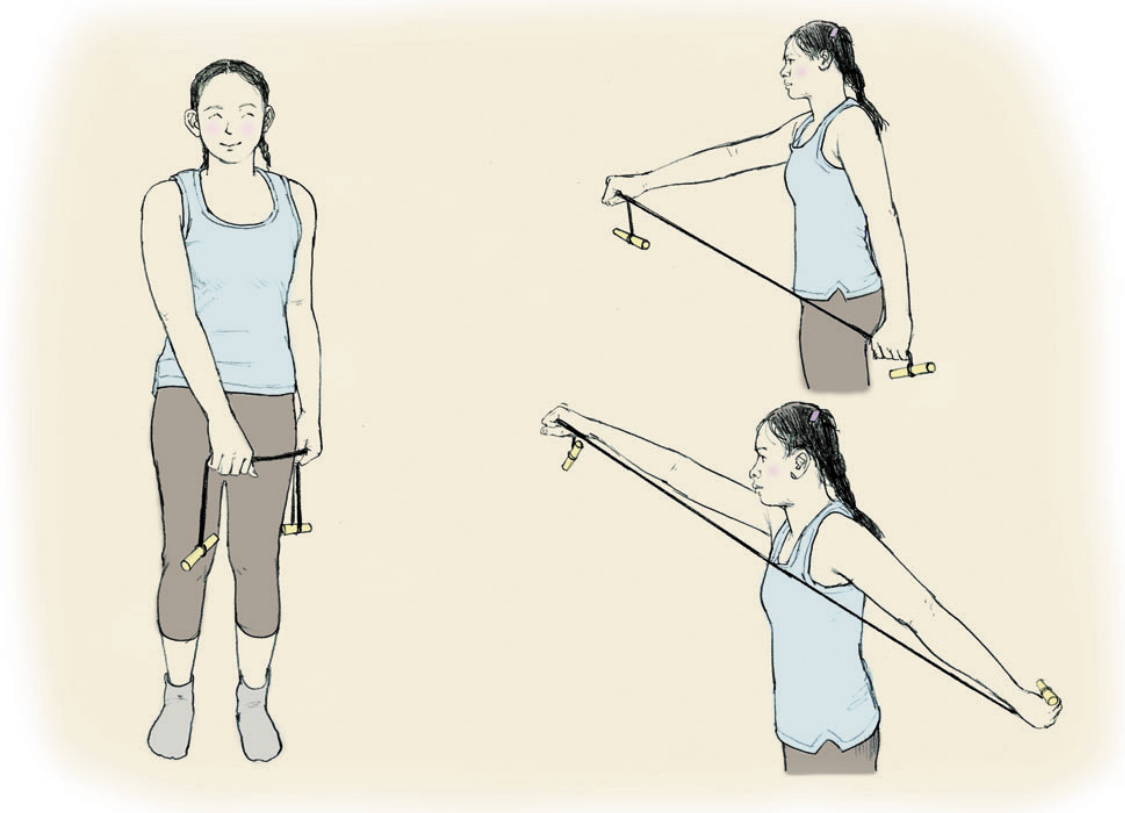
1. Regularly strengthen or exercise all major muscle groups.
2. Each round of exercise should consist of at least 6 and not over 16 exercises. Importantly you should begin with exercising major muscle groups.
3. In each movement, the concerned joint(s) should move to the end.
4. During exercise, you should inhale fully in your standby position, exhale while pushing or pulling your elastic band, and inhale while returning to your standby position.
5. Always pull or push the band gently. Never do it quickly.
6. Keep your continuous movements at regular speed.
7. The elastic band must have enough resistance to tire muscles.
8. Do at least 2-3 sets of movements and rest 30-60 seconds after each set.
9. Use an elastic band to exercise each muscle at least three times a week.
10. Keep increasing the number of movements for next exercise.
11. When you feel comfortable with the elastic band you have used, you should add more bands to increase the resistance on your muscles. This will strengthen nerve and muscle systems.



The merits of elastic training

1. Stronger muscles. Stronger muscle and joint tendons.
2. Firm and beautiful muscles.
3. Fat burning.
4. The prevention and postponement of muscle and bone deterioration.
5. The prevention and relief of joint stiffness, degenerative joint disease, osteopenia, and osteoporosis.
6. The improvement of digestion, absorption and the functions of inner organs.
7. Improved metabolism.
8. The prevention and relief of knee, back and joint pain.
9. Improved self-confidence thanks to better body movements.
10. Improved balance of body movements.
11. Better circulation of blood to exercised muscles.
12. The prevention of muscle deterioration and muscle mass decrease.

Let's start elastic exercise



1. Exercise front and rear deltoids (shoulder muscles)

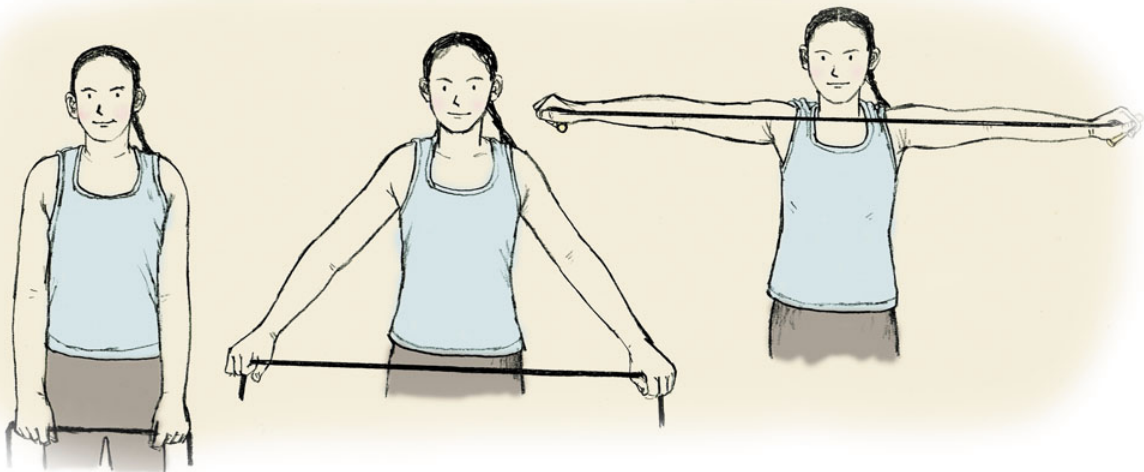
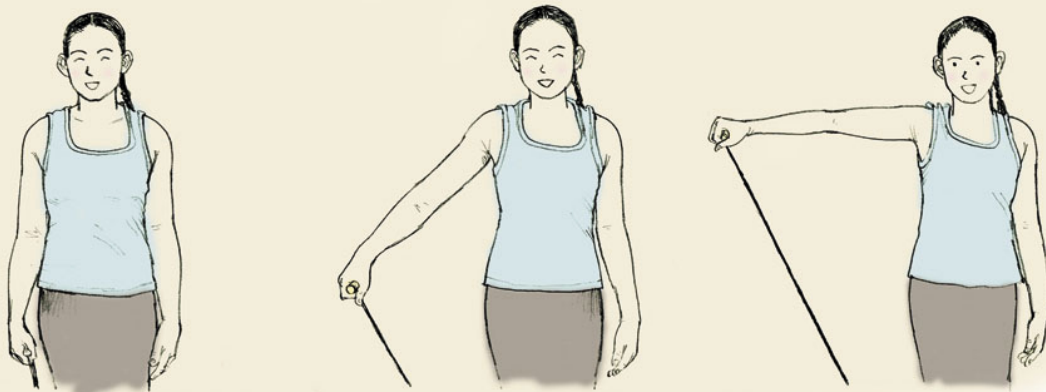
By Stand or sit upright. Hold the band with both hands and keep it by your hip. Position one hand in front and the other behind yourself. Stretch the band and raise both arms straight up as high as possible. Turn the palm in front of your body downwards and the one behind inwards. Then do the same on the other side of your body.

Key movements

Shoulder joints turn back and forth. Arms are raised in front of and behind the body.

Precaution

Do not bend forwards while stretching the band.



2. Exercise side or middle deltoids

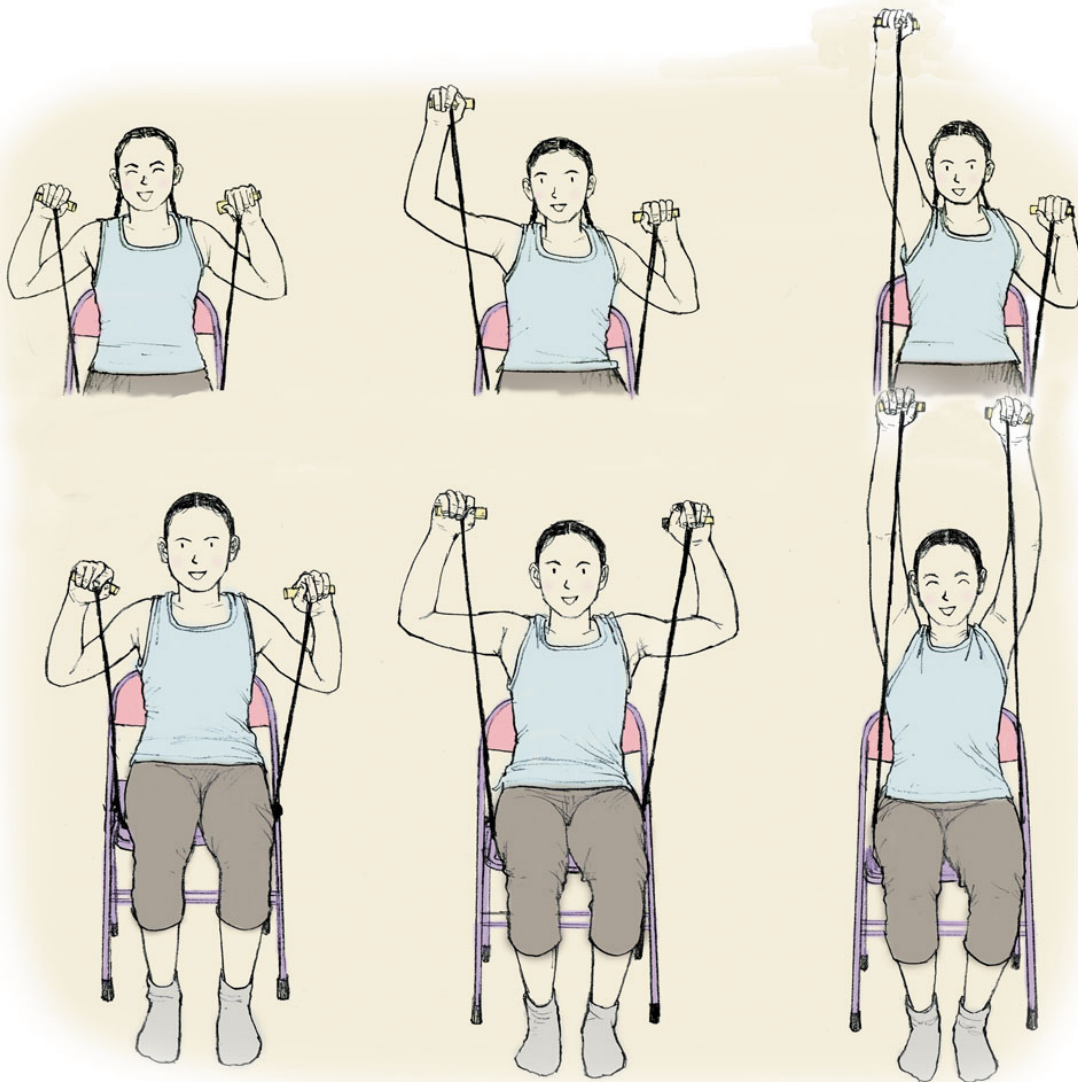
By Stand or sit upright. Hold both ends of the band with your hands positioned at your shoulder width in front of your thighs. Hang your arms straight beside your body. Spread your arms. Stretch the band and raise it up to your shoulder height while keeping your palms downwards. This is to exercise middle deltoids.

Key movements

Shoulder joints move. Arms are spread beside your body.

Precautions

Do not raise your shoulders and upper back while stretching the band. Spread both arms laterally.



3. Exercise triceps and middle deltoids

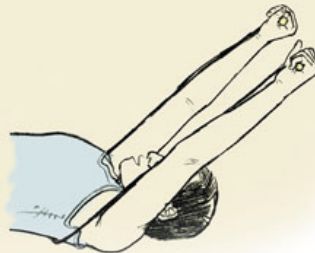
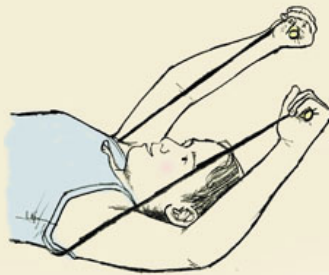
By Begin with the same position, standing or sitting upright. Stand with both feet on the band or sit on it. Hold both ends of the elastic band with your both hands. Bend your elbows and spread upper arms to the sides of your torso. Raise your hands that are holding the band above your shoulders. Keep the hand beside or slightly in front of your shoulders. Push the band. Stretch your arms above your head or do it with one arm after another. Then bend your arm(s) back to the standby position.

Key movements

Shoulder and elbow joints bend and straighten your arms up above your head.

Precaution

Do not bend your elbows in front of your body while doing this exercise.



4. Exercise pectoralis majors (upper chest muscles), front deltoids and upper triceps

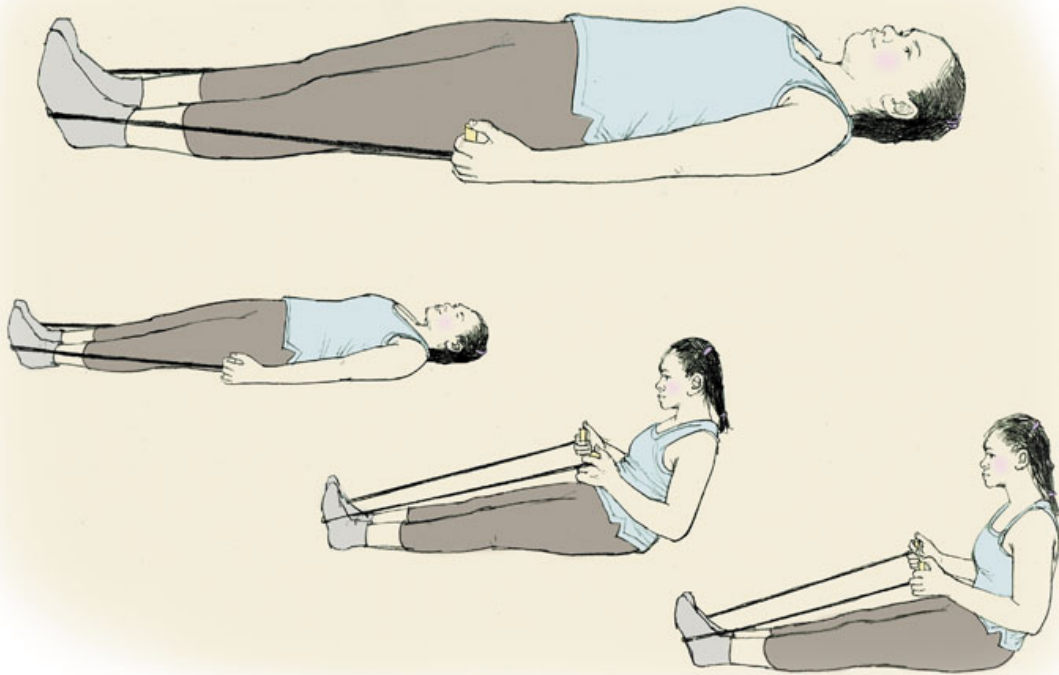
By Stand or sit upright. Put the band over your back. Hold the ends of the band or its handles with both hands at your chest height and the palms facing the ground. Bend your elbows. Spread your arms to both sides of your body and keep them at your chest height. Push the band towards your front at 45 degree angles and then bend your arms back to the standby position.

Key movements

Shoulders and elbows bend and stretch slightly upwards.

Precautions

The hands that hold the band must be beside your body and at your chest height. You must spread your arms during the exercise.



5. Exercise upper abdominal muscles and biceps

By Sit on the floor with both legs straightened up towards the front. Put the band over your soles. Hold the ends or the handles of the band with your hands with your palms turning upwards and flex your elbows. Straight up your arms while slowly leaning backwards until you lie on the floor. Then lift your head and torso while flexing your elbows. Use both hands to pull the band so that you are back to the sitting position. By this means, you exercise your upper abdominal muscles and biceps.

Key movements

Your body and elbows bend and stretch during the exercise.

Precaution

Do not flex your thigh, torso and shoulder muscles while bending your torso and flexing your elbows to pull the band and sit upright.



6. Exercise side muscles

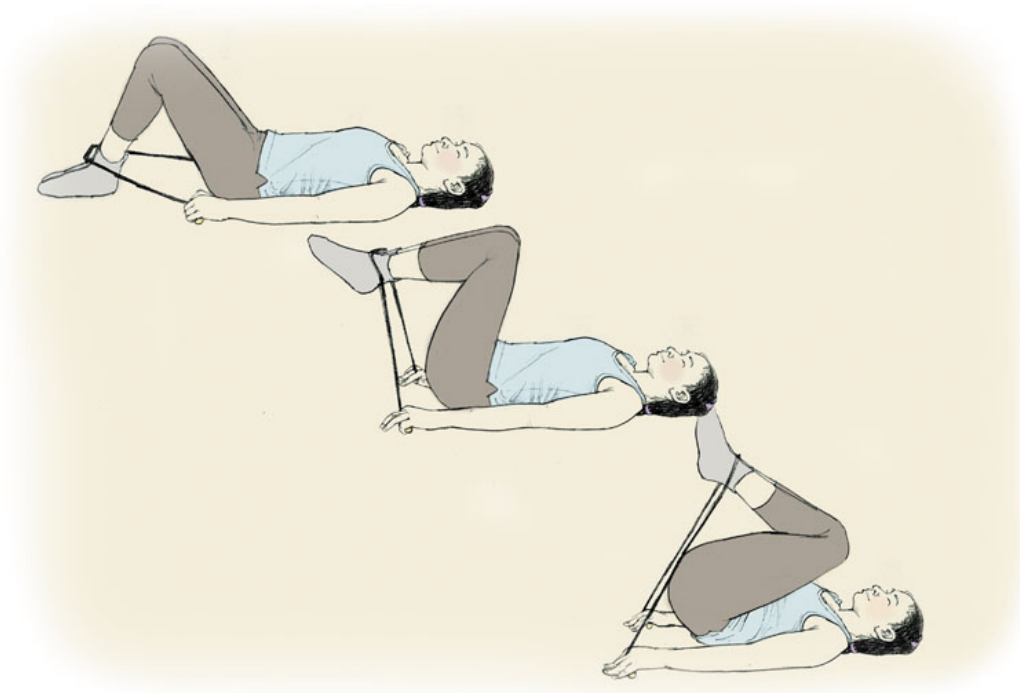
By Stand up. Hold both ends of the band with one hand hung beside your hip. Step on the loop of the band with your foot on the same side of the hip. Lean sideways as far as possible to the opposite side of the hand that holds the band. Then move your body back to the upright position. This is to exercise your side or waist muscles.

Key movement

Your backbone joints and body bend sideways during the exercise.

Precaution

Do not use your arm or shoulder to pull the elastic band to stand upright.



7. Exercise lower abdominal muscles

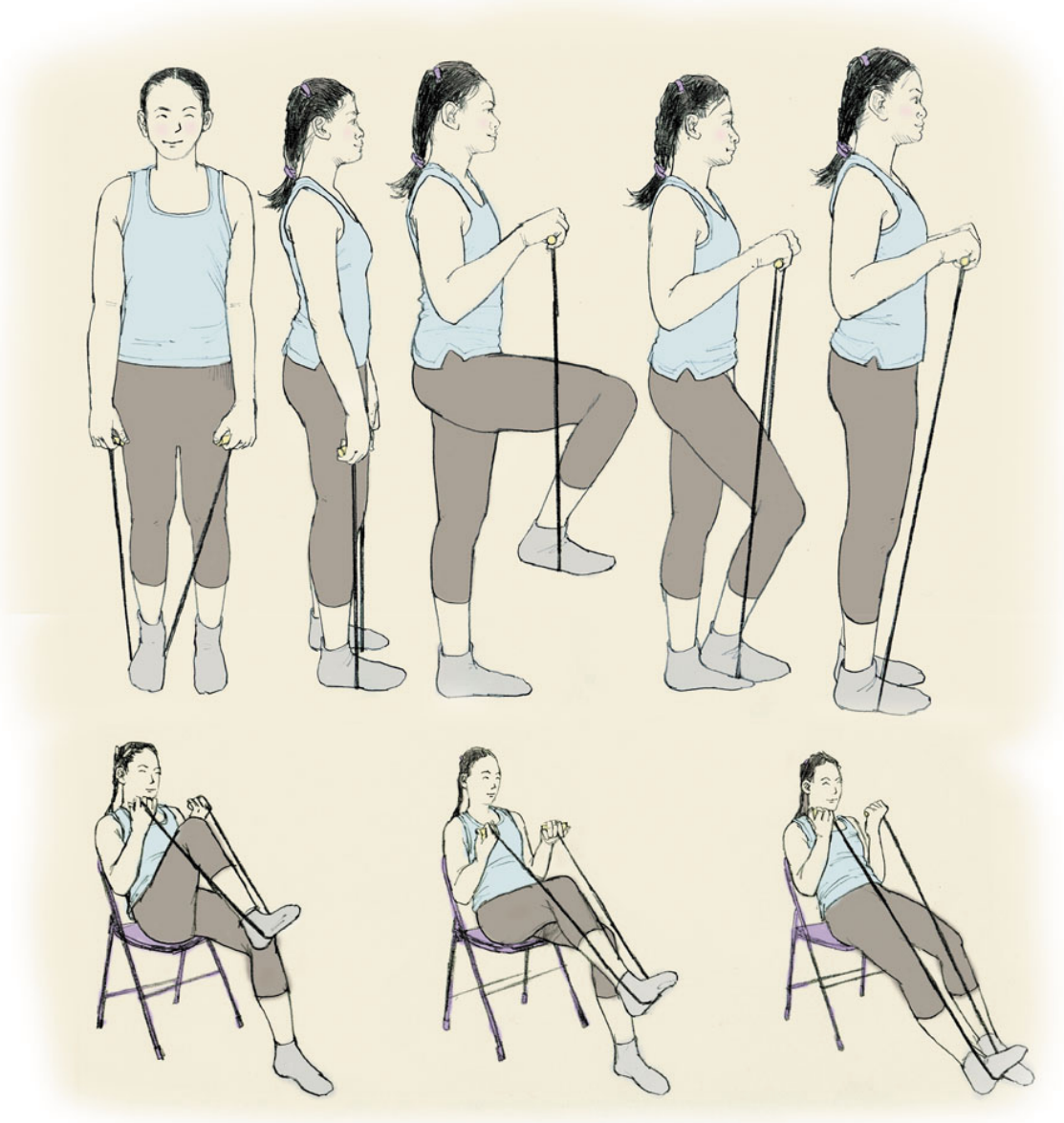
By Lie with your back on the floor, raise your knees and place your feet on the floor. Put the band over your ankles. Place your arms on the floor, straightened beside your body. Hold the ends or handles of the band with both hands and press it on to the floor. Flex your hips and pull both knees as close as possible towards your body or chest in the way that your hips are lifted above the floor. This is to exercise lower abdominal muscles and hip muscles.

Key movements

Your hip joints and body flex and stretch during the exercise.

Precaution

Do not try to kick your feet towards your head to help lift your hips.



8. Exercise front thigh muscles and hip muscles

By Stand, sit on a chair, or sit on the floor and bend your knee. Hook the band with your sole. Hold the ends or the handles of the band with both hands. Lift the foot that hold the band up from the floor and flex your elbows to keep the band attached to the sole. Then stretch the leg against the resistance of the band. This is to exercise the muscles of your front thighs and hips.

Key movements

Knee and hip joints flex and stretch during the exercise.

Precaution

Firmly flex your arms while stretching your leg against the band.