

# Get Stronger and Prevent Injury!

## HERE'S HOW TO USE YOUR EXERCISE BANDS

*Using an exercise band can help make your muscles stronger. Strong muscles have many benefits and help lower your risk of injury.*

When you are ready to begin, follow this format:

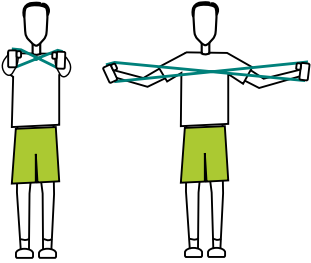
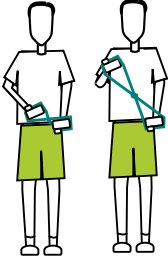
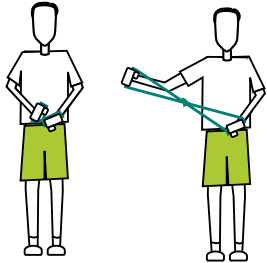
- 1** Start with **8 to 12** repetitions. This means doing the listed exercise 8 to 12 times.  
.....
- 2** Rest for about **30** seconds.  
.....
- 3** Do another **8 to 12** repetitions.  
.....
- 4** Rest.  
.....
- 5** Finish the exercise with another **8 to 12** repetitions.

Remember to take it easy if you are new to these exercises.  
If you are not sure if this is right for you, talk to your doctor first.

*(continued)*



Try this format for every exercise shown below. Don't forget to switch sides if needed. Try these exercises at least 2 times a week for good results.

Muscle group	What to do in 4 steps	Real-life benefit	Illustration
<b>Upper back (trapezius)</b>	<ol style="list-style-type: none"> <li>1. Hold band with both hands.</li> <li>2. Lift arms parallel to floor in front of chest. Keep shoulders down.</li> <li>3. Slowly pull band apart by squeezing shoulder blades together.</li> <li>4. Slowly return to starting position.</li> </ol>	<ul style="list-style-type: none"> <li>• Pull open a heavy door more easily.</li> <li>• Better posture.</li> </ul>	
<b>Front of upper arm (biceps)</b>	<ol style="list-style-type: none"> <li>1. Hold band with both hands with the left hand facing down and the right hand facing up.</li> <li>2. Keep the left arm straight pointing toward the floor. Slowly curl the right arm up, bending at the elbow, and keeping the elbow at your side.</li> <li>3. Slowly return to starting position.</li> <li>4. Switch sides when ready.</li> </ol>	<ul style="list-style-type: none"> <li>• Carry heavy objects and open stubborn jars.</li> <li>• Great-looking arms.</li> </ul>	
<b>Shoulders (deltoids)</b>	<ol style="list-style-type: none"> <li>1. Hold band with both hands in front of your hips. Elbows should be slightly bent.</li> <li>2. Keeping your left arm still, slowly lift your right arm out to the side.</li> <li>3. Slowly return to starting position.</li> <li>4. Switch sides when ready.</li> </ol>	<ul style="list-style-type: none"> <li>• Lift heavy objects from a top shelf.</li> </ul>	

(continued)

Muscle group	What to do in 4 steps	Real-life benefit	Illustration
<b>Mid-lower back (latissimus dorsi)</b>	<ol style="list-style-type: none"> <li>1. Hold band with both hands above your head.</li> <li>2. Slowly pull down your left arm to your left side while bending your elbow.</li> <li>3. Slowly return to starting position.</li> <li>4. Switch sides when ready.</li> </ol>	<ul style="list-style-type: none"> <li>• Lift heavy objects with ease.</li> <li>• Broader mid-lower back muscles make your hips look narrower.</li> </ul>	
<b>Back of arm (triceps)</b>	<ol style="list-style-type: none"> <li>1. Hold band with both hands, with fists facing each other and palms facing down.</li> <li>2. Lift arms parallel to floor in front of chest with elbows bent.</li> <li>3. Using left arm only, slowly pull band apart, then slowly return to starting position.</li> <li>4. Switch sides when ready.</li> </ol>	<ul style="list-style-type: none"> <li>• Pull or push yourself up from seated or lying position easier.</li> <li>• Reduce flab from under arms.</li> </ul>	
<b>Inner and outer thigh (adductors and abductors)</b>	<ol style="list-style-type: none"> <li>1. While sitting down, hold band with both hands.</li> <li>2. Rest hands on outer edge of knees.</li> <li>3. Slowly pull band apart using your legs.</li> <li>4. Slowly return to starting position.</li> </ol>	<ul style="list-style-type: none"> <li>• Better support for hips and legs.</li> </ul>	

To learn more, call the **Health Education Information Line** toll-free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 am to 5 pm, excludes weekends and holidays.

For questions about your **CalViva Health** benefits, call the Member Services toll-free at **888-893-1569 (TTY: 711)**, 24 hours a day, 7 days a week.

This information is not intended as a substitute for professional medical care. Always follow your health care provider’s instructions. Programs and services are subject to change.