



# RESISTANCE BANDS NOT JUST FOR YOUR GRANDMA!

Weight bearing exercise, strength training, and resistance training all improve muscle and bone strength, which can help to prevent fractures, falls, and other injuries.

## Why use resistance bands?

**Portable:** Resistance bands can be stashed in your bag and used anywhere – whether you are at the gym, home or a hotel room.

**Multiple Fitness Levels:** Whether you are novice or elite – Resistance bands are for you! You can use a variety of resistances (light, medium, heavy) or even use multiple to increase the challenge.

**Add Variety:** Your muscles adapt quickly so adding variety to your workouts is key for challenging your body.

**Use Alone or Combine with other Equipment:** resistance bands can be safely used on their own or combined with weights

**Whole Body Exercise:** resistance bands can be used for full body workouts that challenge every major muscle group in your body.

**CONTACT US** with questions or to get an appropriate program for you!



SPORTS PHYSIOTHERAPY  
*working to keep you moving*

## Resistance Exercise Examples

### Glute Extensions



### Bicep Curls



### Squats



## BODY WORKS SPORT PHYSIOTHERAPY

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