



SilverSneakers Steps®

*Your Time to
Unwind!*



Your SilverSneakers Stress relief kit is designed to help reduce stress, increase flexibility and strength, and promote relaxation through stretching, breathing techniques and meditation. Using your resistance band regularly will help you achieve a healthier lifestyle in mind, body and spirit through a variety of resistance exercises. The SPRI® 5-Foot Flat Band is great for physical therapy, personal practices, chiropractics, aquatics, seniors, children and travel. The band's size (5 feet long, 5.5" wide) enables you to bring a variety of resistance exercises to any workout, building strength and toning muscles.

Be sure to talk to your doctor before beginning any new fitness program, and read all instructions before beginning the exercises listed below.

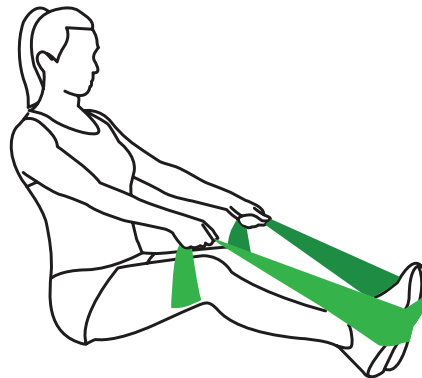
Instructions for safely achieving maximum results

- Wear appropriate clothing and footwear
- Warm up by performing each exercise 3-5 times without the resistance band
- Use a full range of motion for each exercise
- Make sure the band is secure in each hand before beginning
- Perform the exercises only as shown, with the proper posture
- Complete 1-3 sets of 8-12 repetitions for each exercise; rest for 30-60 seconds between each set (increase or decrease resting time based on fitness level)
- If you feel any discomfort, stop immediately
- For maximum results, exercise at least 3 times per week with 24-48 hours of complete rest in between sessions

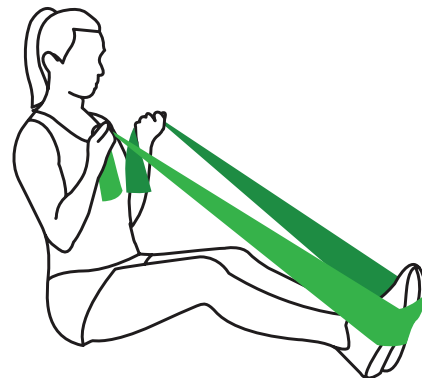
Let's Get Started!

Biceps Curl

1. Place the band around your feet and sit on the floor with knees bent.
2. Grasp each end of the band in each hand with your palms facing in and arms extended toward legs.
3. Bend your arms keeping your elbows stationary.
4. Pull your hands toward your shoulders, keeping palms facing up.
5. Hold the position for 1-2 seconds and slowly return to start.



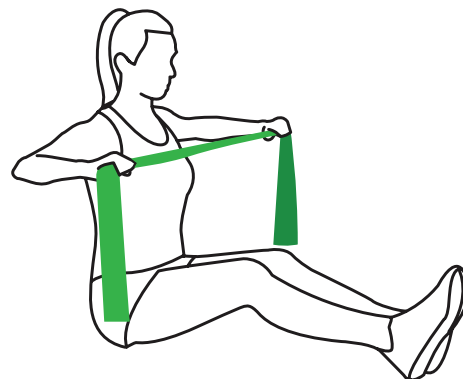
1-2



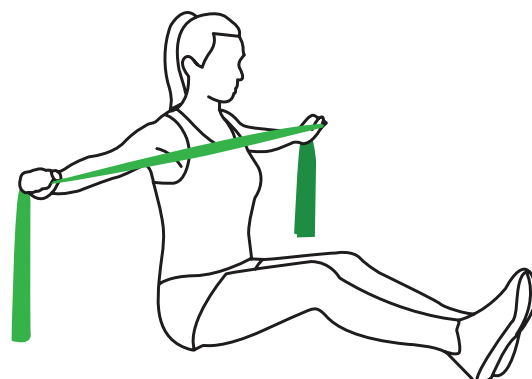
3-5

Triceps Extension

1. Sit on the floor with your knees bent.
2. Hold the band with both hands as shown, keeping your arms bent, palms facing down and elbows at shoulder height.
3. Straighten your arms until your hands are aligned with shoulders, being careful not to lock the elbow joints.
4. Hold the position for 1-2 seconds and slowly return to start.



1-2

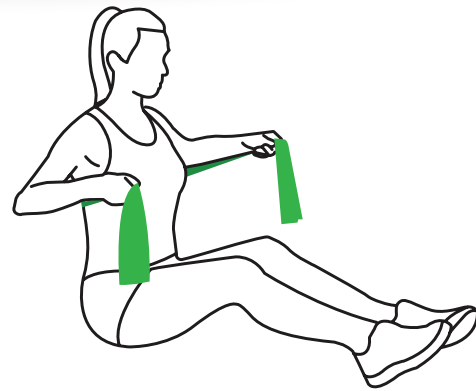


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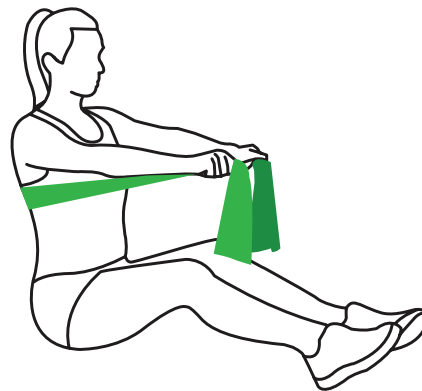
Continued

Chest Press

1. Sit on the floor with your knees bent.
2. Wrap the band behind your back, just below the shoulder blades. Hold the band with both hands as shown, palms facing in and bending at the elbows.
3. Rotate shoulders inward, pressing both arms forward until straight in front of you with palms facing down. Keep shoulder blades together.
4. Hold the position for 1-2 seconds and slowly return to start.



1-2



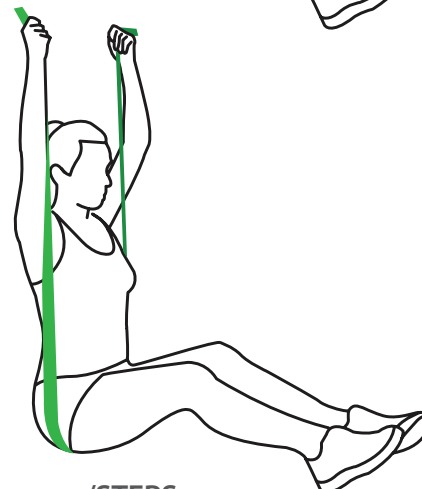
3-4

Shoulder Press

1. Sit on the floor with your knees bent.
2. Place the band underneath your buttocks and hold each end just above shoulder-height. Palms should face forward with the band along the inside of your upper arms as shown.
3. Raise arms straight up while turning palms to face each other, ending directly over your shoulders.
4. Hold the position for 1-2 seconds and slowly return to start.



1-2



3-4

For more exercises, videos or information, please visit silversneakers.com/STEPS.

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