

Exercise Band Abduction

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Outer thigh muscles

Sit at the edge of a chair with hips and knees at 90° with feet flat on the floor, always maintaining good posture. Wrap the band around both legs just above the knee, keeping in mind the more the band is wrapped increases the resistance on the muscles. This is the starting position. Inhale, and exhale while opening the knees as wide as possible, inhale and return to the starting position for one repetition.

Focus on using smooth and controlled movements, and not allowing knees to 'snap back' together in order to keep tension on the muscles throughout the exercise.

Continue for 2 sets of 8-10 reps.