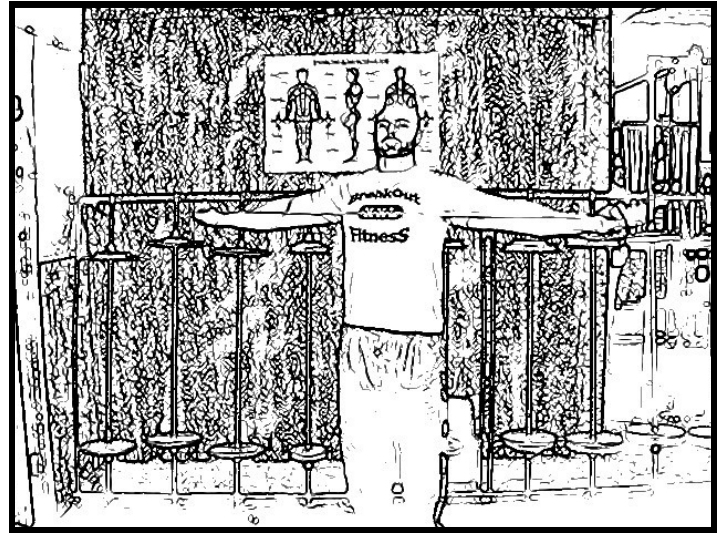
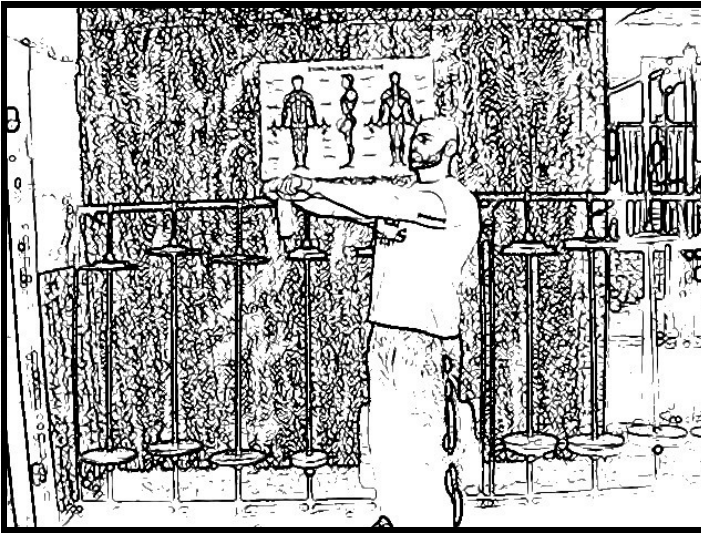


Pull Back

- 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: Shoulder muscles (deltoid)

Stand with feet shoulder width apart, keeping the back straight with good posture. Grasp part the band in each hand and raise both arms out in front to shoulder height, keeping a slight bend in the elbow and palms face down. This is the starting position. Inhale, then exhale and pull both arms out in a straight line, never going past the shoulders, for a count of 3. Inhale and relax the band in a slow and controlled movement to return to the starting position for one repetition. (The less slack between the hands creates more resistance on the muscles.) Focus on squeezing the shoulder blades to open the arms, never arching the back or rocking to use momentum, and always keeping the head and neck straight.

Continue for 2 sets of 8-15 reps.