



# Get Stronger by Stretching with Thera-Band

*Noa Spector-Flock*

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# Get Stronger by Stretching with Thera-Band

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## **Get Stronger by Stretching with Thera-Band** Noa Spector-Flock

This introduction to a unique exercise program shows how to strengthen the body by contracting specific muscles while lengthening them, using the elastic Thera-Band favoured by physical therapists. A workout for the upper, centre, and lower body, as well as warm-up exercises and a set of exercises especially for dancers, begins at an easy pace and gradually builds to more difficult levels. Principles of muscle movement and correct body alignment are discussed, instructions for assessing body alignment are provided, and proper breathing and mental focus while exercising are stressed. Three sample exercise programs and complete instructions for choosing, using, and caring for the Thera-Band round out this guide to increased strength and flexibility.

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