



# BUILDING STRENGTH WITH EXERCISE BANDS



Dyna Bands are:

- inexpensive
- portable
- effective
- convenient
- easy to use
- light to carry

## Benefits of Using Dyna Bands:

- Increased muscular strength and endurance
- Low impact exercise
- Offers different degrees of difficulty and /or resistance
- Full body workout allowing greater range of motion
- Creates resistance from variety of directions
- Offers additional stability and balance
- can relieve back, shoulder and neck pain



[www.bisonactiveliving.ca](http://www.bisonactiveliving.ca)

## Dyna Bands, Great Alternative to Weight Training

Dyna Bands are great for a quick 10-minute resistance training break at the office, at home or on the road. They are also wonderful for a full-body workout in the gym or exercise group. Regardless of what your goals are you can easily implement the use of the Dyna Bands into your routine. Keeping in mind what your personal fitness goals are you can then decide how often and to what extent you want to use the band.

After you have learned how to use the Dyna Band you can just apply the FITT principle which in the world of exercise is a set of rules that help you get the most out of your workout.

F = FREQUENCY (how often should you exercise)  
 I=INTENSITY (how hard should you exercise)  
 T= TIME ( how long should you exercise)  
 T= TYPE (what type of activity should you be doing)

Dyna Bands are controlled by simply shortening or lengthening of the band, by keeping it under slight tension throughout the range of motion and its length. The return phase (shortening, also called eccentric phase) of the band is equally important as the lengthening phase. Slow controlled range of motion is a safe method to start until the you have mastered the technique.



**Activity is Contagious**

**For more information :**

**Call 474-6476**

**[www.bisonactiveliving.ca](http://www.bisonactiveliving.ca)**



### Ulla Liljegren, Coordinator of Fitness and Lifestyle Services at the University of Manitoba,

Ulla is a fitness professional from the University of Manitoba Recreation Services. She has been in this field of work for the past 20 years. Ulla is accredited through Manitoba Fitness Council holding specialties in Exercise to Music, Resistance Training, Aquafitness, Older Adult, Arthritis and Yoga. She

is a Fitness Leader, Evaluator of Fitness Leaders, as well as a Certified Personal Trainer. Ulla is also a graduate from the University of Manitoba with degrees in Bachelor of Arts and Bachelor of Recreation Studies.

Ulla shares her passion and fun for physical activity as a

presenter, leader and a consultant. She has extensive knowledge in fitness testing and training of all levels and all ages.

She believes in living life actively and her motivation is to inspire everyone to do the same, and make your own health the first priority.