

Fit with

 **Thera-Band**[®]
Systems of Progressive Exercise

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ON THE ORIGINAL

Soft Weights

Your professional guide
for daily training



Contents

Introduction	2
Soft Weightss	3
Materials and characteristics	3
Handling	4
Training tips	5
Exercises	7
Exercises for children	22

Introduction

Soft Weights are a versatile and extremely handy alternative to weight sleeves and barbells. The soft material provides natural support for functional gripping force and offers opportunities for coordinative and playful applications in addition to normal strength training.

This is why Soft Weights are equally well suited for healthy adults, seniors, and elite athletes as well as patients suffering from arthritis or limited hand mobility.

Soft Weights

Materials and characteristics

The small, handy balls have a uniform diameter of 11.3 cm and are available in six colour-coded weights.

Colour	Weight
Beige	0,5 kg
Yellow	1,0 kg
Red	1,5 kg
Green	2,0 kg
Blue	2,5 kg
Black	3,0 kg

The soft rubber surface ensures an optimum grip and is easy to clean even when used intensively by several persons. Weight

durability and safe training with Soft Weights mainly depends on proper use:

- Check the Soft Weights for cracks or damage on a regular basis and replace the weights as needed.
- Do not store the Soft Weights in direct sunlight since this affects the colour and material surface over the long term. Storage and use at extreme temperatures should also be avoided.
- If the Soft Weights get dirty, simply clean them using a damp cloth. Please do not submerge the balls in water since it may otherwise penetrate through the valve. Underwater use is not possible.
- Do not try to open the balls or to remove all or part of the contents.
- Improper or careless use may lead to injuries. Only complete safe and, in particular, pain-free exercises.

Handling

Soft Weights can be used as follows:

- Alone or with a partner.
- With one or both hands (one ball or two balls).
- In combination with an exercise ball, stability trainer, tilting board, or spinner.
- In combination with mini trampolines.

Soft Weights are ideal for strength, balance, and coordination training and may also be used to mobilise joints and soft tissue. Sports-specific training and playful use for children's exercises are also supported.



Training tips

Fitness-oriented preventive strength training focuses on improved muscular endurance, muscle development, and the resulting effects on the body. Beginners should select 6-8 of the following exercises in order to achieve this goal. Each exercise should be repeated 15-20 times. The entire sequence may be repeated 1-3 times. You should never experience **EXTREMELY** heavy strain while training. Once you have established a foundation and the exercises come easily, you can increase the weight (ball colour), number of repetitions (sets), and training frequency. Please observe the following principles:

- Always progress from light to heavy (weights) and simple to complex (exercise sequences).
- Maintain correct posture and conduct movements in a slow, controlled manner in the initial position, during the exercise, and at the end.

- Training should be pain-free. Take a break if an exercise becomes painful. You should consult a physician if pain occurs repeatedly.
- Training with children requires constant supervision and guidance. Soft Weights are not a toy!
- Examine each exercise in detail and visualise the process.
- **ALWAYS** exercise both the right and left side of the body even when the illustration only shows one side.

Strength and coordination – arms

Arm flexion



Stand with your knees slightly flexed. Hold one of the Soft Weights at hip height. The back of the hand faces down and the elbow is kept close to the body.



Flex and extend your forearms. This exercise may also be completed using two Soft Weights and both arms simultaneously.

Strength and coordination – arms

Arm stretch / lift



(a)



(b)

(a) Stand with your knees flexed. Hold one of the Soft Weights in front of your body with both hands. The backs of the hands face down and the elbows are kept close to the body. Extend your arms to shoulder height and then bring them back.

(b) This exercise may also be completed with one arm at a time.

Side lift



Stand with your knees slightly flexed. Hold one of the Soft Weights at the side of your body with your elbow flexed. The back of the hand faces down and the elbow is kept close to the body.



Now extend your arm until it is horizontal and then slowly bring it back.

Strength and coordination – arms

Side Lift above your head



Stand with your knees slightly flexed. Hold one of the Soft Weights at the side of your head with your elbow flexed.



Now extend your arm above your head and then bring it back slowly. Change sides.

Diagonal Lift above your head



Stand with your knees slightly flexed. The Soft Weight is held at hip height in both hands, with the backs of the hands facing down.



Raise the Soft Weight up to the left with one hand. Follow it with your eyes. Change sides.

Strength and coordination – arms

Push-ups



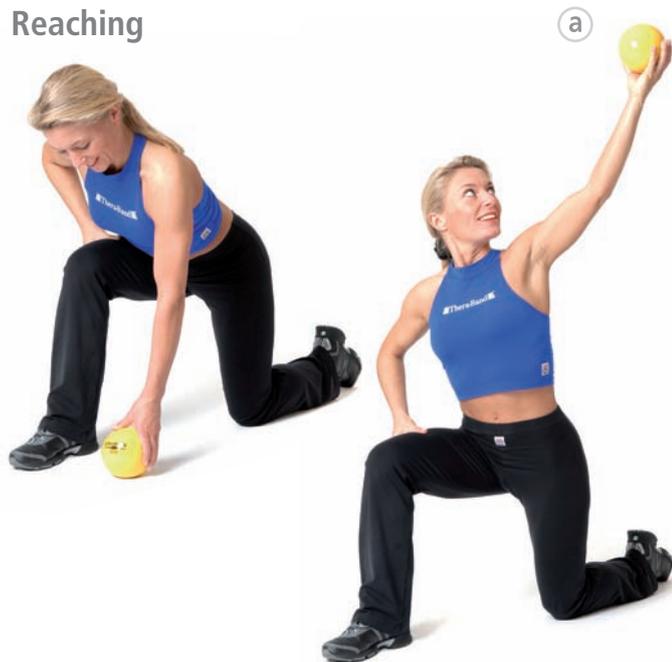
Support yourself on the Soft Weights with both hands and do push-ups.



You may flex your knees at the outset.

Strength and coordination – arms/back

Reaching



- (a) Canoeist stance with the Soft Weight in front of you on the floor. Lift the Soft Weight and then move it up and back.



- (b) Canoeist stance with the Soft Weight in front of the rear knee. Raise the soft weight from the bottom left to the top right.

Strength and coordination – back

Rowing



Shoulder-width parallel stance. Upper body bent slightly forward with the back straight. Hold one of the Soft Weights in front of your body with both hands, approximately at knee height.



Now pull your elbows up and back (tighten the shoulder blades), hold briefly, and release.

Deadlift



Shoulder-width parallel stance. Upper body bent forward with the back straight. Hold one of the Soft Weights behind your body with both hands.



Now slowly straighten your upper body. Then bend forward again.

Strength and coordination – back/abdomen

Side stretches



Stand with the Soft Weight above your head (arms extended).



Slowly tilt your upper body to the side. Hold briefly and then straighten up slowly.

Windshield wiper



Face-down position. Hold the soft weight in front of your head with your arms extended.



Now slowly move your upper body to the right and then back past the centre to the left.

Strength and coordination – back/abdomen

Lifting stones



Face-down position. Hold one of the Soft Weights in your left hand (arm extended). Another Soft Weight (stone) is lying in front of your body.



Raise the Soft Weight over the stone and pass it to your right hand. Then pass it back.

Abdomen



Lie on your back with your legs angled. Soft Weight at stomach height.



Raise your upper body slightly and push the Soft Weight in the direction of your knees. Hold briefly and then return (do not put it down fully).

Strength and coordination – back/buttocks

Knee bend



Stand with the Soft Weight between your thighs. Allow your hands to rest lightly on the outside of your thighs.



Bend your knees without losing the Soft Weight, hold briefly, and straighten up.

Knee bend with front arm lift



Stand holding one of the Soft Weights in front of your body with both hands.



Now slowly get down on your knees while lifting your arms slightly up and to the front. Hold briefly and then straighten up.

Strength and coordination – back/buttocks

Bend and stretch



Shoulder-width parallel stance. Knees slightly bent. Put the Soft Weight down in front of you.



Grasp the Soft Weight and move it up and back as you straighten up.

Strength and coordination – body

Diva



Parallel stance with interior arm rotation in front of the hips.



Move your arm with the weight up and out. This exercise may also be completed using two Soft Weights and both arms simultaneously.

Strength and coordination – body

Diagonal stretch



- (a) Shoulder-width, slightly offset stance. Weight on the front leg. Soft weight at hip height (elbow bent).



Move your arm with the weight up and to the front while you raise the back leg out and back. Follow the arm movement with your eyes.

Diagonal stretch



b Raise the back knee and bring the Soft Weight to the knee.



Now stretch the bent leg back and out while lifting the Soft Weight up and to the front.

b

Exercises for children

Nut toss



From a sitting or standing position, throw the Soft Weight in the air and catch it.



Two children may also toss a Soft Weight back and forth.

Egg relay



Hand the Soft Weight from child to child – either through the legs or over the head.

Beetle



Pass the Soft Weight using the feet.

Exercises for children

One-legged stance



Stand on one leg (with or without stability trainer) and roll the Soft Weight once around your leg using the other foot.

Wandering ball



Lie on your back and press the soles of the feet together. Using your right hand, pass the Soft Weight underneath the „leg bridge“ and to the right hand of the next person. Move the Soft Weight from the right to the left hand and now pass it to the left hand of the next person.

Double roundabout



Lie across from each other on your stomach so that the fingers touch with your arms extended. With your arms outstretched, move the Soft Weight across your own back, stretch forward, and pass it to the other person.