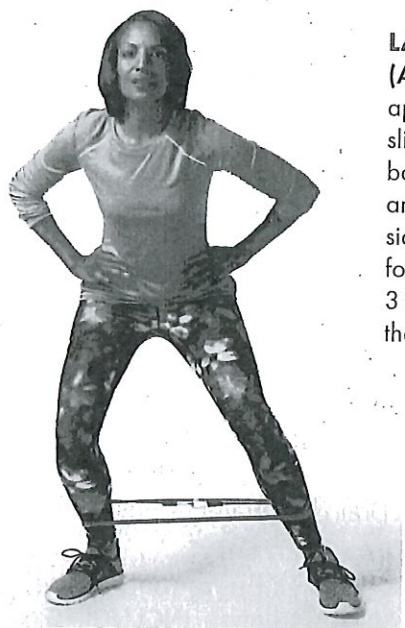


your Self [FITNESS]

STRETCH IT FOR STRENGTH

Work your whole body with resistance bands.

No gym? No problem! You can use resistance bands to work out anywhere. Bands or tubes have varying levels of resistance, so select one with enough resistance that challenges you but allows you full range of motion. Here's a full-body workout to get you started. —BRYAN D. VARGO



LATERAL WALK

(A) Stand with feet hip-width apart, back straight, knees slightly bent and a looped band taut; not loose, just above ankles. (B) Step wide to one side, pause, then bring other foot in, to hip-width. (C) Step 3 to 5 more times to that side, then switch sides.



FRONT AND LATERAL RAISE

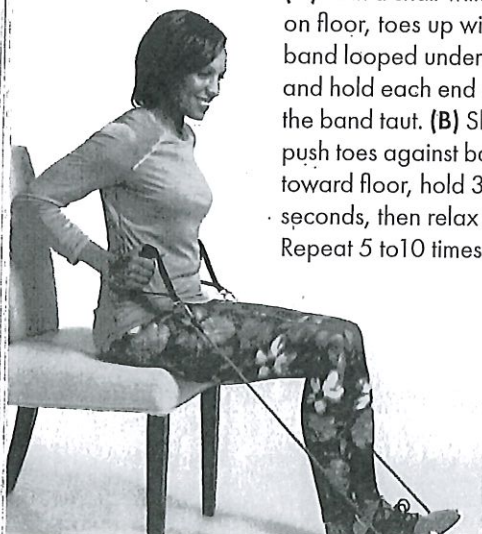
(A) Stand with feet hip-width apart on the center of the band, holding each end of the band, arms at sides. (B) With palms down, slowly lift arms straight forward to shoulder-height, pause, then lower arms. (C) Slowly lift arms straight to sides to shoulder-height, pause, then lower. (D) Repeat 5 to 10 times.

WOODCHOPPER

(A) Loop the band around a column or anchor it to a closed door slightly overhead, and hold both ends of the band over right shoulder, as if holding an ax. (B) Tighten abs and slowly move the ends of the band across your body to your left hip. (C) Return to starting position. Repeat 3 to 5 times on each side.

CALF CURL

(A) Sit in a chair with heels on floor, toes up with the band looped under toes, and hold each end of the band taut. (B) Slowly push toes against band toward floor, hold 3 seconds, then relax toes. Repeat 5 to 10 times.



STANDING CHEST PRESS

(A) Loop the band around a column or post. (B) With back to post and one foot slightly forward, hold ends at chest