



ElastaBlast[®] Activity Guide

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WHAT IT DOES & DOESN'T DO

ElastaBlast[®]'s strength and stretch ability create an exciting new movement experience. Whether you work with individual clients in fitness, physical therapy, movement therapy, or education, you can use the **ElastaBlast[®]** to build muscular strength, trust, develop relationship, work out tensions, or even teach music and math concepts thru the body. These activities will start you out understanding the possibilities of **ElastaBlast[®]** so you will find your own ways to adapt it to yours and your client's needs.

While **ElastaBlast[®]** is made of heavy-duty surgical elastic, it shouldn't be misused or abused. Do not use it to play tug-of-war, as a swing or as a grown-up baby bouncer. Like anything with tensile properties, it can have a recoil effect, so be careful that participants do not slingshot out of control. You can involve up to twenty-five people (X-large), twelve people (large), four people (medium), or two people (small), but be discrete as to how individual weight might affect that number. Make sure fabric is equally distributed around internal elastic before each use.



WARM-UP EXERCISES

Stretch

Arms, back, chest, shoulders:

Sitting or standing, participants hold **ElastaBlast[®]** above heads moving straight arms forward and backwards, side to side, and circling over the head with as much range of motion as possible. Hold **ElastaBlast[®]** with two hands, arms outstretched to the front. Stretch arms to either side without moving torso.

Sides:

Holding **ElastaBlast[®]** in right hand everyone step back to expand the circle, producing as much tension as possible. Don't let go! With feet parallel to the circle, lean sideways away from the center while stretching left arm over head towards the center. Change sides.

While sitting on the floor, hold **ElastaBlast[®]** with right hand. Move back to produce the right amount of tension. Slowly lean forward, twisting torso towards arm holding band. Change sides.

Participants stand or sit facing center, with **ElastaBlast[®]** held in both hands. Each participant pulls away from the center with bent knees, producing an undercurve of back and pelvis. Instruct use of oppositional pull to change body position and find different places in the back to stretch.

Legs:

Participants sit holding **ElastaBlast[®]** in front of them, with legs either straight or slightly bent. Lean forward from hips and perform a rowing action with the arms. The body returns to the vertical as arms circle up towards the ceiling.

All lie on back with head towards center. Hold band with two hands, raise one leg, placing band under arch of foot. Use **ElastaBlast[®]** to stretch your hamstrings by gently pulling your leg towards your head.

While on back bring both legs open to a V shape on band, overlapping ankles with your neighbor if necessary. Allow weight of legs to hang into the support of the band while maintaining lower back on floor. Enjoy the stretch!

Standing, and far enough apart to create adequate tension, participants hang forward while holding on to **ElastaBlast[®]**. Encourage use of breathing and sensing body weight in order to increase stretch and relaxation.



Strength

Thighs:

Sitting, hook **ElastaBlast**[®] around instep of foot while holding on with right and left hands. Press with foot and pull with hands to lift leg away from floor. Lower slowly and repeat until leg tires. Use texture of **ElastaBlast**[®] to massage feet.



Abdomen:

Participants sit facing **ElastaBlast**[®] and holding it in two hands, execute a backwards buttock walk until band provides a moderate resistance. Lie down on three counts, lift **ElastaBlast**[®] to the ceiling and resume sitting position, again in three counts. As a variation, instruct one half of the circle to pull back to the floor while the other half does its sit-up. Add a twist on the way down while holding with one hand, lie on back, heads toward center, place arches of feet on band, press legs toward floor while holding band.

Arms:

On back, heads towards center, knees bent, feet on floor, hold **ElastaBlast**[®] with hands shoulder-width apart. Arc band up towards thighs and back to floor over head. Repeat with one arm. Repeat moving right arm diagonally towards left thigh.

MOVEMENT EXERCISES

The Basic Amoeba

Form a circle with 3-8 people inside the **ElastaBlast**[®], stretching it comfortably against your lower back. Arms rest lightly on the **ElastaBlast**[®] while hands grasp it on either side. Take a few steps to the rear, then lean slightly backwards until a counter-tension results between weight and support.

PinBall Blast

This exercise promotes a physical experience of rebound, while encouraging interpersonal spontaneity. Four or eight participants stand inside **ElastaBlast**[®]. Stretch **ElastaBlast**[®] outward to a light tension. Participants count off and run sequentially across the circle without delay creating a pinball effect.

Loop-The-Loop

Start inside **ElastaBlast**[®] and move out to the Amoeba position. Participants take 3 rotating steps to right, then two to left.

Complete one revolution around the **ElastaBlast**[®] in this way. Try turning on your favorite music, adding eight counts of free form between each of your double rotating turns, and imagine dancing with your favorite partner!

Break Dancing

Group stands either outside or inside **ElastaBlast**[®] holding with two hands. One or two “break dancers” hold two-handed while on floor. Group creates momentum for “break dancers” to spin, propel, or whip around on back, belly, or sides. A nice, smooth wood floor is necessary.

Shape Making

Encourage groups of 4-8 children to work together to make familiar shapes to begin with. Introduce three-dimensional shape making by adding extensions into different planes. Have them make up their own shapes. Divide group into shape makers and observers. As shape makers complete their shape, observers can either draw shapes they see or choose one they would like to “move” as a group. Different options for moving their shapes are expansion/contraction, twisting, rotating, changing positions while maintaining original shape, etc.

FAMILY GAMES

Who’s in Control?

Alternately stand inside or outside of **ElastaBlast**[®], holding two-handed, facing toward center. Decide who are the leaders and who are the riders. Object is to either lead or follow while staying in balance.

Tree Rooting

All stand with feet spread wide inside **ElastaBlast**[®] leaning slightly back. Without moving feet, participants attempt to uproot their counterparts by using hands and arms on the **ElastaBlast**[®] and performing quick shifts that throw the other off balance.

Mountain Climb

Participants hold **ElastaBlast**[®] over their heads. One Participant at a time hangs from the **ElastaBlast**[®]. Encourage both hangers and supporters to verbalize imagery or feelings, e.g., surrender, dependency, hanging by one's fingernails, etc.



Traffic

Participants take the Amoeba position. Count off in 3's. The leader calls out "one, two, three, all ones change." All number one participants must change their **ElastaBlast**[®] positions with another number one. Last one to find a new place is out. Leader repeats commands changing the number each time until there are three participants left. The last one left goes in the center and gets one minute to direct others.

NoiseBreaker

Facing towards center, expand circle as large as it will go. On leader's signal all children run towards center while making a sound. Gradually increase or decrease sound level. Agree on specific kind of sound. It could range from a hearty scream to a robust musical phrase.

Potpourri

Give the oldies-but-goodies a new twist. **ElastaBlast**[®] can greatly increase the fun of such tried and true activities as mirror games, Simon Says, The Hokey Pokey, Follow the Leader, Red Rover, etc.

GAMES

Dragon Tag

Start with 1-3 bands with two children in each band. Set a large circle or square boundary. The children in the bands try to touch the children outside the bands. When a child is tagged he/she must join the circle inside the band. Play until all children are tagged and inside the band. Variation: Child tagged is replaced by tagger. Suggestion: Group says name of child to be tagged so group works together.



Shape Making

Make squares, rectangles, parallelograms, stars, octagons, hexagons, etc. Inside participants face outwards applying pressure outwards, while outside participants stand facing inwards, pressing towards inside.

Balloon Toss

Use several small bands with 5-6 people inside. Each team must keep a balloon in the air longer than the other teams while moving in relation to the band. Variation: Switch places while keeping balloons in the air. Two teams volley the balloons back and forth while maintaining pressured waist contact with the band.

Cat and Mouse

Mice run in and out while being chased by the cat. Cat(s) must always be in contact with the band. Children try to prevent cat from getting mice by lifting side up and down, ricocheting cat off path, or pulling circle away from mice.

Numbered Ducks

Count off in 4's. All hold outside band with left hand, pull out to firm tension, and continue to circle around to left maintaining tension. As child's number is called they turn and run two times clockwise around to their original position. Call can instruct runners to skip, hop, leap, slither, etc. as variations.

Twister

Lead the group in floor patterns that begin to overlap each other by climbing under, over, or around each other until they reach a twisted spatial design. Now get untwisted without letting go of the band.

Small Elastablast® Ideas

Couples

You can work out or stretch with your partner or friend! All of the exercises listed above can be adapted for use with two people.

Two-Way Balance (balance, grounding, trust, adaptation, strength)

Two people hold the band pulling apart enough to where there is an equal counter tensional pull. Slowly twist the torso away from the other while pulling back on the band, feet spread wide.

Variation: Once an equality is established you can begin to challenge each other by making quick, strong, weight changes without moving the feet in order to move the other off balance.

Assisted Sit-up (body center strength, proper mechanics, trust building)

Therapist stands inside band with it around the waist. Client can either sit opposite holding the band or with the band around upper back, under arms, and holding it with hands. Therapist provides resistance so client can slowly sit back to floor and back up again.



Arm Curl (upper body tonicity, arm strength)

Individual stands on doubled band and holds opposite ends. Bend elbows and pull up band to create arm resistance.

Leg Press (lower body strength, coordination, tonicity, flexibility)

Two people lay down head to head, legs in air. Hook the band over the arches of the feet and press it away from each other to create an equalized tension. Alternate pressure, one presses down while the other holds still. Or both press down at the same time. Or just hang out opening the legs more into a straddle stretch



ElastaBlast® comes in four sizes:

Small	1-2 people
Medium	3-5 people
Large	4-12 people
X Large	10 to 20 people

Get started using your Elastablast® with our DVD

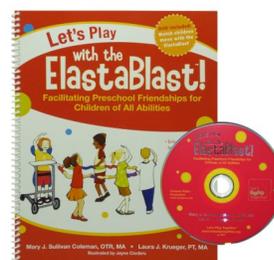
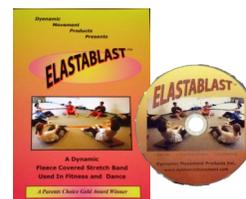
Loads of ideas for group movement, warm-ups, and core strengthening

Or For Pre-School Age with Song and Movement

Let's Play With the Elastablast DVD and Handbook

By PT Mary Coleman and OT Laura Kreuger

ElastaBlast® is machine washable, cold water, gentle cycle. Hang to dry.



www.dyamicmovement.com

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