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*RESISTED EXERCISES USING ELASTIC BANDS  
FOR HAMSTRING MUSCLE FLEXIBILITY  
IN THE FURTHER AGE*

*SUMMARY*

**Background:** *The world's elderly population is currently in the era of an aging population, with a population aged 60 years and over exceeding 7% of the population. Physiologically elderly people experience a decrease in function in the body which makes their health easily disturbed. Entering the elderly has decreased physically, one of which is the decrease in muscle mass and flexibility, thus affecting the ability of the elderly to fulfill physical activities and daily activities. Flexibility is included in the components of physical function that are related to muscle performance, balance, stability, coordination, endurance. As a person gets older, they will decrease physical activity so that the muscles experience decreased physical function. Hamstring muscles play an important role in mobility in daily activities. Hamstring flexibility is largely determined by the tensile strength of the hamstring muscles.* **Objective :** *To increase the knowledge of the elderly about the resistance training procedure using elastic bands for hamstring muscle flexibility.* **Method:** *The method used is using IEC media, namely posters as a tool to increase the knowledge of the elderly about flexibility exercises.* **Conclusion:** *The KIE poster media will be distributed to the public, especially the elderly.*

**Keywords:** *Elderly Flexibility, Posters, Resisted Exercise Using Elastic Bands*