

Exercise Band Training

TRICEP CURL



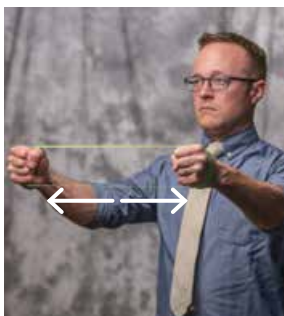
Sit down in a firm, armless chair. Slide all four fingers through band, until band rests at base of thumb. Cross arm of hand holding band, to opposite shoulder. Slide all four fingers of other hand into band, until band rests at base of thumb; palm faces away from body. Keep elbow tucked to side of body, while pushing the band from the shoulder, down toward same-side hip, keeping arm parallel to body. Only push band as far as you're able, while maintaining good form, moving slowly throughout the entire move. Do 12 Tricep Curls, then switch arms and repeat.

BICEP CURL



Sit down in a firm, armless chair. Slide all four fingers through band, until band rests at base of thumb. Cross arm of hand holding band, to opposite thigh. Slide all four fingers of remaining hand into band, until band rests at base of thumb; palm faces up. Keep elbow tucked to side of body, while pulling the band from thigh, towards the shoulder, keeping arm parallel to body. Only pull band as far as you're able, while maintaining good form, moving slowly throughout the entire move. Do 12 Bicep Curls, then switch arms and repeat.

UPPER BODY



From a standing or a sitting position, close hands into fists, and put both through band, resting band along back of hands. With arms extended out in front, with a slight bend to elbow, slowly pull band apart to as far as is comfortable, and then slowly return to beginning position. Do 12 reps with arms at waist height, then 12 reps with arms at shoulder height.

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SIDE LEG LIFTS



Stand behind a stationary chair. Place band around supportive shoes, resting band over shoe laces/in arch under foot. With feet facing forward towards chair, unlock knees, turn one heel out slightly, slowly extend that leg out to side and then slowly back in. Repeat 12 times on one leg, then the other.

HAMSTRING PRESSES



Stand behind a stationary chair. Place band around ankle of one, stationary leg. Place band around shoe of other leg, until band rests in the arch of foot. With feet facing forward towards chair, unlock knees, then slowly press foot (with band) out behind you, as far as comfortable (avoid leaning body forward) and then slowly back in. Repeat 12 times on one leg, then the other.

FRONT LEG EXTENSIONS



Stand to side of a stationary chair. Place band around ankle of one, stationary leg. Place band around shoe of other leg, until band rests across shoe laces. With feet facing forward towards chair, unlock knees, then slowly lift foot (with band) in front of you, as far as comfortable and then slowly back in. Repeat 12 times on one leg then the other.