

FLAT BANDS

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

ARM CURL



START: Sit on floor with knees comfortably bent. Place the Flat Band around both feet (or one foot if increased length is desired) and grasp each end, palms facing in, arms extended forward toward legs.

FINISH: Keep elbows stationary, bend arms and pull hands toward shoulders while turning palms upward. Hold 1-2 seconds and slowly return to start position.

SHOULDER PRESS



START: Sit on floor with knees comfortably bent. Place the Flat Band under the glutes. Hold band with both hands and position just above shoulders. Keep palms facing forward and band along inside of upper arms.

FINISH: Press arms up and back overhead while turning palms toward each other. End with arms directly over shoulders. Hold 1-2 seconds and slowly return to start position.

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ARM EXTENSION



START: Stand with feet hip-width apart. Hold the Flat Band with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.



FINISH: Keep elbows stationary, straighten arms until hands are aligned with shoulders, being careful not to lock the elbow joint. Hold 1-2 seconds and slowly return to start position.

CHEST PRESS



START: Stand with feet hip-width apart. Place the Flat Band behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.



FINISH: Press both arms forward, rotating the shoulders inward during the movement, ending with palms facing down. Keep shoulder blades together through entire movement. Hold 1-2 seconds and slowly return to start position.

UPRIGHT ROW



START: Stand with one foot slightly in front of body and bend knee with opposite leg straight and positioned slightly behind body. Hold ends of Flat Band and straighten arms along sides of body. Place bottom of front foot on middle of band firmly in floor.



FINISH: Bend arms and raise up in front of body to shoulder height. Hold 1-2 seconds and slowly return to start position.

KICK BACK FRONT RAISE



START: Stand with feet hip-width apart, hold ends of Flat Band and straighten arms along sides of body. Place bottom of foot on middle of band and bend leg while balancing on opposite leg.



FINISH: Simultaneously straighten leg down and back behind body while raising arms up and forward in front of chest. Hold for 1-2 seconds and slowly return to start position.