

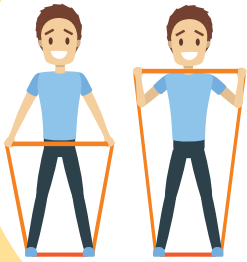
# GOZONE

## Kids

# BOUNCE BANDS

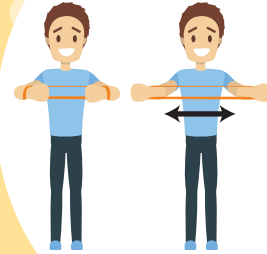


## CURLS



1. Stand on one side of the power band, and hold the other side of the band
2. Curl hands up (bend at elbows) to just below the chin.

## BUTTERFLY



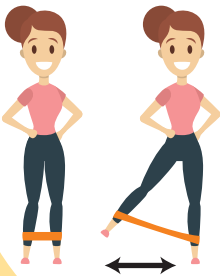
1. Hold the band in front of your body with your arms straight out
2. Gently pull the resistance band to the sides

## BEAR WALK



1. Start with the resistance band looped around your ankles
2. Take long slow steps, making sure to plant each foot firmly before taking the next step

## SIDE LIFT

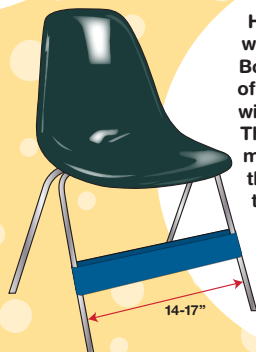


1. Start with the resistance band looped around your ankles
2. Lift your leg to the side in a gentle swinging motion

## SQUATS



1. Start with the resistance band looped around your upper legs with your arms straight out
2. Lower your upper body while keeping your back straight



Help kids get the wiggles out by placing the Bounce Band around the legs of their chair (fits most chairs with legs 14-17" apart). The band slides up and down to match your kid's height allowing them to bounce their feet in their seat! Give them an outlet for their energy and help them focus and stay on task!

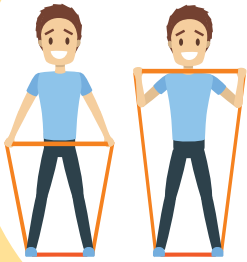
LEARN MORE AT  
[WWW.GO-ZONE.CA](http://WWW.GO-ZONE.CA)

**SAFETY TIPS:** Check for wear or damage to product before use. Do not use if product is worn or damaged. Keep out of reach of children. This is not a toy. Exercises should be done in a slow, controlled manner. Do not release resistance bands while under tension. The resistance bands are elastic and may snap or recoil towards you if it breaks or is released under tension. Never pull resistance bands toward your face or head. Do not attempt to modify bands or use attachments not recommended by the manufacturer. Do not attempt to patch or repair if punctured or cut. Avoid using resistance bands on abrasive surfaces. Clean bands with water and very mild soap. Do not use other cleaning products because they may damage the bands.

**WARNING:** Prior to using any exercise product it is suggested that you receive a complete physical examination and obtain your physicians approval of your exercise conditioning program. This is not a toy.

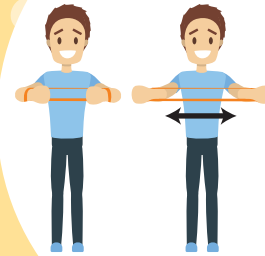


## FLEXIONS



1. Se tenir sur un côté de la bande élastique et tenir l'autre côté avec les mains.
2. Soulever les mains (en pliant les coudes) pour les amener sous le menton.

## PAPILLON



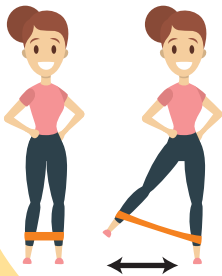
1. Tenir la bande devant soi avec les bras tendus.
2. Tirer doucement la bande élastique sur les côtés.

## MARCHE DE L'OURS



1. Commencer avec la bande autour des chevilles.
2. Faire de longs pas lents, en s'assurant de poser les pieds fermement au sol avant de faire un autre pas.

## LEVERS LATÉRAUX



1. Commencer avec la bande autour des chevilles
2. Lever la jambe sur le côté dans un mouvement lent de balancier

## Flexions de jambes



1. Passer la bande de résistance autour des cuisses et tendre les bras devant soi.
2. Abaisser le haut du corps tout en gardant le dos droit.



Pour aider les enfants à arrêter de gigoter, placer la Bande à rebond autour des pieds de la chaise (s'adapte à la plupart des chaises dont les pieds sont espacés de 35,6 à 43,2 cm [14 à 17 po]).

La bande glisse de haut en bas pour s'adapter à la taille de l'enfant et ce dernier peut faire rebondir ses pieds assis à son siège!

Cela leur donne un exutoire pour leur énergie et les aide à se calmer et à rester concentrés!