

STRENGTH & FLEXIBILITY KIT

EXERCISE GUIDE

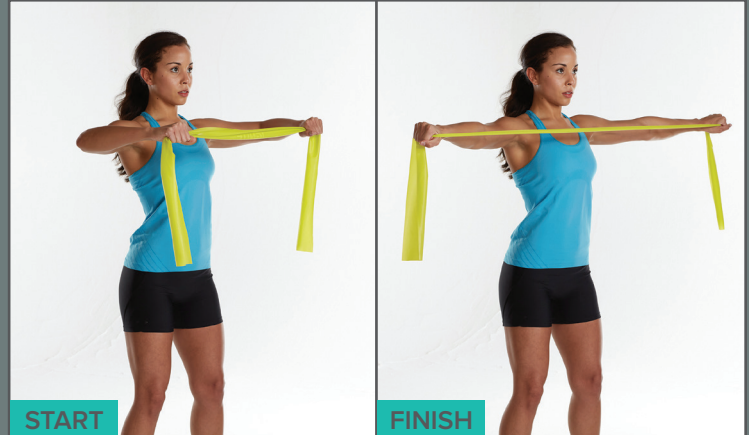
KICK BACK FRONT RAISE



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.

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.

ARM EXTENSION



Sit on floor with knees comfortably bent. Hold the Resistance Band with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.

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



Sit on floor with knees comfortably bent. Place the Resistance Band behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.

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.

SHOULDER PRESS



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

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.