

TREAT YOUR FEET KIT

EXERCISE GUIDE

UPRIGHT ROW



START



FINISH

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 the Resistance Band and straighten arms along sides of body. Place bottom of front foot on middle of band. Engage the muscles of your foot to firmly press band to the floor.

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

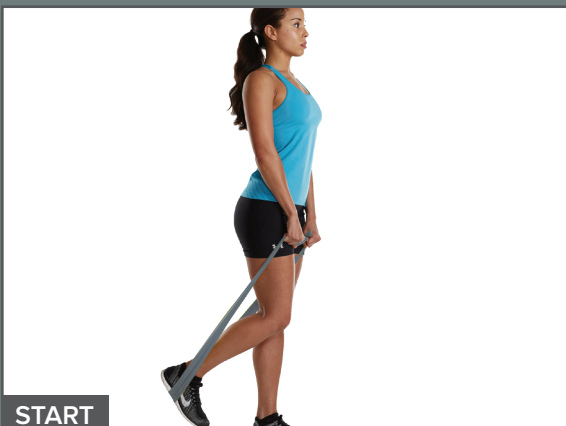
ARM CURL



START: Sit on floor with knees comfortably bent. Place the Resistance 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. Engage muscles of the feet to create resistance against the band. Hold 1-2 seconds and slowly return to start position.

KICK BACK FRONT RAISE



START



FINISH

START: Stand with feet hip-width apart, hold ends of the Resistance 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. Engage muscles of the foot to create resistance against the band. Hold for 1-2 seconds and slowly return to start position.

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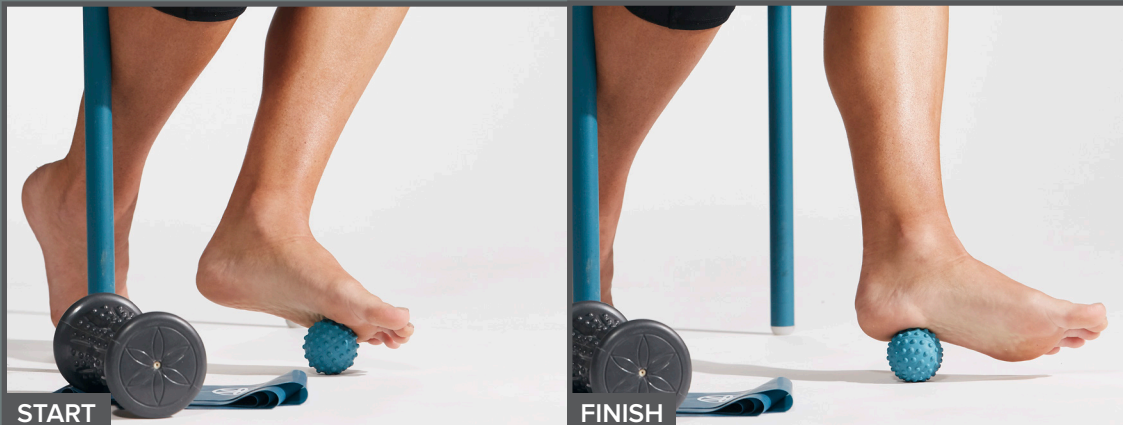
HOT & COLD FOOT ROLLER



START: Place Hot & Cold Foot Roller on a flat surface.

FINISH: Roll Hot & Cold Foot Roller back and forth underneath the foot, paying careful attention to sore areas. Massage for up to 6 mins per foot.

ULTIMATE FOOT MASSAGER



START: Place Ultimate Foot Massager on a flat surface.

FINISH: Roll Ultimate Foot Massager underneath the foot allowing it to work into the hard to reach spots while paying careful attention to painful areas. Massage for up to 6 mins per foot.