

LOOP BAND KIT

EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements. Or if unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

1. LEG EXTENSION



Sit on floor, bend legs and secure loop around foot of nonexercise leg and ankle of exercise leg. Lie back and support upper body on forearms.

Straighten exercise leg while keeping knee stationary and foot of non-exercise leg flat on floor. Return to start and repeat.

2. OUTER LEG LIFT



Secure loop around both legs just below knees and straighten legs. Lie on side and roll onto hip of non-exercise leg with bottom arm bent, head supported in hand, and top arm bent and hand positioned flat on floor in front of chest.

Lift top leg straight up and away from bottom leg while keeping bottom leg stationary on floor. Return to start and repeat.

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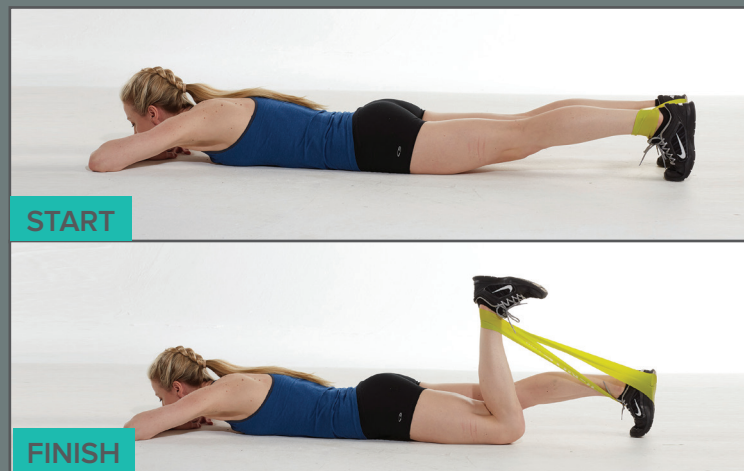
3. INNER LEG LIFT



Lie on side on floor and secure loop around foot of non-exercise leg and lower leg of exercise leg. Bend non-exercise leg, place foot flat on floor and straighten exercise leg. Bend arms and position elbow of bottom arm directly below shoulder and hand of top arm on floor in front of hip.

Lift exercise leg straight up leading with heel and toes pointed forward while keeping non exercise leg stationary and foot flat on floor. Return to start and repeat.

4. LEG CURL



Place band around foot of non-exercise leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Bend arms, rest head on hands, and press hips into floor.

Bend exercise leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercise leg firmly on the floor. Return to start and repeat.

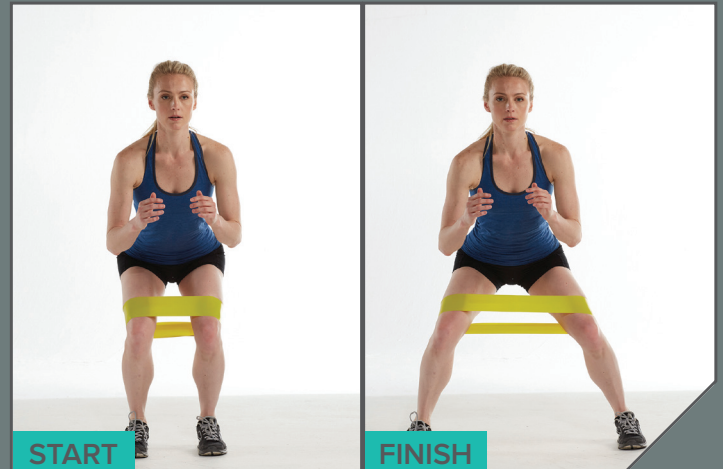
5. KICK BACK



Place loop just above ankle of non-exercise leg and around foot of exercising leg. Stand and balance on foot of non-exercise leg and bend exercise leg and position foot slightly behind body with foot off floor.

Keep foot of non-exercise leg flat on floor while straightening and lifting the opposite leg up and back, keeping toes pointed toward floor. Keep hips and shoulders square. Return to start and repeat.

6. SIDE STEP



Secure loop just above knees. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body.

Keep head up and hips square. Keep one leg stationary with foot flat on floor while stepping out and away from side of body with opposite leg. Keep knees bent, hips down and shoulders square. Return to start and repeat.

Consult your doctor or physical therapist before beginning this or any other self-treatment program. This product is not intended to cure any medical conditions.

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ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM THE ONE SHOWN.

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