

# LOOP BAND KIT

## LEG EXTENSION



1  
2

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.

## OUTER LEG LIFT



1  
2

Secure loop around both legs just below knees and straighten legs. Lie on side 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.

## INNER LEG LIFT

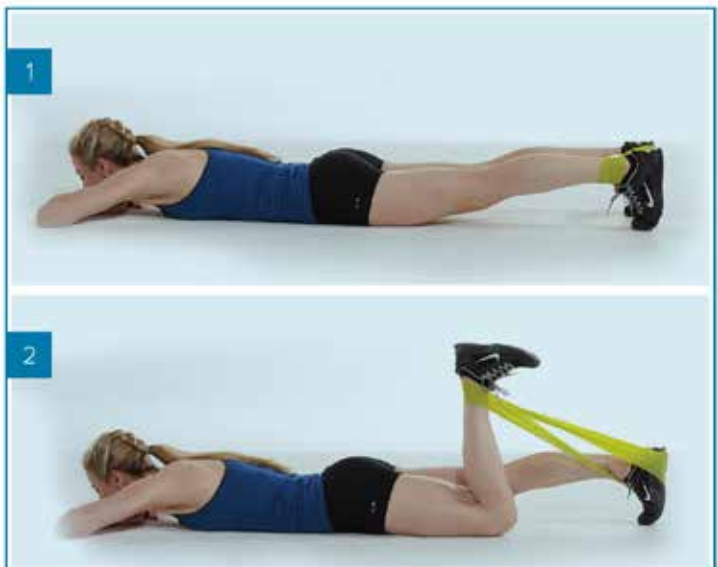


1  
2

Lie on side on floor and secure loop around foot of bent non-exercise leg and lower part of straight exercise leg. Place elbow of supporting arm directly below shoulder.

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.

## LEG CURL



1  
2

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.

## KICK BACK

## SIDE STEP



1 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.

2 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.



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

2 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.

Warm up for 3-5 minutes before exercising

Perform 1-3 sets of movements for 30-60 seconds each.

Rest 30-60 seconds between each exercise set