

**EXERCISE INSTRUCTION**

- As a warm-up before each exercise session, perform each selected exercise 3-5 times without the band.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a band that provides a lesser amount of resistance.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a band that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each band exercise session.

**LEG EXTENSION (Quadriceps)**



**Start:** Place the Flat Band Loop under foot of non-exercising leg and around ankle of exercising leg. Sit, bend legs, lean back and support upper body on elbows. Position forearms on floor with abdominal muscles tight and shoulder blades pulled together.



**Finish:** Straighten and lift exercising leg upward, point toes toward body, while keeping the foot of the non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.

**LEG CURL (Hamstrings/Gluteals)**



**Start:** Place the Flat Band Loop around foot of non-exercising leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Fold arms, rest forehead on backs of hands, and press hips into floor.



**Finish:** Bend exercising leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.

**LEG RAISE (Abductors/Gluteals)**



**Start:** Place the Flat Band Loop around lower legs. Lie on your side with top leg slightly bent and bottom leg straight, hips rolled forward, and toes pointed straight ahead. Bend bottom arm and support head with hand. Position opposite hand on the floor in front of hips.



**Finish:** Lift top leg while keeping the non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.

**LEG LIFT (Adductors)**



**Start:** Place the Flat Band Loop around foot of non-exercising leg and around lower leg of exercising leg. Lie on side with non-exercising leg on top, bend and position just behind exercising leg. Keep foot of non-exercising leg flat on floor, and straighten exercising leg. Support upper body on forearm of bottom arm. Bend and position top arm along side of body with hand on floor in front of hips.



**Finish:** Lift and raise exercising leg straight upward, while keeping the hips forward and foot of the anchoring leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.