

# THE EXERCISES

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## How to Grip?



## Grip Wrap

Grip on end of the band, then wrap the band around your hand as shown as many times as needed. Grip the band tightly.



## Short and Long Length Loop

Tie on end in a square knot for a Short Length loop to train feet and limbs. Use a long length loop by tying both ends in a knot training abdomen and torso etc.

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## EXERCISING WITH OPPO BAND



Courtesy: Oppo Medical

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### REMEMBER

- Always check the band for cuts and tears before use to avoid injury during exercise
- Store the band away from heat and sunlight to extend its life. Wipe with a towel to remove sweat and grime after use

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**P.S.:** Kindly consult your Physician or Orthopaedic Specialist before using this product