

# RESISTANCE BAND STRETCH STRAP

## EXERCISE GUIDE

### HAMSTRING STRETCH



Stand in the middle of strap. Bend over at waist keeping back straight and head up. Do not lock your knees. Hold loops in each hand. Pull up on the strap stretching your hamstrings. Try to stretch lower each time you pull on the strap.

### SIDE OF BODY AND TRICEPS STRETCH



Reach up with left arm and grab other side of strap above your head. Keep your body straight at all times. Grab the center of the strap with your right hand and pull down allowing you to stretch the left side of your body. Perform 3 times and switch to stretch your right side.

### OVERHEAD TRICEPS STRETCH



Grab one end of the stretch strap with your right hand. Place the strap over your right shoulder and grab behind your back with your left hand. Perform 3 times and switch the locations of your hands allowing you to stretch your left tricep muscle.

### LEG STRETCH



Place your right foot in the end of the loop. Run the strap along your back while keeping the other end in your right hand over your right shoulder. Pull the strap while stretching out your leg. Perform 3 times and switch to your left side.

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### HAMSTRING, CALF & LOWER BACK STRETCH



Sit on the floor with both legs straight out, back straight and head up. Grab one side of strap with each hand and loop around your feet. Pull the strap towards you bringing your back toward your knees. Keep back straight while you pull lower.

### QUAD STRETCH



Lie on your front. Place your right foot in the end of the loop. Run the strap along your back while keeping the other end in your right hand over your right shoulder. Pull the strap while bringing your right leg towards your buttock, stretching your quadriceps. Perform 3 times and switch to your left side.

### POSTERIOR LEG STRETCH



Lie on back, legs straight, feet on floor hip-width apart, toes and kneecaps pointed upward. Slowly bend arms and pull end loops toward chest while lifting leg upward. With legs straight, heel pushing upward and toes pulled downward, continue to lift leg until a mild stretch is felt along back of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

### HAMSTRING, IT BAND STRETCH



Lie flat on back. Put left leg through last loop of the strap. Try to pull the left foot up toward the right shoulder. Push the left foot away from the shoulder while holding tight to the strap. Again, pull the foot closer to the shoulder. Perform 3 times, switch legs.