

GLUTEUS MEDIUS



Place the band above your knees and lie on your side with your knees bent.



Keep your feet together as you lift your top knee up. Perform 10-20 reps then switch sides and repeat.

Care Instructions: To clean, wipe bands with a damp cloth.

Note: Pro-Tec Athletics strongly urges consultation with a medical doctor before using this product. Discontinue use immediately if pain or excessive discomfort occurs.

Disclaimer: Pro-Tec Athletics assumes no responsibility or liability for any injury that occurs while using this product.



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RESISTANCE BANDS

Exercise Guide: muscle strengthening, toning, and mobility training

ABDUCTOR MUSCLES



Place the band around your ankles and lie on your side with your legs straight.



Raise your top leg as high as you can, pause, then return to the starting position. 10-20 reps then switch sides and repeat.

QUADRICEPS



Place the band just above your knees and stand with your feet hip-distance apart.

Bend your knees and sit back into a squat, pause, then stand back up. 10-20 reps.

HAMSTRINGS



Place the band around your ankles and shift your weight onto one foot.

Squeeze your glutes as you kick your other leg back, keeping your knee straight. 10-20 reps then switch legs and repeat.

ARMS



Stand with your feet hip-distance apart, loop band around wrists and raise elbows to 90 degree angle.

Spread arms apart as far as possible, pause, then return arms to starting position. 10-20 reps.