

HAMSTRING

STATIC STRETCH

Recommended post activity



Loop Stretch Band around forefoot and gently pull straight leg towards upper body.

QUADRICEP

STATIC STRETCH

Recommended post activity



While laying on side, loop Stretch Band around foot and gently pull foot of bent leg towards shoulder.

IT BAND/HIP FLEXOR

STATIC STRETCH

Recommended post activity



Loop Stretch Band around foot. Keeping leg straight, gently pull leg across body towards floor

SHOULDER/TRICEP

STATIC STRETCH

Recommended post activity



Grip Stretch Band as shown in photo. Gently pull down with lower hand to feel stretch in shoulder/triceps

CALF

STATIC STRETCH

Recommended post activity



Loop Stretch Band around forefoot and pull toes towards knee.

QUAD/SHIN/ANKLE

STATIC STRETCH

Great for balance and core strengthening!



While standing on one foot, loop Stretch Band around opposite foot and pull foot upwards, towards opposite hip.

HIP FLEXOR/GLUTEUS

STATIC STRETCH

Great for balance and core strengthening!



Loop Stretch Band around forefoot of straight leg. With opposite hand gently pull leg across body.



Exercise Guide

STRETCH BAND

with Grip Loop™ technology

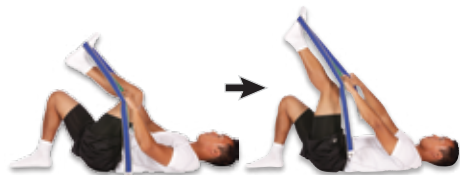


All exercises designed to be done under supervision of trainer or medical professional

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UPPER LEG DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Bend knee and loop forefoot through Stretch Band
- 2) While holding Stretch Band fairly tight extend foot away from body
- 3) Repeat 8-12 reps

CALF (SHIN SPLINTS) DYNAMIC EXERCISE

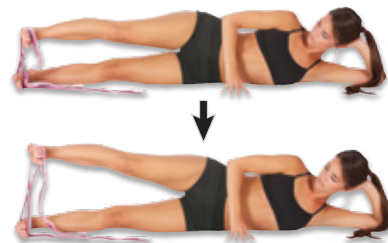
Recommended pre or post activity



- 1) Loop Stretch Band around forefoot and pull toes downward
- 2) Hold Stretch Band fairly tight, extend forefoot away from body
- 3) Repeat 8-12 reps

ABDUCTOR (OUTER THIGH) DYNAMIC EXERCISE

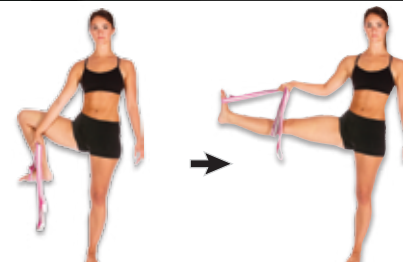
Recommended pre or post activity



- 1) Lying on side, slip ankles into adjacent Stretch Band loops
- 2) Keep legs straight and lift top leg away from bottom leg
- 3) Repeat 8-12 reps

ADDUCTOR (INNER THIGH) DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Lift knee of one leg outward and upward with forefoot through Stretch Band loop
- 2) Extend foot to straighten leg
- 3) Repeat 8-12 reps

OBLIQUES (SIDE) DYNAMIC EXERCISE

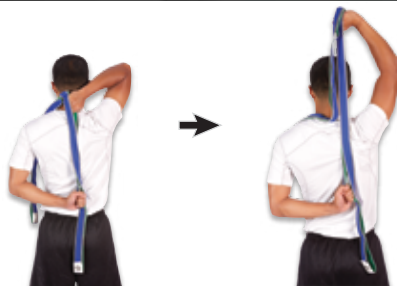
Recommended pre or post activity



- 1) Grip one end of Stretch Band loop while other end is firmly held to floor by foot within loop
- 2) Extend upward and lean inwards
- 3) Repeat 8-12 reps

TRICEPS DYNAMIC EXERCISE

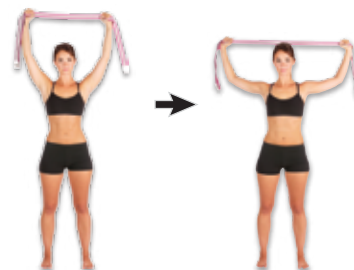
Recommended pre or post activity



- 1) Grip Stretch Band as shown above
- 2) Straighten elbow, extending arm upward
- 3) Repeat 8-12 reps

UPPER BACK/ SHOULDER DYNAMIC EXERCISE

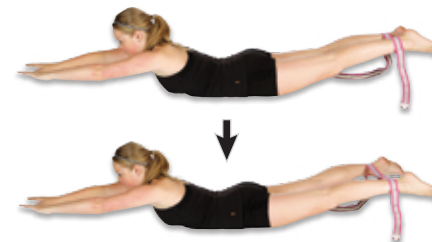
Recommended pre or post activity



- 1) Grip two loops approximately shoulder width apart
- 2) Gently extend hands away from each other until you feel desired stretch in upper back/shoulder region
- 3) Repeat 8-12 reps

LOWER BACK/ GLUTEUS DYNAMIC EXERCISE

Recommended pre or post activity



- 1) With both ankles through adjacent Stretch Bands loops, lay on stomach with arms extended
- 2) Gently press ankles outward away from each other
- 3) Repeat 8-12 reps