

CLAMSHELL

Strengthens 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.

REAR SHOULDER SQUEEZE

Strengthens Upper Back



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.

SIDE-LYING LEG LIFT

Strengthens 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.

Washing Instructions: Rinse in warm water and drip dry after.

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

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**ULTRA™
RESISTANCE
BAND**

*Exercise Guide:
strengthening,
toning, and injury
rehabilitation*



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

STANDING GLUTE KICKBACKS

Strengthens Glutes



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.

STANDING SIDE LEG RAISES

Strengthens Glutes, Hips and Quadriceps



Place band above your knees. Shift weight onto one foot with a softly bent knee.



Keep the other leg straight and lift to the side, while keeping your core tight and squeeze your glutes. 10-20 reps, then switch legs and repeat.

BANDED SQUATS

Strengthens Abductor Muscles



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.

LATERAL MONSTER WALK

Strengthens Glutes, Hips, and Quadriceps



Place the band around your ankles and stand in a quarter-squat position with your feet hip-width apart.



Take a step to the right with your right foot so your feet are now shoulder-width apart. Follow with your left foot so your feet are hip-width apart. That's one rep. 10 reps to the right, 10 reps to the left. Repeat for 3 times.