



**Biceps Curl:**

- Stand on middle of long band.
- Wrap ends of band around hands keeping the palms up and elbows at the sides.
- Bend elbows, lifting bands upward and slowly lower.

**Triceps Extension:**

- Place right foot on middle of band and grab end of band with right hand.
- Extend right arm over head, grabbing the band behind the back, elbow bent.
- Straighten elbow, keeping elbow close to head, return slowly.



**Lateral Raise**

- Stand on middle of long band.
- Wrap ends of band around hand, bringing bands around outside of feet.
- Cross bands between the knees.
- Lift bands overhead keeping elbows straight, return slowly.



**Row**

- Use a staggered step, one leg in front of the other.
- Stand on middle of band with front foot.
- Bend forward at hips, keeping back straight.
- Grasp handles with elbows straight.
- Pull bands upward bending elbows bringing hands to trunk.



**Total Body Extensions**

- Loop band around back of thighs
- Grasp ends at shoulder level. Bend hips and knees and assume a half squat stance.
- Extend arms forward.



**Chest Press**

- Place band behind the upper back directly behind the chest.
- Wrap the band around hand at a length that elicits zero tension when the shoulders are abducted and elbows flexed at 90 degrees.
- Flex the shoulders and extend the elbows, return slowly.



**Take Back**

- Secure long band under left foot.
- Grasp ends of band with both hands.
- Using a standard golfing grip, move arms to "take-back" position of swing.

**Hip Flexion**

- Stand with both ends of the bands under one foot.
- Loop middle of band around lower thigh of opposite leg. While seated or balancing on leg securing the band, lift opposite knee upward to hip level.



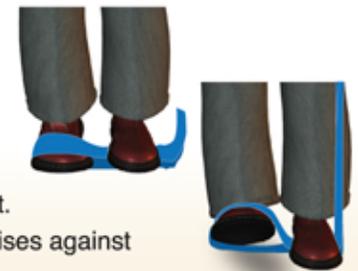
**Lunge**

- Stand with one foot on middle of band.
- Grasp ends, keeping hands at hip level with elbows bent.
- Place other leg behind with knee bent.
- Keeping trunk upright, bend front knee, lowering the body.



**Dorsiflexion**

- While sitting, loop middle of band around one foot.
- Grasp ends of band in opposite hand and push down on band with other foot.
- Lift foot of ankle being exercises against resistance of band.



**Strength Principles**

- Concentrate on target muscles
- Move slowly in and out of the exercise.
- Keep breathing throughout the exercise.
- Maintain proper form and technique throughout the exercise
- Consult a physician before starting an exercise program.

**Using the Bands:**

- Always examine the bands before use for nicks, small tears or punctures that may cause bands to break.
- Do not use the bands in a manner that may cause them to snap toward the head and cause injury to the eyes.
- Exercise Bands are made of Natural Rubber Latex, which may cause an allergic reaction. Latex free bands are available if requested.