



XERCISE BAND INSTRUCTION CHART

Exercises by Mark Cibrario, CSCS

IMPORTANT!

**PLEASE READ THE INSTRUCTIONS BELOW
BEFORE YOU USE THE XERCISE BAND!**

- Before each workout check for possible wear on the band.
- Perform only the exercises as shown in this chart or *The Complete Guide to Rubber Resistance Exercises.
- Perform an equal number of repetitions with each leg to avoid developing muscle imbalances.
- Never tie two bands together.
- Wear appropriate footwear when using the Exercise Band.
- Make sure the Exercise Band is secure before you begin each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding breath while exercising.
- Consult your physician before beginning any type of exercise program.

Exercise Instruction:

1) Mimic all exercises without the Exercise Band until proficiency is exhibited with each movement.

2) Perform 1-3 sets of 8-12 repetitions with each leg during the exercise session. Rest approximately 30-60 seconds between each set.

3) If unable to accomplish (8) repetitions, select an Exercise Band which provides a lesser amount of resistance.

- or -

If unable to achieve moderate to maximal muscular fatigue following the completion of (12) repetitions, select an Exercise Band which provides a greater amount of resistance.

**Call our toll-free number for more information on ordering
"The Complete Guide to Rubber Resistance Exercise"*

SPRI PRODUCTS, INC.
1026 Campus Drive
Mundelein, IL 60060
800/222.7774



FORWARD RAISE

(hip flexors/quadriceps)

Start: Stand shoulder width apart with Exercise Band around ankles. Keep knees slightly bent. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep one foot grounded while raising other leg forward. Keep hips and shoulders square throughout exercise. Return to start and repeat.



BACKWARD PRESS

(hamstrings/gluteals)

Start: Stand shoulder width apart with Exercise Band around ankles and exercise leg slightly behind body. Keep knees slightly bent. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep one foot grounded while pressing other leg straight behind body. Keep hips and shoulder square throughout exercise. Return to start and repeat.



LEG CURL

(hamstrings)

Start: Stand shoulder width apart with Exercise Band around ankles. Slide exercise leg slightly back behind body. Keep knees slightly bent. Place hands on hips or hold onto object at waist height or above.

Finish: Flex knee and curl leg toward buttocks until hamstring is fully contracted. Keep hips and shoulders square throughout exercise. Return to start and repeat.



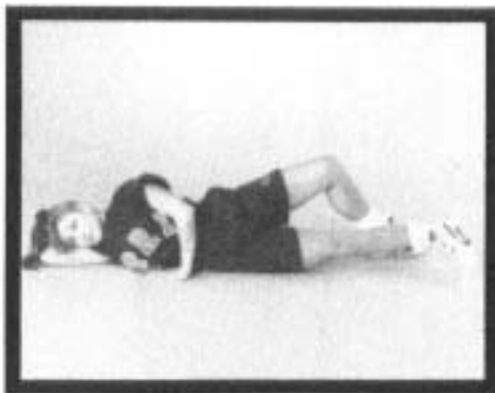
SIDE LIFT

(abductors)

Start: Stand shoulder width apart with Exercise Band around knees or midway between ankles and knees. Keep knees slightly bent. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep leg straight, lead with heel and press leg to the side as far as possible. The opposite hip and shoulders must remain stationary. Return to start and repeat.



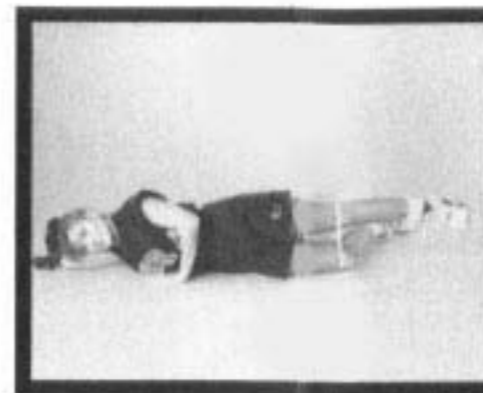


INNER LEG LIFT

(adductors)

Start: Sit on floor and place Xercise Band around ankles. Lie on side and rest head on one arm and place other on ground for support. Bend the top knee and place Xercise Band under arch of foot and hold firmly to floor.

Finish: Lead with heel and lift lower leg as high as possible toward ceiling. Return to start and repeat.

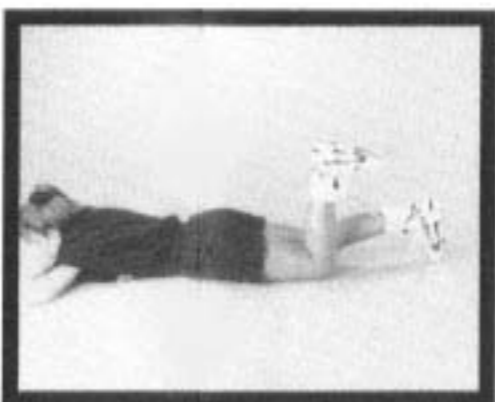
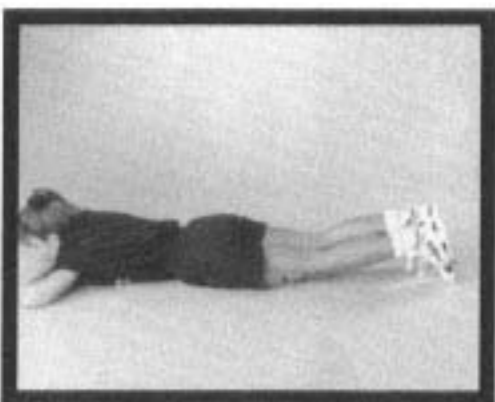


OUTER LEG LIFT

(abductors)

Start: Sit and place Xercise Band around lower legs. Lie on side and roll onto hip of non-exercise leg. Rest head on one arm and place other on ground for support.

Finish: Extend both legs, lead with heel and push upward as high as possible. The opposite hip must remain stationary. Return to start and repeat.



LEG CURL

(hamstrings)

Start: Place Xercise Band around both lower legs just above ankle height. Lie on stomach, place back of hands under chin and extend both legs. Place a pad or rolled up towel under knee of exercising leg for extra comfort if desired. Pull toes of exercise foot toward shin to a neutral ankle position.

Finish: Keep hips in contact with floor, flex knee and curl leg fully toward buttocks until hamstring is fully contracted. Return to start and repeat.



KNEE EXTENSION

(quadriceps)

Start: Sit on floor and place Xercise Band under arch of non-exercise leg and around ankle of exercise leg. Lie back supporting upper body on elbows.

Finish: Bend both legs. Extend knee of exercising leg. Lift up to height of knee until quadricep is fully contracted. Return to start and repeat.