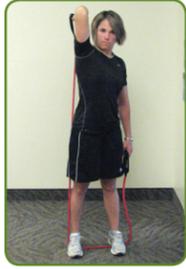


tricep extensions



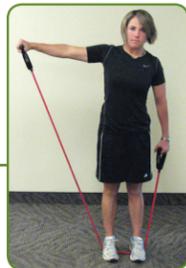
How to do it: Standing on one end of the band with your feet shoulder-width apart, grasp the other end of the band in one hand and hold it above your head with your elbow bent at 90 degrees and facing forward. Straighten the arm that is above your head and keep your upper arm next to your ear with your elbow pointing forward. Return to starting position by lowering the band and flexing only at your elbow. Repeat on both sides.

lateral front raises



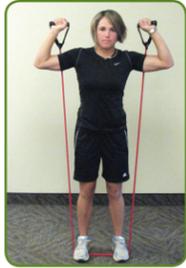
How to do it: Standing with your feet shoulder-width apart, hold the band in one hand in front of your body with the palms of your hands facing your thighs. Step on one end of the band. Raise your arm up and forward until your arm is level with your shoulder. Lower your arm to the starting position. Repeat on both sides.

lateral side raises



How to do it: Standing with your feet shoulder-width apart on one end of the band, hold the band in one hand in front of your body with the palms of your hands facing your thighs. Raise your arm up and to the side until your arm is level with your shoulder. Lower your arm to the starting position. Repeat on both sides.

squats



How to do it: Standing on the center of the band with your feet shoulder-width apart, grasp the handles of the band with one in each hand. Your body weight should be slightly back on your heels. This should cause you to lean slightly forward, but leave your back flat. Bend your knees and push your pelvis back as if you are sitting in a chair until your thighs are parallel to the floor. Keep your head and neck up facing forward. Press your heels through to return to the standing position. Repeat.

For best results, exercise with resistance bands by doing one-to-three sets of eight- to 12-repetitions.



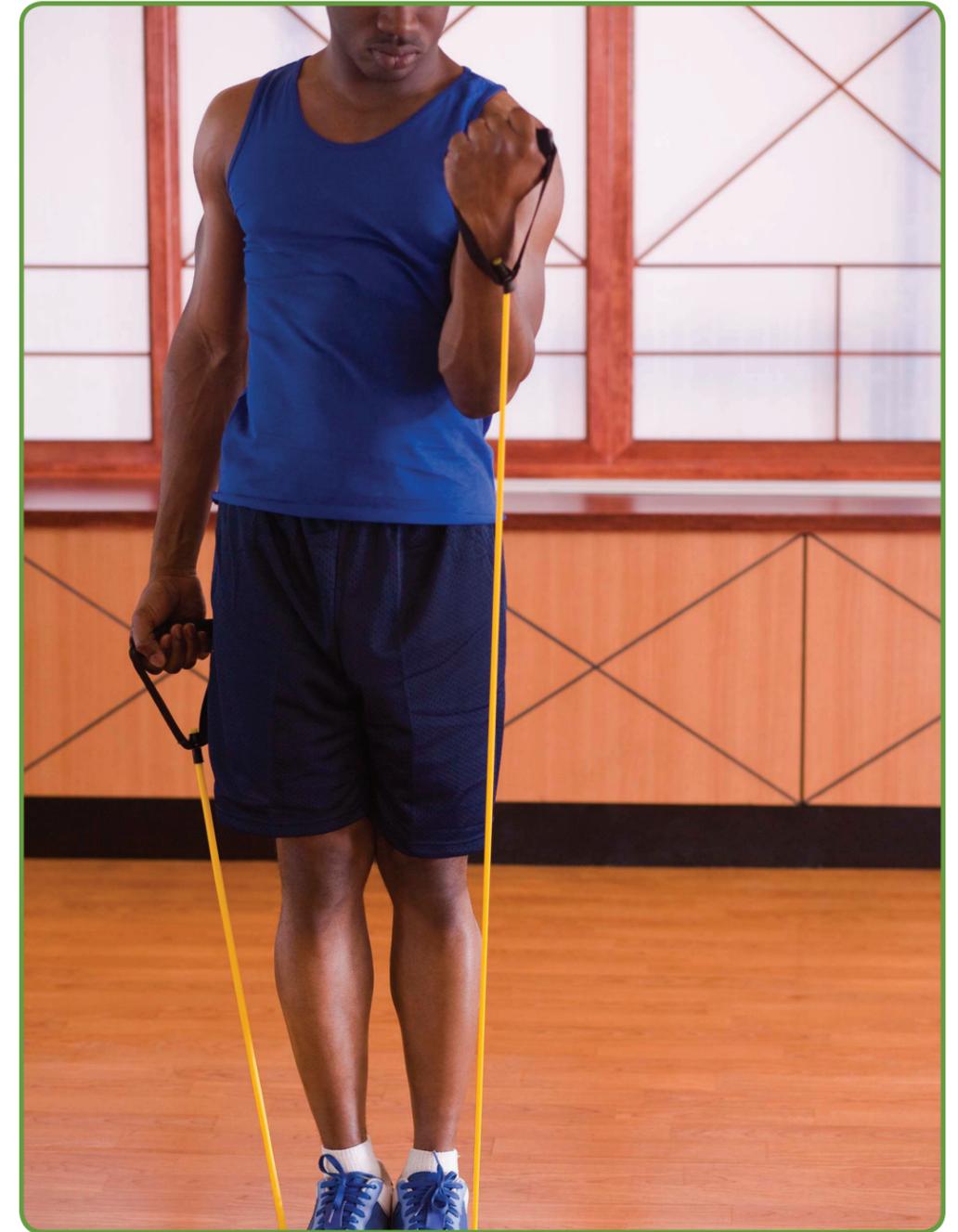
getFITSM

- > Used for fitness, rehabilitation, flexibility, and general body tone
- > Increases bone density and strength
- > Increases muscle-to-fat ratio
- > Boosts metabolism and lowers blood pressure
- > Convenient and affordable

Consult with your doctor before beginning any exercise program.

resistance band EXERCISES

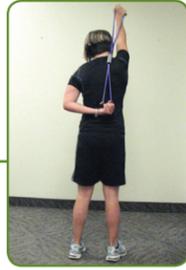
Fourteen versatile and challenging exercises to develop strong and lean muscles without using weights



concentration curls



How to do it: Sit on a chair and grasp one end of a band. Place the other end of the band under your foot. Your knees should be apart with your feet flat on the floor. Lean forward and place the forearm and elbow of your arm grasping the band against the thigh on the same side of your body. Curl the band up by flexing your elbow. Repeat. Switch sides.



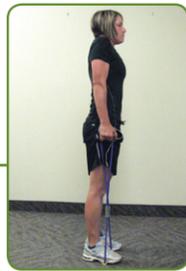
tricep extensions

How to do it: Stand (or sit) and grasp one end of the band in one hand. Hold it above your head. Grasp the other end of the band and hold it behind your back. Keep your elbow facing forward and straighten the arm that is above your head. Make sure your upper arm is next to your ear. Keeping your arm stationary, with your elbow pointing forward, lower the band by flexing only at your elbow. Return to starting position. Repeat.



one arm row

How to do it: Lean on a bench or chair with your left knee and your left hand. Place one end of the band under your right foot and grasp the other with the palm of your right hand. With your right knee and right elbow slightly bent and under your shoulder, pull your hand upward with your elbow moving close to your side as you move the band toward your rib cage. Lower the band to the starting position. Repeat. Switch sides. Repeat.



shrugs

How to do it: Stand with one end of the band under your foot and the other end in your hand. Your hand should be in line with your shoulder. Keeping your elbow locked, shrug your shoulders up toward your ears. Return to starting position. Repeat. Switch sides.



lat pull down

How to do it: Sitting or standing, grasp the band with one handle in each hand. Pull the band down to your sternum while simultaneously arching your back and sticking out your chest. Lean back at about a 120-degree angle. Leading with your elbows, pull down so that the band stretches across your collarbone. At the end of the movement, your elbows should be pointing down with your hands at shoulder height. Return to starting position. Repeat.

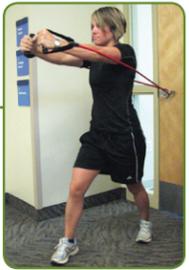
chest press

How to do it: Attach the band to a stationary object while sitting or standing. Grasp the ends of the band with the palms of your hands facing forward. Your elbows should be aligned with your shoulders and bent at 90 degrees. Push the band forward, away from your chest, straightening your arms without hyperextending. Lower your arms to starting position. Repeat.



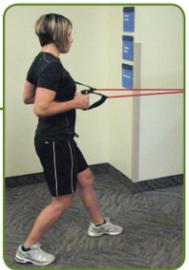
chest fly

How to do it: Attach the band to a stationary object while sitting or standing. Grasp the ends of the band with the palms of your hands facing in. Your arms should be extended away from your chest with a slight bend in your elbows. Open your arms out to your sides until they are aligned with your shoulders and then return your hands to the front of your chest. Repeat.



row

How to do it: Sitting or standing, attach the band to a stationary object or have someone hold the middle of the band. Keep your chest lifted, shoulders back, and your head and neck aligned with your spine. Grasp the handles of the band. Pull your hands back toward your rib cage with your elbows moving back and close to your sides. Return to starting position. Repeat.



bicep curls

How to do it: Standing on the center of the band with your feet shoulder-width apart, grasp the handles of the band with one in each hand. Keeping your elbows in at your waist, flex to lift your hands to your shoulders. Lower your hands to the starting position. Repeat.



shoulder press

How to do it: Standing on one end of the band with your feet shoulder-width apart, grasp one end of the band in one hand and hold it above your head with your elbow bent at 90 degrees and facing forward. Straighten the arm that is above your head and keep your upper arm next to your ear with your elbow pointing forward. Return to the starting position by lowering the band and flexing only at your elbow. Repeat on both sides.

