



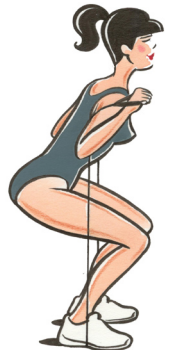

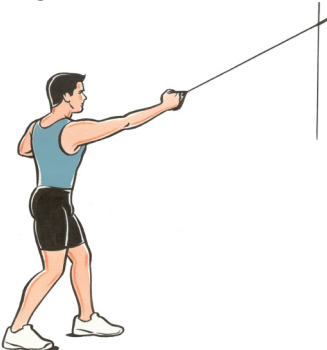

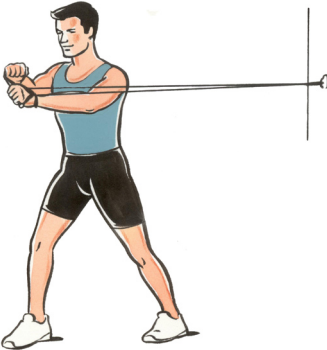
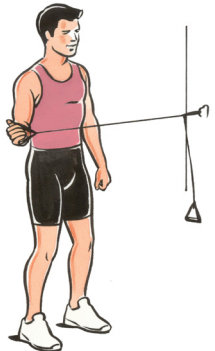
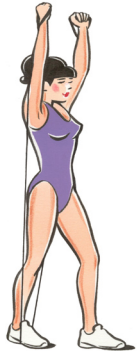


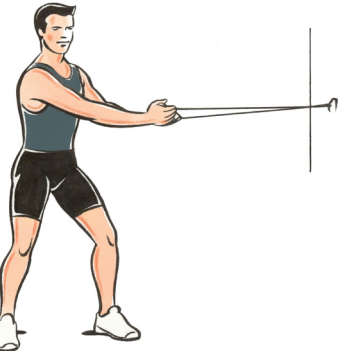
Band Program

Band training increases overall strength and works to your personal range of movement.

Rest Between Sets: 0-30 sec, Sets: 1-2, Repetitions: 12-20, Frequency: 3 times a week

Exercise Program

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| <p>Squat</p>  <p>Feet hip width. Band under feet. Back straight. Hands at shoulders. Chest lifted. Brace abdominals. Lower hips to floor. Knees over toes.</p> | <p>Lunge</p>  <p>Split stance. Band under front foot. Brace abdominals. Front knee over heel. Back heel lifted. Lower hips to floor. Press up through front heel.</p> | <p>Single LatPull</p>  <p>Anchor band high. Split stance. Arm extended. Brace abdominals. Long spine. Pull down & back. Elbow in. End at lower ribs. Release slowly.</p> | <p>Low Row</p>  <p>Feet together/apart. Knees bent. Long spine. Brace abdominals. Pull back. Elbows in. End at lower ribs. Release slowly.</p> | <p>Single Press</p>  <p>Anchor band at chest height. Brace abdominals. Split stance. Long spine. Hand at lower chest. Press forward. Elbow soft. Release slowly.</p> |
| <p>Outward Rotator</p>  <p>Anchor band at midline. Long spine. Brace abdominals. Elbow at 90° at side. Draw hand back and outward. Elbow still. Release slowly.</p> | <p>Overhead Press</p>  <p>Split stance. Band under back foot. Long spine. Brace abdominals. Hands in front of shoulders. Press up. Palms face in. Release slowly.</p> | <p>Triceps Pushdown</p>  <p>Anchor band high. Long spine. Brace abdominals. Elbows under shoulders. Press down and back to full extension. Slow release.</p> | <p>Biceps Curl</p>  <p>Split/Wide stance. Band under foot /both feet. Brace abdominals. Curl up. Palms up. Elbows under shoulders. Release slowly.</p> | <p>Trunk Twist</p>  <p>Anchor band at midline. Brace abdominals. Long spine. Knees bent. Arms extended. Twist trunk. Pull across body. Hips still. Return.</p> |

For Sample Purposes Only.

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