

Hamstring

STATIC STRETCH
Recommended post activity



Loop Stretch Band around forefoot and gently pull straight leg towards upper body.

Quadricep

STATIC STRETCH
Recommended post activity



While laying on side, loop Stretch Band around foot and gently pull foot of bent leg towards shoulder.

IT Band/Hip Flexor

STATIC STRETCH
Recommended post activity



Loop Stretch Band around foot. Keeping leg straight, gently pull leg across body towards floor

Shoulder/Tricep

STATIC STRETCH
Recommended post activity



Grip Stretch Band as shown in photo. Gently pull down with lower hand to feel stretch in shoulder/triceps

Calf

STATIC STRETCH
Recommended post activity



Loop Stretch Band around forefoot and pull toes towards knee.

Quad/Shin/Ankle

STATIC STRETCH
Great for balance and core strengthening!



While standing on one foot, loop Stretch Band around opposite foot and pull foot upwards, towards opposite hip.

Hip Flexor/Gluteus

STATIC STRETCH
Great for balance and core strengthening!



Loop Stretch Band around forefoot of straight leg. With opposite hand gently pull leg across body.



EXERCISE GUIDE

**Stretch
Band**
with Grip Loop™
technology



All exercises designed to be done under supervision of trainer or medical professional!
pro-facathletics.com (800) 779-3372