

Upper Leg

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Bend knee and loop forefoot through Stretch Band
- 2) While holding Stretch Band fairly tight extend foot away from body
- 3) Repeat 8-12 reps

Calf (Shin Splints)

DYNAMIC EXERCISE

Recommended pre or post activity

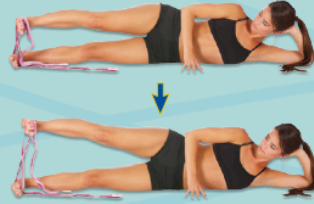


- 1) Loop Stretch Band around forefoot and pull toes downward
- 2) Hold Stretch Band fairly tight, extend forefoot away from body
- 3) Repeat 8-12 reps

Abductor (Outer Thigh)

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Lying on side, slip ankles into adjacent Stretch Band loops
- 2) Keep legs straight and lift top leg away from bottom leg
- 3) Repeat 8-12 reps

Adductor (Inner Thigh)

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Lift knee of one leg outward and upward with forefoot through Stretch Band loop
- 2) Extend foot to straighten leg
- 3) Repeat 8-12 reps

Obliques (side)

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Grip one end of Stretch Band loop while other end is firmly held to floor by foot within loop
- 2) Extend upward and lean inwards
- 3) Repeat 8-12 reps

Triceps

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) Grip Stretch Band as shown above
- 2) Straighten elbow, extending arm upward
- 3) Repeat 8-12 reps

Upper Back/Shoulder

DYNAMIC EXERCISE

Recommended pre or post activity

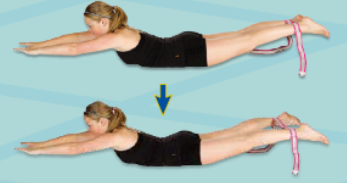


- 1) Grip two loops approximately shoulder width apart
- 2) Gently extend hands away from each other until you feel desired stretch in upper back/shoulder region
- 3) Repeat 8-12 reps

Lower Back/Gluteus

DYNAMIC EXERCISE

Recommended pre or post activity



- 1) With both ankles through adjacent Stretch Bands loops, lay on stomach with arms extended
- 2) Gently press ankles outward away from each other
- 3) Repeat 8-12 reps