Lower Body Exercises

Clams

Start: Lie on your left side against the floor, with your knees bent, right hand on your hip and place your left arm against the floor to help support your bodyweight. Keep your left leg and hip against the floor.

Finish: Your right foot should remain on top of your left foot as you move your right knee out and away from your left knee against the resistance. Hold for 1-2 seconds before returning slowly to the starting position.



Leg Curl

Start: Place the band around your right ankle and left foot as you lie down on the floor on your front with your head facing down. Your legs should be straight and feet hip-width apart. Rest your forehead on the back of your hands with your forearms placed on the floor.

Finish: Bend your right leg and pull your heel towards your buttocks. Hold the top position for 1-2 seconds before lowering back down. Keep your left leg straight and securely positioned against the floor throughout the movement.



Standing Kickback

Start: Stand with your feet approximately hip-width apart, knees slightly bent with the band placed around your lower left leg (near the ankle) and around the mid part of your right foot. You can either place your hands on your hips or against a wall to help with stability.

Finish: Straighten your right leg behind you whilst keeping your toes pointing downwards and your left foot firmly positioned against the floor. Keep your shoulders back and abdominals tight throughout.



Knee Lift

Start: Stand with your feet approximately hip-width apart, knees slightly bent with the band placed around the middle of both feet. You can either place your hands on your hips or place them against a wall to help with stability.

Finish: Keep your abdominal muscles tight, shoulders back and hips square as you bend and lift your right leg up until your upper right thigh is parallel to the floor. Keep your left foot firmly positioned against the floor throughout.



Leg Raise

Start: Lie on the floor on your left side and place the band around your lower legs. Your right leg should be slightly bent, your left leg straight, with hips rolled forward and toes pointed straight ahead. Place your left elbow on the floor and support your head with your left hand. Place your right hand on the floor near your hips.

Finish: Lift your right leg up whilst keeping your left leg firmly positioned on the floor. Hold for 1-2 seconds before slowly returning to the starting position.



Glute Bridge

Start: Lie down with your back against the floor, your knees bent and the loop band placed around both knees. Support your bodyweight with your forearms and elbows placed against the floor.

Finish: Thrust your hips upwards and hold the top position for 1-2 seconds before lowering back down. Each repetition should be a slow, controlled movement.



Leg Extension

Start: Sit down on the floor with both knees bent and place the band around both feet. Lean back and support your bodyweight with your elbows and forearms placed on the floor behind you.

Finish: Lift your right leg up and straighten it against the resistance as you keep your left foot securely positioned on the floor. Hold for 1-2 seconds and lower back down. Keep your shoulder blades pulled back and abdominal muscles tight throughout the movement.



Side Step Squat

Start: Stand with your feet approximately hip-width apart and the band placed around both ankles.

Finish: Step to your right side against the resistance provided by the band. From this position, squat down by bending at the knees and lowering your hips towards the ground before pushing yourself back up. Keep your weight over the mid part of your feet and heels, with your shoulders back, head facing forwards and abdominals tight. Avoid exceeding a range of motion that is comfortable for you.



RESISTANCE LOOP BANDS EXERCISE GUIDE

SAFETY WARNING

Please read these instructions prior to using the resistance loop bands.

Consult your Physician before beginning any exercise program. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Physician.

If you are taking any medication you should consult your Physician before beginning any exercise program.

The exercises described here are to be used as guidelines only and are not to be treated as a substitute for any exercise routine or treatment regimen prescribed to you by your Physician.

Before each workout check for possible wear on each band. Do not use if you discover any signs of damage.

Avoid exposing the bands to rough or abrasive surfaces.

Do not stretch the bands beyond twice their resting length.

Always perform a general warm-up activity before using the bands.

Perform only the exercises as shown on this sheet.

Keep abdominal muscles tight when performing the exercises.

Avoid straining or holding breath during exercise.

Perform each exercise in a slow and controlled manner.

Use a full range of motion during each exercise.

Perform an equal number of repetitions on each side to avoid the development of muscle imbalances.

Upper Body Exercises

Bicep Curl

Start: Use a half kneeling positon with your right knee and left foot placed against the floor. Place the loop band around your left thigh. Keep your shoulders back, head forwards and abdominals tight.

Finish: Grip the band with your left hand and keep your left elbow tucked against your side as you pull the band up towards your left shoulder. Avoid leaning back during the movement. Hold the top position for 1-2 seconds before lowering the resistance back down in a controlled manner.



Tricep Extensions

Start: Place your right hand between the band and rest it hand against your upper chest whilst standing. Keep your shoulders back, head facing forwards and abdominals tight. Grip the other end of the band with your left hand and arm bent.

Finish: Use your left hand to pull the band down and straighten your arm against the resistance. Hold for 1-2 seconds before slowly returning to the starting position.



Reverse Chest Flyes

Start: Stand with your feet approximately hip-width apart, the band placed around both wrists and your forearms parallel to one another in front of you. Keep your shoulders back, abdominals tight and head facing forwards.

Finish: Move your elbows away from each other and towards your upper back whilst keeping your forearms vertical. Hold for 1-2 seconds before slowly returning to the starting position.



Underarm Row

Start: Sit down with both legs in front of you. Keep your knees slightly bent and place the band around the mid part of both feet. Your back should be straight, shoulders back and head facing forwards.

Finish: Pull the band with both hands towards your back. Focus on engaging the muscles in your upper back as you pull. Hold for 1-2 seconds before slowly returning to the starting position. Keep your back straight with shoulders pulled back and abdominals tight throughout the movement.



WORKOUT GUIDELINES

Complete 1-3 sets of 8-12 repetitions for each exercise.

Rest approximately 30-60 seconds between each exercise set.

Select a band that provides an appropriate level of resistance to suit your current level of strength. Consider using the lightest
band when performing any exercise for the first time.

Perform each exercise a maximum of 2-3 times per week.

Allow 24-48 hours of complete rest between each exercise session using the resistance loop bands.

If you are unable to complete at least 8 repetitions through a full range of motion, increase the rest time between exercise sets.

OR

If you are unable to achieve moderate to maximal muscular fatigue following the completion of 12 repetitions through a full range of motion, decrease the rest time between sets and/or use a heavier band. You can also consider using 2 bands together if needed.

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