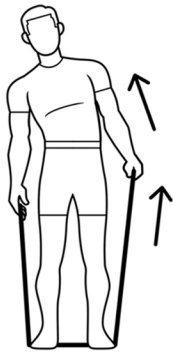
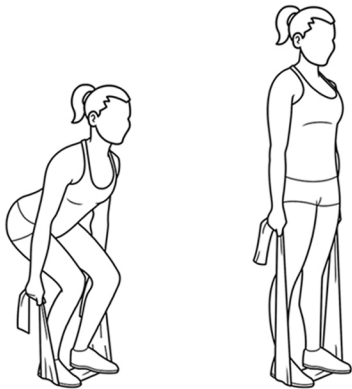


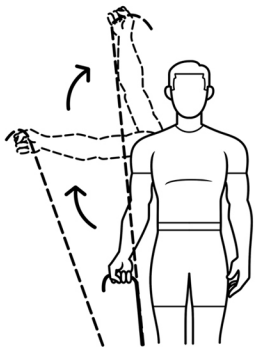
FLAT BANDS EXERCISE GUIDE



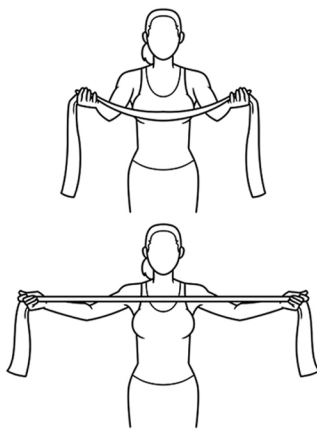
- Stand on band, hold both ends, arms down to the side palms facing inward
- Lift one side slowly up and up again
- Bend body slightly to opposite side on second lift
- Slowly bring back down and down
- Repeat with other side.



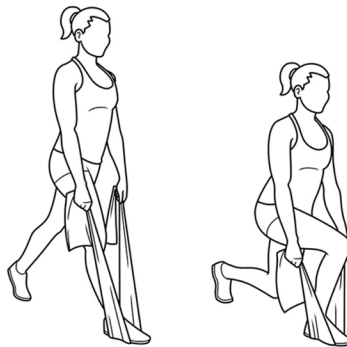
- Stand on the band with both feet, hip-width apart.
- Bend down to grasp band with both hands a few inches off the end.
- Stand up against the resistance until your legs are straight
- Slowly bend down – returning to starting position then repeat.



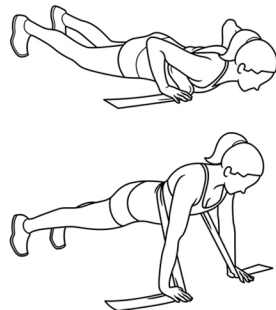
- Stand on one end of band
- With arm down, palm forward grasp band
- Pull band up to the side, and then over your head
- Slowly bring back to starting position and repeat



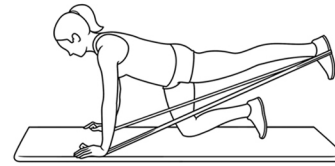
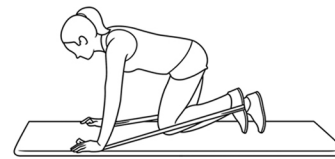
- Grasp band in both hands, palm upwards
- Move arms out to sides stretching about 3/4 of the way
- Slowly return to starting position and repeat



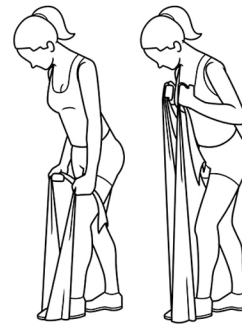
- Stand on the band with one foot in front.
- Grasp band with both hands a few inches off the end.
- Lower your body by bending your knees until your front thigh is parallel with the floor.
- Slowly raise your body until you straighten your front leg – returning to starting position then repeat.



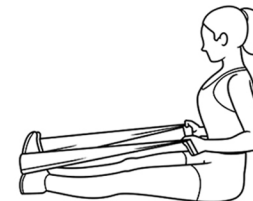
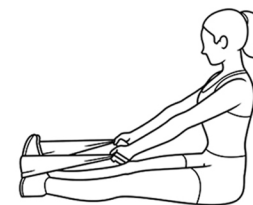
- Place the band around your back.
- Lay on the floor with your palms over the band.
- Keep your back, legs and head straight.
- Push up, off the floor, raising your body until your arms are straight.
- Slowly lower your body – returning to the starting position. Repeat.



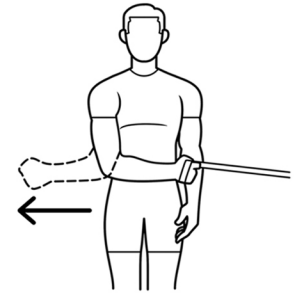
- Bend down on the floor and place the band around the bottom of one of your feet.
- Secure both ends of the band with your palms over it and keep your arms straight.
- Push your active leg back aligning it to your upper body and parallel with the floor.
- Slowly lower your leg returning to the starting position. Repeat.
(Do the same for the other side.)



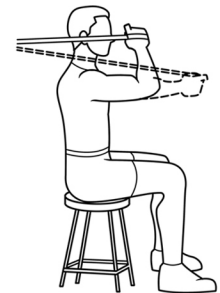
- Stand on the band with one foot slightly in front and hold the band on both ends
- Pull the band up keeping upper arms still and relatively fixed at your sides. Bend elbows, curling hands in toward shoulders.
- Slowly return to the starting position and the repeat.



- Sit on the floor with your legs extended.
- Hold the band on both ends and loop the band around the soles of your feet.
- Keep your back and head straight then pull the band toward your waistline.
- Slowly release tension going back to the starting position. Repeat.



- Stand sideways with band secured in door at waist level
- Hold on to both ends of band with hand furthest from the door
- Pull out to side and stretch
- Release slowly and repeat



- In sitting position with band secured behind you using door anchor
- Hold band in both hands while bending arm
- Straighten arms and pull forward then repeat

It is recommended that bands be used without shoes, since they can cause tears in the band.

Use heavy socks for a comfortable exercise experience.

Examine bands before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard and replace the band.

Do not overstretch bands more than three times their length.

It is advised to wear safety goggles when stretching band close to the eyes.

Store band away from extreme temperatures or direct sunlight.

**⚠ ALLERGY WARNING:
CONTAINS NATURAL LATEX**

We love to see how you are using our products. Post a picture or video on social media using your Fitteroy products and you could be the next one to be featured on our page. Don't forget to tag us.