

DynaBand® Exercises



Lat Pulls: Start with band overhead. Stretch hands outwards. Keeping elbows slightly bent, widen arms and squeeze shoulder blades down in back.



One-arm Pulls: Start with band overhead. Stretch one arm towards the floor and hold. Bring arm up to start position and stretch opposite arm towards floor.

Shoulder Raises Step on band with right foot and hold with left hand next to thigh. Raise band up so that arm is parallel to the floor.





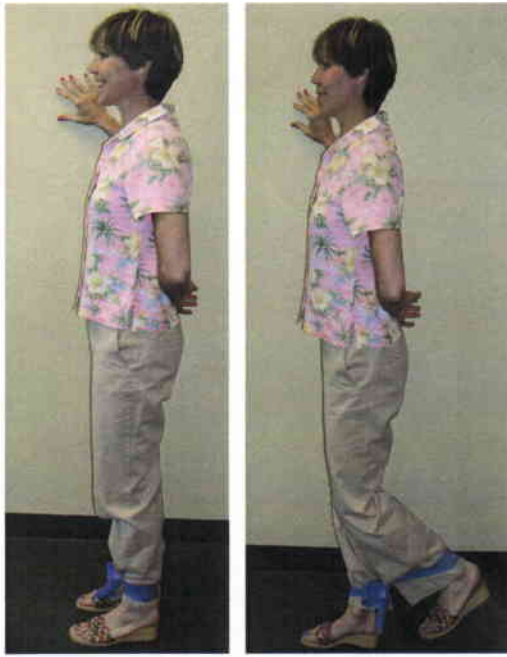
Tricep: Grip band overhead and bend elbow to 90 degrees. Reach back with opposite hand and grasp band. Extend top hand to ceiling.



Bicep: Place one end of band under foot. Grip other end. Slowly bend at elbow, bringing hand to shoulder and return.



Chest Pulls: Hold band with both hands, arms stretched out in front of you. Imagine squeezing your shoulder blades together as you open the arms wide pulling the band toward your chest.



Leg Curl: Tie band around ankle. Keeping knees in line with each other, raise the heel up until there is a 90° angle in knee.



Thigh Press: Tie band around thighs. With knees slightly bent, press one leg outward and return to center.



Leg Extension: Tie band around ankles while seated on floor. Holding knee in position, extend the lower leg up from the knee.

TIPS FOR RESISTANCE BAND USE

- ♣ Use 4-count out and 4-count back on all exercises
- ♣ Avoid hyperextending or locking joints
- ♣ Exhale during the most difficult (exertion) phase
- ♣ Control the band – do not allow it to move the limbs in a snapping or sloppy manner
- ♣ Maintain good spinal alignment and posture
- ♣ Relax shoulders between repetitions on upper body exercises
- ♣ Tie band in a half bow to be able to easily untie it
- ♣ Keep the band in a widened position during exercises
- ♣ Store band out of direct sunlight and sprinkle with talcum powder periodically
- ♣ Untie band for storage
- ♣♣ **HAVE FUN and BE CREATIVE**