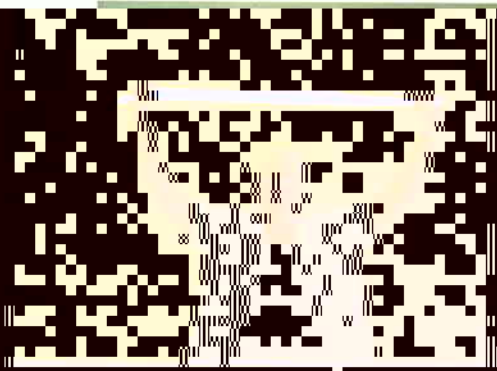


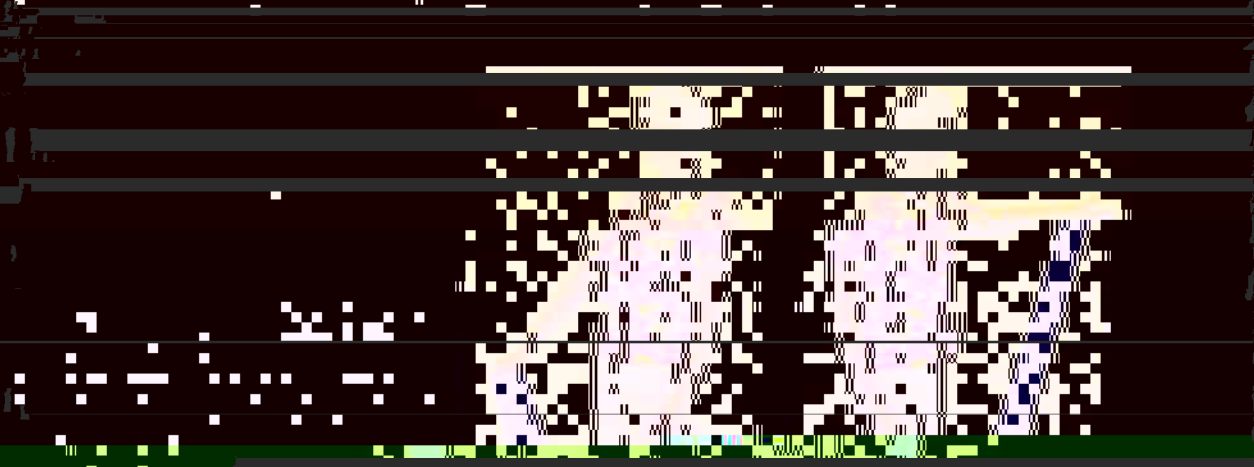
DynaBand® Exercises



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 or hold. Push arm up to shoulder level.





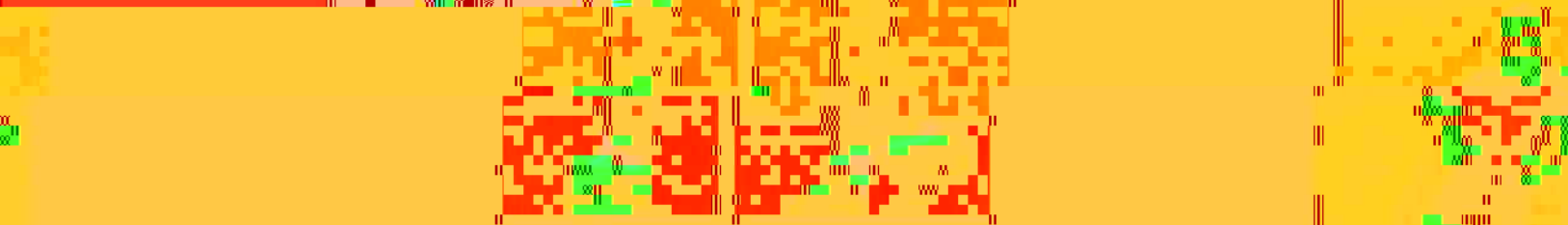
Tricep: Grip band overhead and bend
elbow to 90 degrees. Repeat 10-15 times.

Bicep: Place one end of band under
foot. Curl up to shoulder height. Repeat 10-15 times.



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.

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]