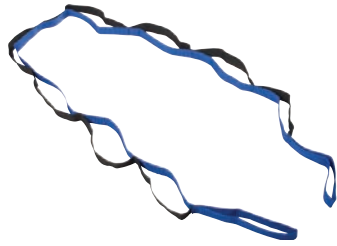


INSTRUCTIONS



elastic loops add dynamic stretching to your work-out

pockets provide an easy way to ease into a stretch and track your range-of-motion

These exercises have three positions each:

START Position: Begin each exercise holding the strap with a moderate amount of tension.

Muscle **CONTRACT** Position:

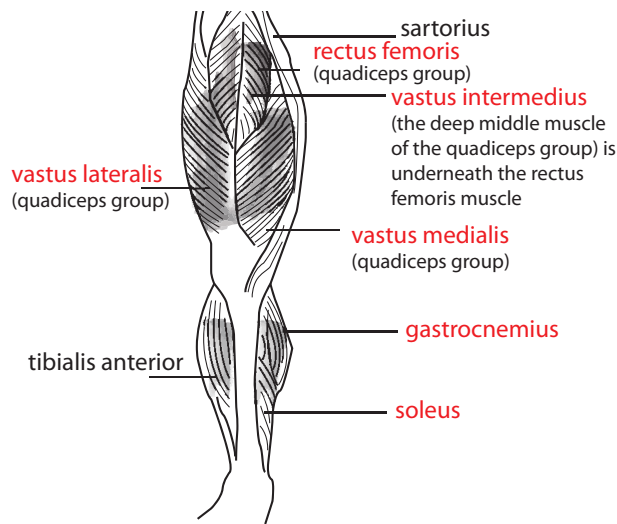
- Allow enough elasticity in the strap to provide resistance during muscle contraction.
- The muscle should be at resting length or slightly elongated.
- Contract the muscle through the range of motion or for static stretching hold the contracted muscle for 3-5 seconds.

STRETCH Position:

- Pull strap to provide enough resistance to stretch the muscle.
- Hold the stretch for approximately 10 seconds then repeat.

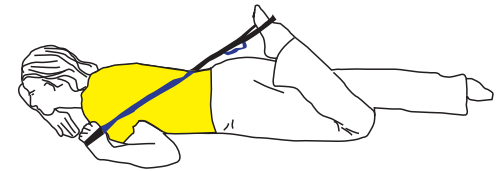
Breathe in while you contract a muscle, and exhale when you relax or stretch a muscle.

ANTERIOR VIEW of the major muscles of the leg

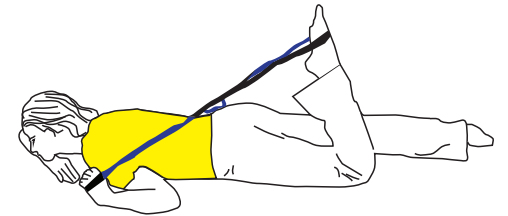


Front of left leg

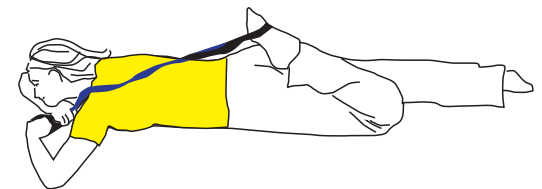
Quadriceps (rectus femoris)



START: Begin lying on your stomach with one foot in the strap and knee bent. Hold the other end of the strap near shoulder with arm bent.

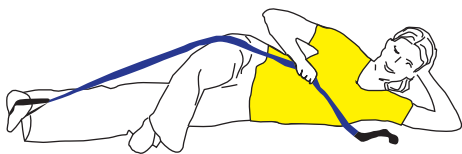


CONTRACT: Hold the strap position at shoulder while pushing your foot out against the strap and extending your knee.

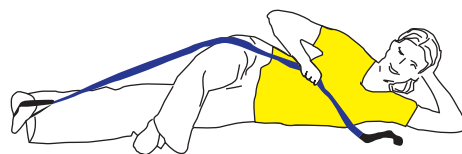


STRETCH: Pull the strap forward over your shoulder bending your knee and stretching your thigh.

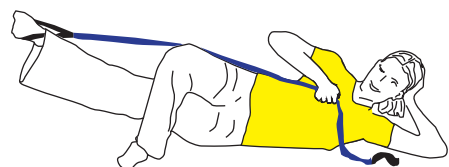
Thigh stretch (quadriceps group)



START: Lie on the floor on the side to be stretched. Place the foot of that leg in a loop at one end of the strap and hold the other end near your waist. Bend your other leg down towards floor with foot flat on floor and in front. Lift looped leg 6 to 12 inches off the floor and slightly forward stretching the inner thigh.



CONTRACT: Keep your looped leg straight and press downward towards the floor against the strap.



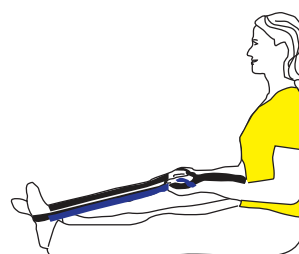
STRETCH: Pull the held end of the loop towards your head while lifting the straight leg to stretch the outside of the leg.

Calf stretch (gastrocnemius)



START: Begin seated on the floor with your knees extended. Wrap the strap around the middle of one foot with arms bent and relaxed at your side.

CONTRACT: Keeping your arms in the same position, point toes and push your foot down against the strap.



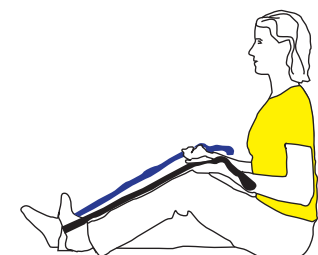
STRETCH: Keeping your foot pressed against the strap, pull the strap towards you using it to stretch your calf muscle.

Deep calf stretch (soleus)



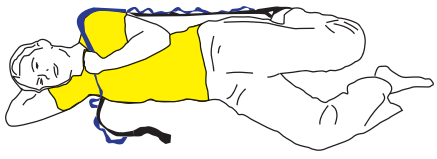
START: Sit with knees slightly bent; keep back straight. Wrap the strap around the middle of one foot with arms bent and relaxed at your side.

CONTRACT: Keep your hands and knees in the same position while pushing your foot down against the band.

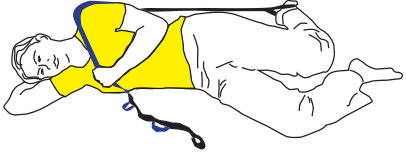


STRETCH: Pull the strap towards you, bending your foot upwards and stretching the lower part of the calf.

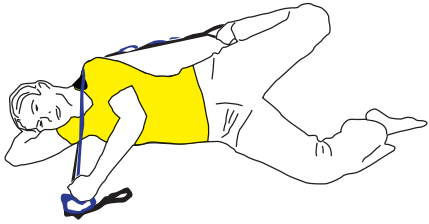
Hip flexion



START: Lie on the opposite side you want to stretch with your knees bent and the foot of the upper leg in the end loop of the strap. Bring the other end of the strap over your shoulder and hold it in front.

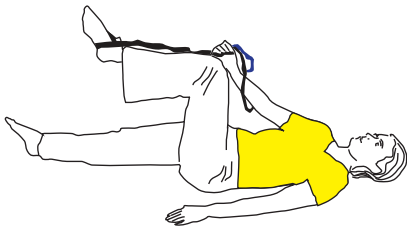


CONTRACT: Keep knee bent and pull it forward against the strap. Keep strap held in front in same position using the elasticity to move your knee forward.

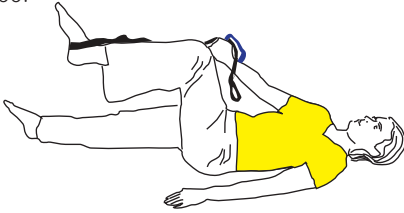


STRETCH: Now pull strap away from the body over your shoulder stretching your hip backward.

Hip external rotation

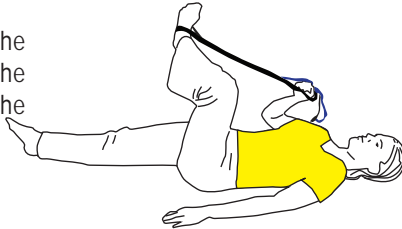


START: Lie on the floor with one knee bent and that foot in a strap loop. Hold the other end with the opposite hand near knee.

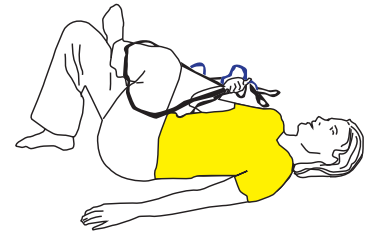


CONTRACT: While keeping your hand in place, rotate your leg outward. Keep your thigh upright and your lower leg parallel to the floor.

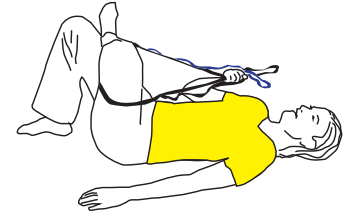
STRETCH: Pull the strap up towards the shoulder holding the strap, gently stretching your hip.



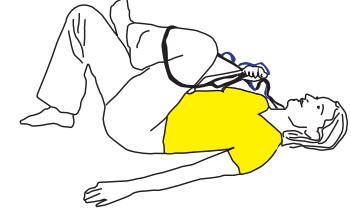
Hip rotation / piriformis



START: Lie on your back with one knee bent and the opposite foot resting on the thigh. Wrap the strap around the bent knee and hold both ends in the opposite hand.

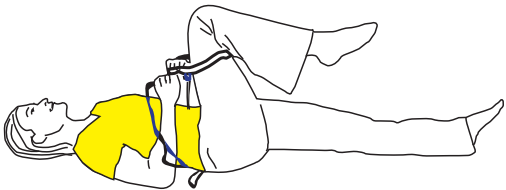


CONTRACT: While keeping your hands in place, push your knee away from your upper body. Keep foot on opposite thigh.

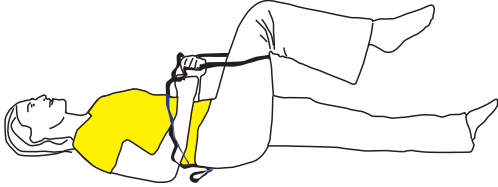


STRETCH: Pull strap towards the shoulder, holding the strap, stretching your hip.

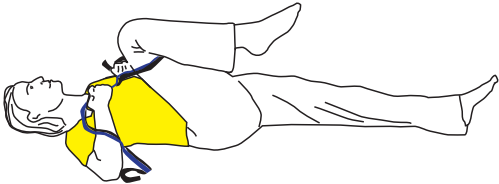
Lower back and gluteal stretch



START: Lie on your back with one knee bent at 90 degrees. Wrap the strap around that knee and hold strap with arms comfortably at your sides.



CONTRACT: Keeping hands in place, push down and out with your knee extending your hip against the strap.

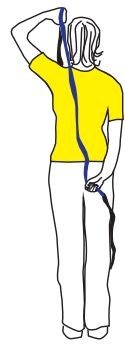


STRETCH: Pull strap and knee towards your head stretching out the lower back and hip.

Shoulder / triceps internal rotation



START: Hold one end of the strap above your head and the other end behind your back.

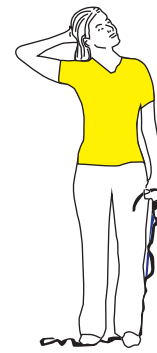


CONTRACT: Keep your upper arm in the same position while pulling down with the other arm extending the elbow.

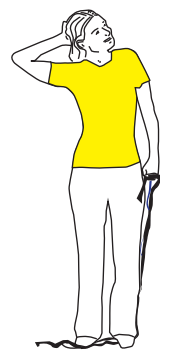
STRETCH: Exhale as you pull upwards with the arm that's above your head; this will pull the elbow behind your back upward gently stretching that side's shoulder and triceps.



Shoulder / trapezoid external rotation



START: Keeping your arm straight, hold one end of strap and put the middle of the strap under one foot. With your other arm placed at the back of your head, turn your head up and toward the side holding the strap.

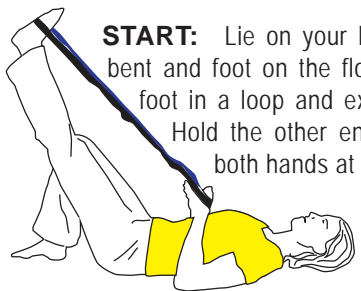


CONTRACT: Shrug shoulder upward and hold for a few seconds. Keep your elbow and trunk straight.



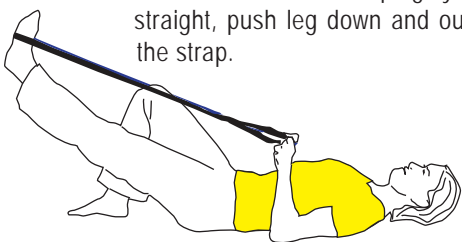
STRETCH: Exhale as you slowly relax shoulder back down and gently pull your head away from shoulder.

Hamstrings



START: Lie on your back with one knee bent and foot on the floor. Place the other foot in a loop and extend leg in the air. Hold the other end of the strap with both hands at your chest.

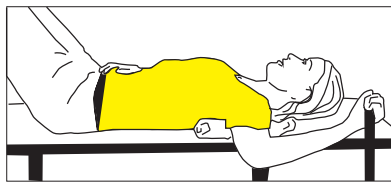
CONTRACT: Keeping your knee straight, push leg down and out against the strap.



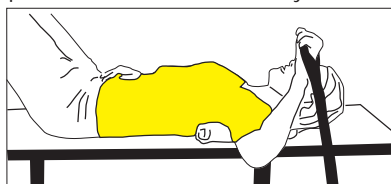
STRETCH: Pull strap and leg towards your head stretching the hamstring.



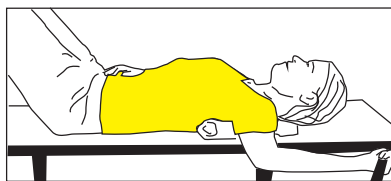
Shoulder external rotation



START: This exercise should be done while lying on a bed or table. Begin by securing one end of the strap under bed or table so that it can be held above your head. Lie on your back with shoulder abducted and elbow bent at 90 degrees; grasp strap. Use a rolled towel under your arm for support.



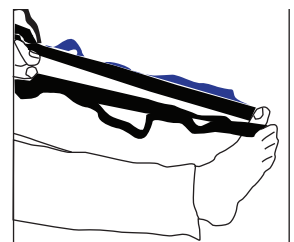
CONTRACT: Pull strap upward rotating your arm forward while keeping shoulder abducted and elbow bent at 90 degrees.



STRETCH: Exhale as you release the tension in the strap pulling your shoulder into external rotation, stretching the front of your shoulder.

Toe stretch

START: Sit on the floor with a straight back and your leg extended. Place your big toe in a loop at the center of the strap holding the strap ends in both hands.



CONTRACT: Push downward with your toe against the strap keeping your hands in the same place.



STRETCH: Pull both ends of the strap towards you stretching your toe and the bottom of your foot.

