





Aerobic Bands

Before you begin your workout, select the appropriate tension strength for maximum muscular fatigue: Green Band= Light resistance, Blue= Medium resistance Red= Heavy resistance.

INSTRUCTIONS



- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence.
- Begin exercise with product. Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 or 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of (15) repetitions, cautiously add more repetitions to your sets or select a Bally product that provides a greater amount of resistance.

OUTER THIGH LIFT

	<p>START</p> <p>Stand in an upright position with Aerobic Band around both ankles.</p>
	<p>END</p> <p>Move one leg in an outward motion as far as possible. Maintain balance by standing in a doorway using hands for stability. Hold form for one second and return to starting position. Continue exercise by switching legs from left to right. 10-15 Repetitions recommended.</p>



Muscles Utilized: Outer thighs

LEG CURLS

	<p>START</p> <p>Lie down on the floor, face first with Aerobic Band wrapped around ankles.</p>
	<p>END</p> <p>Lift one leg backwards, towards glutes. Hold form for one second and return to starting position. Continue exercise by switching legs left to right. 10-15 Repetitions recommended.</p>



Muscles Utilized: Hamstrings

TRICEP EXTENSIONS

	<p>START</p> <p>Stand in an upright position with feet together. Using one hand, hold one end of the Aerobic Band, (band should be held firmly against opposite shoulder). Hold other end of band with free hand.</p>
	<p>END</p> <p>Extend free hand down towards the ground. Hold form for one second and return to starting position. Continue exercise by switching arms from left to right. 10-15 Repetitions recommended.</p>



Muscles Utilized: Triceps

BICEP CURLS

	<p>START</p> <p>Sit in a chair in an upright position. Slide one end of the Aerobic Band around foot. Hold the other handle with the respective hand (right foot, right hand; left foot, left hand). Elbow should be lined up with the knee before exercise.</p>
	<p>END</p> <p>Curl arm towards chest and flex. Hold form for one second and return to starting position. Continue exercise by switching arms and legs from left to right. 10-15 Repetitions recommended.</p>



Muscles Utilized: Biceps

STANDING LEG EXTENSIONS

	<p>START</p> <p>Stand in an upright position with Aerobic Band wrapped around ankles.</p>
	<p>END</p> <p>Extend one leg out directly away from body. Maintain balance by standing in a doorway using hands for stability. Hold form for one second and return to starting position. Continue exercise by switching legs. 10-15 Repetitions recommended.</p>

Muscles Utilized: Quadriceps

BACK STRETCH

	<p>START</p> <p>Stand or sit in an upright position, chest up, chin up, so spine is stable. Grasp both handles of the Aerobic band with wrists together. Extend one arm directly overhead and create a 90 degree angle with the other arm. Hands should be facing up.</p>
	<p>END</p> <p>Extend lower arm downward while maintaining the position of the upper arm. Hold one minute and switch arms. 10-15 Repetitions recommended per arm.</p>

Muscles Utilized: Latissimus Dorsi (lats)