





BACK STRETCH

Muscles Utilized: Latissimus dorsi (lats)

	1 START	Stand or sit in an upright position, chest up, chin up, so spine is stable. Wrap cuffs around forearms. Extend one arm directly overhead and create a 90 degree angle with the other arm. Hands should be facing up.
	2 END	Extend lower arm downward while maintaining the position of the upper arm. Hold one minute and switch arms. 10-15 repetitions recommended per arm.

LEG CURLS

Muscles Utilized: Hamstrings

	1 START	Wrap cuffs around each ankle. Lie flat on your stomach with legs straight out behind you.
	2 END	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.



Power Band for Pilates

Fitness Guide

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

Before using check for wear or cuts on the bands. If you find any, do not use the product. You can send it back to our Customer Service Department and we will send you a replacement product: *Sports & Leisure Customer Service, 4 Executive Plaza, Yonkers, NY 10701*

- Do not use on rough surfaces.
- Always wear sneakers or some type of shoe with a non-slip sole surface.
- Exercises should be done in a slow and orderly manner.
- Always consult a physician before performing any physical activity. Drink plenty of fluids before, during and after exercising.

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 to 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 product that provides a greater amount of resistance.

Canada: ACI/StarCase Canada, Inc., 2616 Sheridan Garden, Oakville, Ontario L6J 7Z2
United Kingdom: StarCase (UK)Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK
United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

