

## LEG EXTENSION

Muscles Utilized: Gluteals (buttocks)



1 START

Insert the right foot into one handle, secure safety strap around ankle and place the band under the right knee so that there is some tension. Place forearms on the floor, elbows under the shoulders and knees are hip width apart. Straighten the right leg.



2 END

Slowly lift the right leg up to hip level or slightly higher. Pause then slowly lower. Repeat several times then repeat exercise on the other side.

## OUTER THIGH LIFT

Muscles Utilized: Hips and Abductors



1 START

Lie on your left side, supporting your head with the left hand. The left leg is bent and the right leg is extended with one handle around the right foot and safety strap securely around ankle. Hold onto the other handle with the right hand.



2 END

Slowly lift the right leg up. Pause then slowly lower. Repeat several times then repeat exercise on the other side.



# Fitness 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  
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