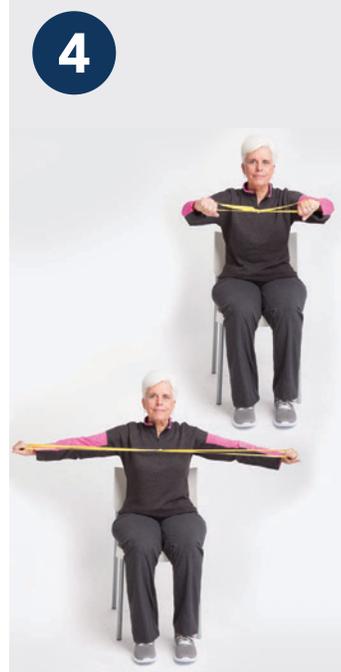


THE **10** MINUTE WORKOUT

with **Workout Bands™**

Ad Bands® Plus Workout Bands™ exercises are a great way to fit strengthening, toning, and stretching into your busy schedule. We recommend that you warm up for 3-5 minutes before beginning the exercises. You can march in place, do a step touch, or walk up and down a step. You can increase the resistance in your exercises as you get stronger. The closer your hands are to the knot, the more resistance you will have. Give your body time to rest between workouts by alternating upper body, lower body, and core workouts.

You must store your Workout Band™ in a cool place with low light and inspect the bands before each use for holes, tears, thinness and overuse. You should always consult your physician before making any changes to your lifestyle, diet or exercise habits. KEEP OUT OF THE REACH OF CHILDREN.

			
<p>1</p> <p>SINGLE BICEP CURL</p> <p>Grab the band with a fist grip in one hand, and take it across the body to the opposite side hip. Slide other hand through the band loop and make a fist grip. Keep your elbow stationary, and curl your arm up and down. For more resistance, hold band close to the knot. For less resistance, hold band further from knot. Repeat on other side.</p> <p>Reps: 12 to 18 Targets: Front of Arm</p>	<p>2</p> <p>TRICEP PRESS DOWN</p> <p>Take band in one fist grip and place it on the opposite shoulder. Grab bottom of band, through loop, and make a fist grip. Keep your elbow stationary and press down, moving only the lower arm. When you get to a full extension, give a squeeze, and bring back up. If the band has slack, you've brought the arm up too far. Keep the wrist neutral and the abs engaged. Repeat on other side.</p> <p>Reps: 12 to 18 per side Targets: Back of Arm</p>	<p>3</p> <p>CHEST FLY</p> <p>Sit in a chair, take the band around the back, over the arm. Make a fist with each hand through each band loop. Bring arms forward like you are giving someone a hug, but you don't really want to touch them. Keep elbows at a fixed bend the entire time. When you bring arms back, stop when elbows are equal to the sides of your shoulders.</p> <p>Reps: 15 to 20 Targets: Entire Upper Body</p>	<p>4</p> <p>UPPER BACK PRESS</p> <p>Sit in a chair, keeping shoulder blades pulled down into a slight V, neck relaxed, and abs engaged the entire time. Take band straight out in front of you, making a fist grip through each loop. Keep your elbows slightly bent, and remain at the same bend the entire time. Slowly open arms out and to the sides. Band should come to the center of the chest. Release and repeat.</p> <p>Reps: 15 to 18 Targets: Upper Back</p>

5



SHOULDER PRESS

Sit in a chair, first grip bottom band. Hold across the chest, about shoulder height on opposite side. Take band in other hand and make a tight fist. Elbow will be at a 90-degree angle, and wrist is straight up to the ceiling. Slowly press up and lower your arm, using control. Make sure the arm goes straight up and doesn't arc. Keep shoulders down and sit or stand tall. Repeat on other side.

Reps: 15 to 18

Targets: Shoulders & Upper Chest

6



INNER THIGH LIFT

Sit in a chair, place one loop around chair leg. Place the other loop on the foot that is on the same side of the chair. Start with your foot firmly on the ground and then lift your leg and cross it over to the opposite leg. Slowly bring leg back down to starting position. Repeat on other side.

Reps: 20 to 25

Targets: Inner Thigh

7



OUTER THIGH LIFT

Sit in a chair, place one loop around chair leg. Place the other loop on opposite foot from the loop around the chair. Start with your foot firmly on the ground and lift your leg straight out in front of you. Slowly bring leg back down to starting position. Repeat on other side.

Reps: 20 to 25

Targets: Outer Thigh

8



KNEE EXTENSION

Sit in a chair, place both feet in one loop with knees bent at 90-degree angle. Put both your hands in the opposite loop with wrists facing the ceiling. Fully extend both legs straight out in front of your body keeping your abs engaged. Slowly bring both legs down to starting position and repeat.

Reps: 20 to 25

Targets: Upper Thigh & Hamstrings

ad **bands**®
plus

ASI #34345, PPAI #112644, SAGE #53028