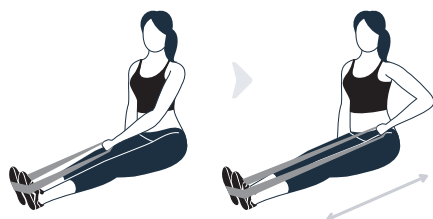


# WORKOUT WITH STAMINA BAND

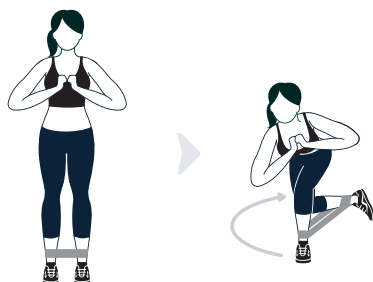


Start with 4-6 repetitions of each of the exercises you like. Later, increase to 8-12 of each. Use your band at least 2-3 times a week. **WARNING:** Don't overstretch the band. It might break. Talk to your doctor if you have any concerns about using the band. **Caution:** User must wear suitable eye protection such as safety goggles during exercise to protect against possibility of eye injury as a result of the band snapping towards the face if grip is lost or if the band breaks. **Band Care:** Examine the band before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises. Store out of direct sunlight and away from heat. After use in chlorinated water, rinse with tap water and dry flat. If the band becomes sticky, clean with mild soap and water, dry flat, and then dust with talcum powder, baby powder or corn starch.



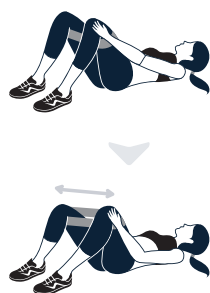
## 1 Seated Row

Sit on the floor with your legs straight. Loop the band on your feet, with an end in left hand, arm extended. Tuck your elbows in as you pull the band towards you, squeezing the shoulder blades together. Slowly return to start.



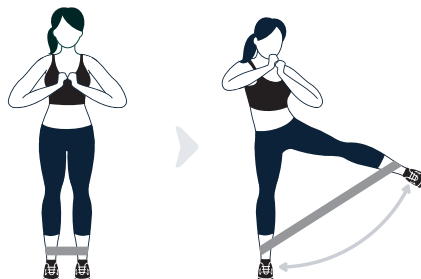
## 4 Curtsy

Place band around ankles and stand with feet hip-width apart. Swing left right leg behind keep right foot in front. Repeat on the other side.



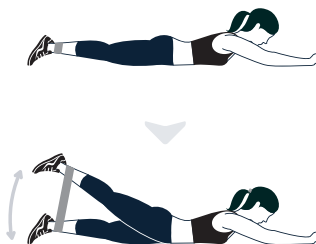
## 7 Hip Abduction

Loop elastic around thighs. Lie on back propped on elbows with knees bent. Move thighs apart. Return to start position and repeat.



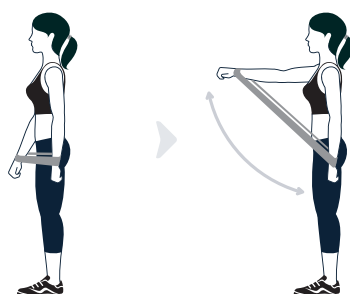
## 2 Quick Kicks

Loop elastic around ankles. Kick leg outward and quickly repeat. Keep toes pointed straight ahead and do not bend trunk.



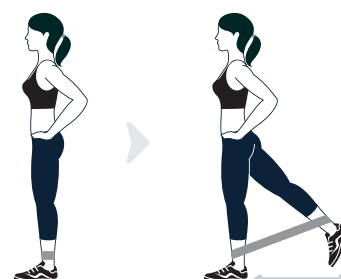
## 5 Hip Extension

Loop elastic around ankles. Lie face down, extend leg backward, keeping knee straight. Slowly return to start position.



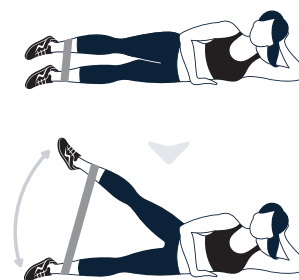
## 8 Forward Raise

Loop the band under your wrist and over the other wrist. Raise your arm until you feel resistance. Continue raising and lowering your arm for all your reps before switching sides.



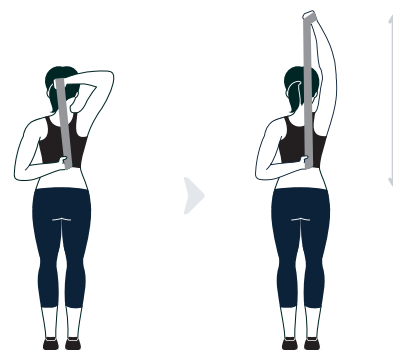
## 3 Standing Kickbacks

Stand with feet shoulder-width apart. Place your band right above your ankles. Lift your right leg behind you, keeping the leg straight. Repeat for other leg.



## 6 Lying Abductor Lift

Lie on your left side with your legs straight. Place your band right above your ankles. Lift and lower your right leg, keeping the leg straight. Repeat eight times. Switch sides and repeat.



## 9 Triceps Extension

Anchor the band behind your left shoulder by holding it with your left hand. Grab the other end behind your back with your right hand. Extend your right arm above your head. Continue your reps before switching sides.