

TRAINING EXERCISES WITH PERFORM BETTER® MINI BANDS



LATERAL WALK

START: Put the Mini Band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet to about shoulder width apart so the Mini Band gets a little tension in it. Bend your knees slightly, keeping your hips back, and keep your head and chest up.

EXERCISE: Take a large step out to the left with your left leg, keeping your feet in line with your shoulders, your hips level and your weight evenly distributed. This large step will cause a good amount of tension in the Mini Band. Follow that large step by a smaller step to the left with your opposite foot. Continue doing these steps for about 10-20 yards.



CLAM SHELLS

START: Slide a Mini Band around both feet and pull it up so it is positioned above both knees. Lie on the floor on your right side, with your hip and knees bent to about 90 degrees. Your left leg should be on top of your right leg and your feet should be on top of each other with your heels touching.

EXERCISE: Keeping your feet together, raise your left knee as high as you can (going into external rotation), without moving your pelvis and keeping your bottom leg still. When you lift your top knee you will get resistance from the Mini Band. Pause at the top for a second, then lower your knee back down to the starting position.



MONSTER WALK

START: Put the Mini Band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet slightly wider than hip width so the Mini Band gets tension in it. Bend your knees slightly, keeping your hips back, and keep your head and chest up.

EXERCISE: Take a large step forward with your right foot, followed by a larger step forward with your left foot. Continue to take large steps, walking forward for about 10-20 yards. During each step, maintain posture and push your knees away from each other.

MODIFICATION: You can go backwards as well to change up the exercise.



BEAR CRAWLS

START: Start by putting a Mini Band around both wrists. Drop down to the ground so your hands are under your shoulders then rise up onto your feet, so you are on all fours. There should be tension on the Mini Band that is between your wrists.

EXERCISE: Being up on all fours, move forward about 10 yards, keeping the band stretched throughout the entire movement. Make sure you keep your hips and shoulders the same height as you crawl forward and keep pulling the Mini Band apart with your wrists as you move.

MODIFICATION: You can do your bear crawls backwards and lateral to change up the exercise.



LATERAL LEG RAISE

START: Slide the Mini Band over both feet and up around the ankles, so it is flat against the legs. Lie on the ground, lying on your right side with both legs straight, putting your left leg directly on top of your right. You can put your right arm behind your head and your left arm can be on the floor in front of you for support.

EXERCISE: Raise your left leg as high as you can without moving any other part of your body. Once you get tension in the band and your leg is as high as it can go without breaking form, return your left leg to the starting position in a controlled manner.



GLUTE BRIDGES

START: Start by putting a Mini Band around both feet and pull the band up just above your knees. Lie on the floor, face-up, with your knees bent to 90 degrees, feet flat on the floor and arms out to your side. Spread your legs apart slightly so there is tension in the Mini Band.

EXERCISE: Raise your hips off the ground until your knees, hips and shoulders are all in a straight line. Pause at the top of the lift, then slowly lower yourself back down to the starting position. Keep tension in the Mini Band throughout the entire exercise.



SQUATS

START: Slide a Mini Band around both feet and pull the band up just above your knees. Move your feet shoulder width apart, with your head and chest up.

EXERCISE: Sit your hips back, bending at your knees. Push your knees out and against the Mini Band as your squat and try to get your thighs parallel to the ground. Once you get parallel, push through your hips and return to the starting position.



PROLONGING THE LIFE OF YOUR MINI BAND:

Make sure that when you put a Mini Band around your ankles, you put it around your feet with both hands. When you take it off, make sure you take it off with both hands. Do not kick them off or try to take them off with your shoes. Doing so can cause debris to get caught in the band and can cause tears in them.

PERFORM BETTER!
For further information please contact
at 800-556-7464



WARNING

- Read, follow, and keep these instructions for future reference. Failure to do so can result in serious injury or death.
- Never stretch band towards face or other sensitive parts of the body
- This product contains Natural Rubber Latex
- All resistance bands can break
- Use only as directed
- Never stretch band more than 2½ times its resting length
- If desired resistance is not achieved when using according to directions, switch to a band that provides desired resistance
- Inspect for possible wear and tear before each use, discontinue use if nicked or torn
- Do not use on abrasive surfaces
- Make sure the band is secure before proceeding with each exercise
- Consult your physician before beginning any exercise program
- Keep away from children