



Getting The Most From Your

Fitness First Therapy Strip

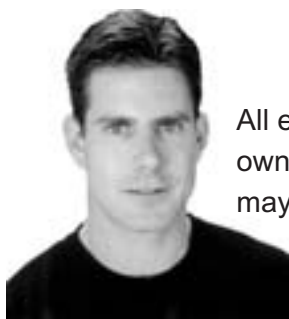
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Safety and Maintenance

- **CAUTION:** Consult your physician before beginning any exercise program. These products are not intended for use by children unless supervised by an adult.
- **WARNING:** Fitness First Therapy Strips wear out due to normal wear and age. Visually inspect before each use for tears or cracking. **DO NOT USE IF DAMAGE OR WEAR IS FOUND.** Always anchor your Fitness First Therapy Strip securely before beginning exercises. Do not perform exercises without wearing appropriate footwear.
- Store the Fitness First Therapy Strips in a cool, dry place away from direct sunlight.

Exercise Instruction

- Select the appropriate strength of Fitness First Therapy Strip that enables you to accomplish 12-15 repetitions. Once 15 repetitions are accomplished with ease, move to the next strength of Fitness First Therapy Strip.
- Always anchor Fitness First Therapy Strip securely before beginning each exercise.
- Perform 1-2 sets of 12-15 repetitions resting 30-45 seconds between sets.
- Always maintain stable posture when standing. Keep chest up, abdominals slightly contracted, shoulders square, eyes forward, knees slightly bent, and a neutral spine position.
- To eliminate repetitive explanation on every exercise, all exercises are described from starting position to contracted position. Always return to the starting position after pausing to contract muscles.
- Focus on good mechanics by concentrating on muscles producing the movement.
- Repetitions should always be performed in a slow and controlled manner, pausing at both ends of the range of motion.
- Avoid holding your breath or exaggerating breathing.
- If movement is unilateral (one side at a time), always switch sides after each set and perform equal number of repetitions.
- Seek the help of a qualified fitness professional for further advice and variations on these exercises.



All exercises were designed by Bill Leavitt, RTS. Bill is the owner of Fitness Alliance, Inc., located in Kansas City. He may be contacted at bleavitt@kcfitness.com



Seated Row - Start



Seated Row - Finish

Seated Row

(latissimus dorsi, rhomboids, mid-trapezius, posterior deltoid)

From a seated position, with knees slightly bent and feet together, center Fitness Band behind arches of feet. Hold ends with palms facing inward and pull backward by drawing the elbows along side the torso. **Tips:** Keep chest up, with shoulders back and down throughout the exercise. **Variation:** Change grip to palms down with elbows away from torso to emphasize more upper back and rear shoulder.



Tricep Extension - Start



Tricep Extension - Finish

Tricep Extension

(triceps)

From a standing position, hold Fitness Band in front of chest. Bend elbows and pull back in line with shoulders and have palms facing or toward floor. Keeping one arm stationary, extend other elbow outward until arm is straight. Can be performed unilaterally or alternating. **Tips:** Keep shoulders stationary, elbows in line with shoulders, and move only from elbows throughout movement. **Variation: Press Down.** From a standing position, anchor/center Fitness Band above head height. Grasp ends of strip and begin slightly above elbows. With palms facing, straighten arms keeping elbows under shoulders and against sides.



Knee Extension - Start



Knee Extension - Finish

Knee Extension

(quadriceps)

Tie and knot Fitness Band to form a loop. From a seated position on the floor, place Fitness Band under arch of non-exercising foot and then above other ankle. Lie back and keeping knees parallel, extend knee by moving foot upward in an arcing motion until leg is straight.

Tips: Keep ankle locked and in neutral position. Make sure to keep knees parallel throughout entire range of motion.



Arm Curl - Start



Arm Curl - Finish

Arm Curl

(biceps)

From a standing position with a staggered stance, center Fitness Band under arch of front foot. Hold ends with palms facing upward and bend at elbows bringing hands towards shoulders.

Tips: Keep elbows back and underneath shoulders to keep emphasis on biceps and not front shoulders. **Variation:** Perform from a lunged position with Fitness Band under front foot. Keep head and chest up. Change grip to palms facing inward, (neutral or hammer grip), to emphasize the brachioradialis and brachialis (muscles across the elbow and underneath the biceps).



External Rotation - Start



External Rotation - Finish

External Rotation

(external shoulder rotators: teres minor & infraspinatus)

From a standing position hold ends of Fitness Band in front with arms flexed to 90° and palms facing. Pull non-exercising arm back and slightly away from torso. Place exercising arm against torso with elbow under shoulder. Push hand outward, rotating the shoulder while keeping elbow under shoulder. **Tips:** Stay within a comfortable range of motion and do not let exercising arm move away from side of body.



Standing Leg Curl - Start



Standing Leg Curl - Finish

Standing Leg Curl

(hamstrings)

Tie and knot Fitness Band to form a loop. From a standing position, anchor Fitness Band under non-exercising foot and then place over arch of exercising foot so that band is on sole of shoe, not the ankle. Keeping knees parallel, curl heel of exercising foot toward buttock until hamstring is contracted, close to knee height. Hold on to a stable object if desired.

Tips: Maintain upright posture and do not attempt to increase range of motion by leaning forward. Maintain neutral position of the foot or toes pointed slightly down to prevent Fitness Band from falling off.



Hip Abduction - Start



Hip Abduction - Finish

Hip Abduction
(hip abductors)

Tie and knot Fitness Band to form a loop. From a standing position, place Fitness Band slightly above ankles and push leg outward. Hold on to a stable object if desired. **Tips:** Do not attempt to gain range of motion by leaning or bending torso. Lead with heel and keep toe pointed forward to prevent leg from externally rotating. To lessen forces on the knee, place Fitness Band closer to knees. **Variation:** *Side-Lying.* Place Band slightly above ankles, or toward knees, and lift top leg.



Hip Extension - Start



Hip Extension - Finish

Hip Extension
(gluteals, hamstrings,)

Tie and knot Fitness Band to form a loop. Place Fitness Band just above ankles. From a standing position push leg backward and contract gluteal. Hold on to a stable object if desired. **Tip:** Maintain upright posture and do not attempt to increase range of motion by leaning forward or arching back.



Hip Flexion - Start



Hip Flexion - Finish

Hip Flexion

(hip flexors, rectus femoris of quadricep)

Tie and knot Fitness Band to form a loop. Place Fitness Band just above ankles and from a standing position push leg forward while maintaining upright posture. Hold on to a stable object if desired.



Single Arm Pulldown - Start



Single Arm Pulldown - Finish

Single Arm Pulldown

(latissimus, teres major, rhomboids, lower trapezius, biceps)

Tie and knot Fitness Band to form a loop. Hold ends of Fitness Band and raise arms overhead with palms facing. Pull down with one arm driving elbow toward side of body.



Seated Overhead Press - Start



Seated Overhead Press - Finish

Seated Overhead Press

(anterior deltoid, trapezius, serratus anterior)

From a seated position on floor, with knees slightly bent, center Fitness Band under buttocks and hold or wrap ends around hands. Starting at ear level with palms facing forward or slightly inward, push upward and straighten arms to finish with hands directly above shoulders.



Single Arm Pec Fly - Start



Single Arm Pec Fly - Finish

Single Arm Pec Fly

(pectorals, anterior deltoid)

Tie Fitness Band to a stable and unmovable anchor or use another person. Stand parallel to anchor with arm out to side at shoulder height and elbow slightly bent. Keeping elbow bent, lead with thumb and pull toward midline of torso, in front of chest.



Adduction - Start



Adduction - Finish

Adduction

(hip adductors)

Anchor Fitness Band about ankle height and place outside foot inside. Stand at distance so there is tension when leg is lifted out to side (abducted), toward anchor. Place hands on hips or hold on to a stable object. Starting with leg abducted, pull inward to finish against other foot.