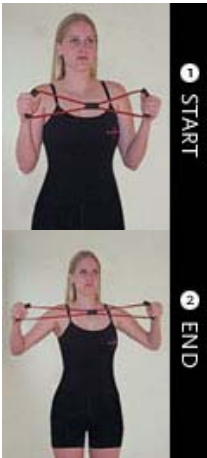


FIGURE 8 EXERCISE BAND

POSTERIOR DELTOID FLY



Stand in an upright position with feet together. Hold the Figure 8 Band level with chest.

Stretch the Figure 8 Band apart and pinch shoulders together. Hold form for one second and return to starting position. 10-15 Repetitions recommended.

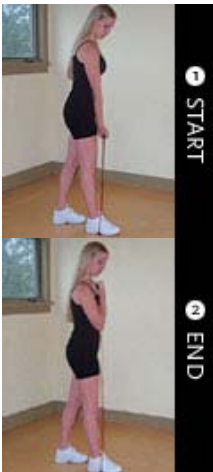
TRICEPS EXTENSION



Stand in an upright position with feet together. Using one hand, hold one end of the Figure 8 Band, (handle should be held firmly against opposite shoulder). Hold other handle with free hand.

Flex and slowly extend your hand down towards the ground. Hold firm for one second and return to starting position. Continue exercise by switching arms from left to right. 10-15 Repetitions recommended.

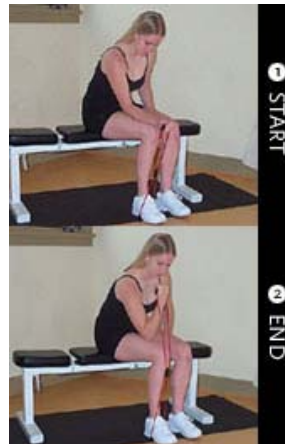
STANDING BICEP CURL



Place one foot on one end of Figure 8 so grip rests under arch. Grasp other ring with your same side hand and straighten arm naturally under shoulder with palm facing forward.

Place one foot on one end of Figure 8 so grip rests under arch. Grasp other ring with your same side hand and straighten arm naturally under shoulder with palm facing forward.

BICEPS CURL



Sit in a chair in upright position. Slide one end of the Figure 8 Band around foot. Hold the other handle with the respective hand (right foot, right hand; left foot, left hand). Elbow should be lined up with the knee before exercise.

Curl arm towards chest and flex. Hold form for one second and return to starting position. Continue exercise by switching arms and legs from left to right. 10-15 Repetitions recommended.

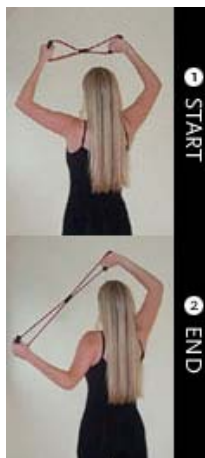
SEATED ROW



Place one foot into one end of Figure 8 so the ring rests under arch of foot. Grasp other ring with same hand with palm facing down. Place other hand on opposite bent knee.

Bend elbow and pull back. Finish with wrist just outside lower ribcage and elbow behind torso with shoulder blade squeezed toward spine. Place figure 8 on other foot, and repeat equal repetitions with other hand. 10-15 Repetitions.

LATERAL PULL DOWN



Stand or sit in an upright position, chest up, chin up, so spine is stable. Grasp both handles of the Figure 8 band with wrists together. Extend one arm directly overhead and create a 90° angle with the other arm. Hands should be facing up.

Extend lower arm downward while maintaining the position of the upper arm. Hold one minute and switch arms. 10-15 Repetitions recommended per arm.