

Bent-Leg Side Raise

Start: Place band around legs just above knees. Stand with feet hip-width apart, bend and lift exercising leg while balancing on non-exercising leg. Position hands on hips with hips square and abdominal muscles tight.



Finish: Keep exercising leg bent and lift up and outward while keeping the foot of non-exercising leg firmly positioned on the floor. Hold 1–2 seconds. Slowly return to start position.

Hint: Place anchor-side hand on wall or back of chair for additional support, if needed.

Bent-Leg Squeeze

Start: Place band around upper leg and anchor in same-side hand. Stand with feet hip-width apart, bend and lift exercising leg up and outward while balancing on non-exercising leg. Position opposite hand on hip with hips square and abdominal muscles tight.



Finish: Keep anchoring hand stationary and pull exercising leg down and inward while keeping the foot of non-exercising leg firmly positioned on the floor.

Hint: Place anchor-side hand on wall or back of chair for additional support, if needed.

EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Flat Band Loop before each exercise is performed with the Flat Band Loop.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets, modify the placement of the band, or select a Flat Band Loop that provides a lesser amount of resistance.

-OR-

- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets, modify the placement of the band, or select a Flat Band Loop which provides a greater amount of resistance.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Flat Band Loop exercise session.

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FLAT BAND LOOP

INSTRUCTION SHEET

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below prior to using the Flat Band Loop!

- Before each workout check for possible wear on the band.
- Avoid exposing the band to rough or abrasive surfaces.
- Do not stretch band beyond 2 times its resting length.
- Always perform general warm-up activities prior to performing Flat Band Loop exercises.
- Perform only the exercises as shown on this sheet, or other SPRI produced informational resources.
- Make sure band is securely positioned under feet and/or around legs before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Leg Extension



Start: Place band under foot of non-exercising leg and around ankle of exercising leg. Sit, bend legs, lean back, and support upper body on elbows. Position forearms on floor with abdominal muscles tight and shoulder blades pulled together.

Finish: Straighten and lift exercising leg upward, point toes toward body, while keeping the foot of the non-exercising leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.

Leg Curl



Start: Place band around foot of non-exercising leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Fold arms, rest forehead on backs of hands, and press hips into floor.

Finish: Bend exercising leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercising leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.

Leg Raise



Start: Place band around lower legs. Lie on your side with top leg slightly bent and bottom leg straight, hips rolled forward, and toes pointed straight ahead. Bend bottom arm and support head with hand. Position opposite hand on the floor in front of hips.

Finish: Lift top leg while keeping the non-exercising leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.

Leg Lift

Start: Place band around foot of non-exercising leg and around lower leg of exercising leg. Lie on side with non-exercising leg on top, bend and position just behind exercising leg. Keep foot of non-exercising leg flat on floor, and straighten exercising leg. Support upper body on forearm of bottom arm. Bend and position top arm along side of body with hand on floor in front of hips.

Finish: Lift and raise exercising leg straight upward, while keeping the hips forward and foot of the anchoring leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.



Knee Lift

Start: Place band under foot of non-exercising leg and around foot of exercising leg. Stand with your feet hip-width apart and knees slightly bent. Position hands on hips with hips square and abdominal muscles tight.

Finish: Bend knee, lift exercising leg up and forward until upper leg is parallel to the floor, while keeping the foot of non-exercising leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.

Hint: Place anchor-side hand on wall or back of chair for additional support, if needed.



Kick Back

Start: Place band just below knee of non-exercising leg and around foot of exercising leg. Stand and balance on foot of non-exercising leg and bend exercising leg until lower leg is parallel to the floor. Position hands on hips with hips square and abdominal muscles tight.

Finish: Straighten exercising leg behind body while keeping toes pointed toward floor and foot of non-exercising leg firmly positioned on the floor. Hold 1–2 seconds and slowly return to start position.

Hint: Place anchor-side hand on wall or back of chair for additional support, if needed.



