



PLEDGE TO

**BE ACTIVE**

A guide to using your fitness band



### Back & Shoulders

Hold the band out in front of your body at shoulder height, with a small amount of tension in the band. Pull the band apart, widening the distance between your arms. Hold for 1 second, then return to the start position in a slow and controlled manner.



### Front of Upper Arm

Place one end of the band underneath your foot, and hold the other end of the band in your hand on the same side, with arm fully extended, and tension in the band. Bend your elbow, curling your arm up and extending the stretch band. Return to starting position, extending the arm in a slow and controlled manner. Complete the set, and then do the same on the other side.

### Outside of Legs

Sit on a chair and step into the band placing it around your ankles. Then sit back in the chair and stretch your legs out straight in front of you. Keeping tension in your legs, pull them apart and hold for 1 second, then return to the starting position. Repeat for the set.





### Back and Arms

Sit with your legs out stretched in front of you, with the stretch band around both feet. Hold the band with both hands arms outstretched and pull arms backwards, elbows to each side, and hands towards your middle. Return to starting position in a slow and controlled manner. Repeat for the set.



### Back of Upper Arm

Hold the stretch band behind your back, with one hand low down at waist height, and the other hand reaching backwards over your shoulder, with your elbow in the air. Hold the band steady with a small amount of tension. Keeping your elbow high, extend your arm upwards extending the stretch band until the arm is straightened. Return the arm back to the bent (flexed) position in a slow and controlled manner, and repeat for the set. Swap arms over and repeat on the other side.



### Legs

Sit on a chair with knees bent, with the stretch band under one foot, and around the ankle of the other foot. Keeping knees together, extend the leg of the foot with the band around the ankle. Hold for 1 sec with leg fully outstretched (extended) and then return the foot to the floor in a slow and controlled manner. Repeat for the set, and then do the same number of repetitions on the other side.

### General Instructions for use

1. The stretch band is not a toy. Please use responsibly, and keep out of the reach of young children.
2. Inspect the band before each use and ensure it is not damaged in any way. Do not use a damaged band.
3. If you detect any damage or modifications to the band, you should dispose of it.
4. To avoid injury, you should warm up before doing any of the suggested exercises, and undertake each exercise in a slow and controlled manner.
5. If you feel pain while undertaking any of the exercises, stop immediately.
6. Ensure that you always have sufficient room around you, to perform the exercises safely.
7. The stretch band should be held under tension, while you perform each exercise.
8. For each exercise, you may gradually build up the number of repetitions, from 10 to 20. Perform each exercise on both sides.
9. Ensure you always complete the same number of exercise repetitions and sets on each side.
10. The band should be stored in a dry, dark space. The performance of the band is likely to change over time as the material deteriorates. This is a normal expectation with regular use. If you are unsure of the safety of continued use of the band, please check with The Fitness Pod.

