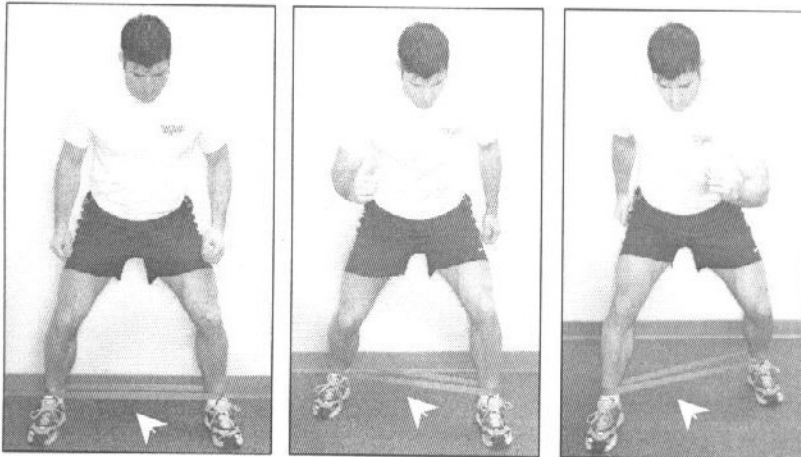


EXERCISE BANDS

Using tubing and bands has long been part of rehabilitation for injuries. By including bands as part of a dynamic warm up, you can target the hip and shoulder complexes. When used in conjunction with other exercises these band sequences can help activate the core as well as prime movers, synergists and stabilizers in the hip and shoulder area. Follow these exercises with other more dynamic movement drills without bands to be prepared for your training or rehabilitation sessions.

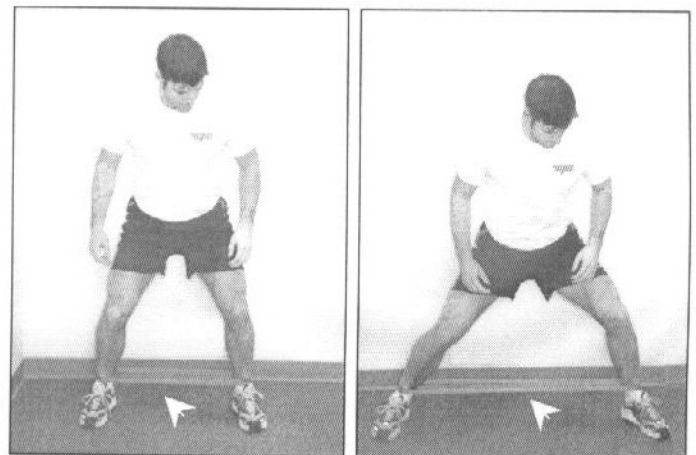


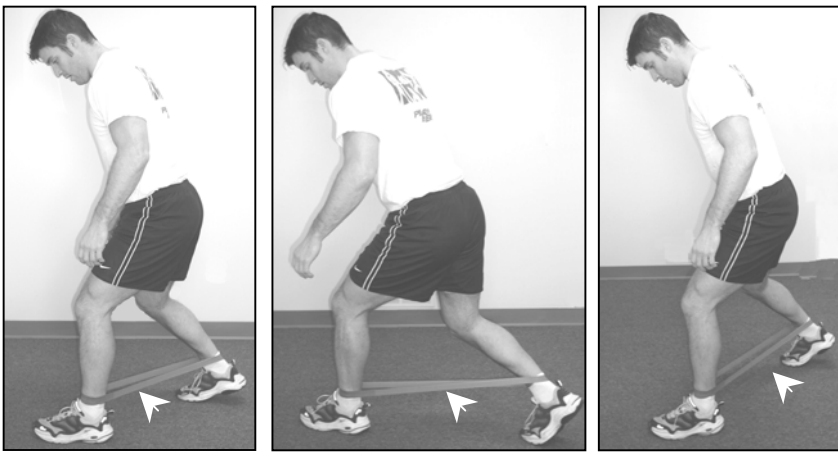
Monster Walks

-Begin with band around ankles. Assume a ¼ squat position and begin taking wide steps to the side as you move forward. This can also be done backwards.

Lateral Step

-Begin with band around ankles. Move laterally stepping with one foot at a time. Can be done in place or moving.



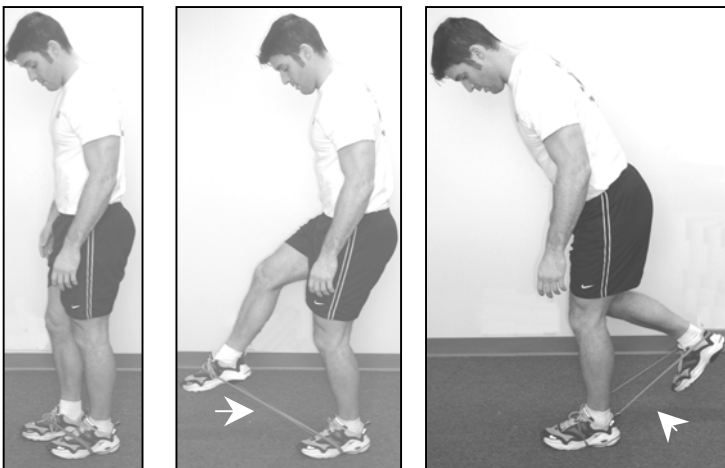


Carioca

-Begin with band around ankles. Move laterally, stepping alternately in front then in back with each step. Repeat moving in the opposite direction.

Staggered Stance

-Begin in staggered stance with band around ankles. Move laterally stepping with one foot at a time while maintaining staggered stance

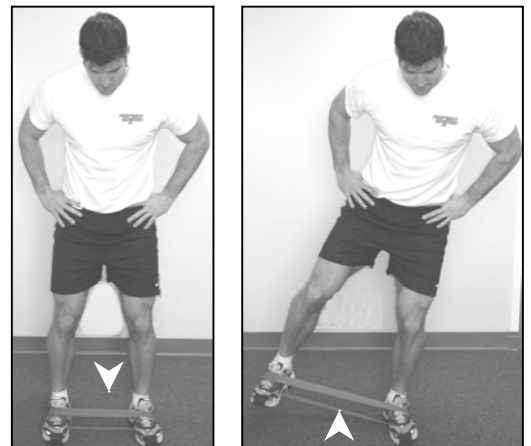


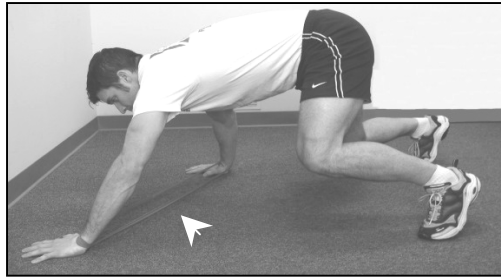
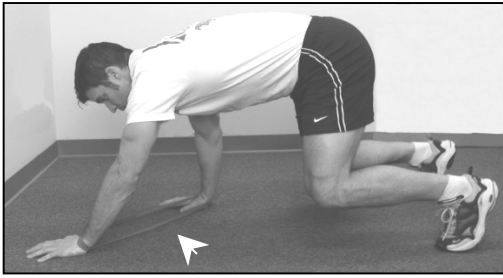
Front and Rear Leg Extension

-Start with band under one foot, behind ankle of the other. Move leg to the rear or front and return to start position. Repeat with opposite leg.

Lateral Leg Extension

-Start with band under foot and over instep. Move outside leg to the side and return to start position. Repeat the exercise on the other side.





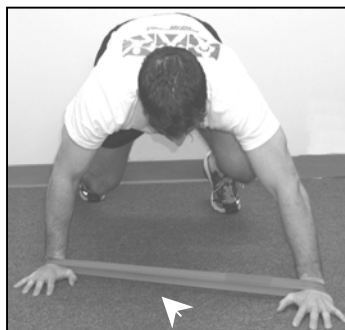
Crawling

-On all 4's crawl laterally moving one hand at a time keeping tension on the band.



Stepups

-Start with bands around wrists. Step or put hand on airex pad or block that is 2-4" high. Move laterally taking one hand off the pad and putting the other on to it. Repeat in other direction. This can also be done moving forward/backward onto and off mat with either both hands on or one on at a time.



Crawling Forward

-On all 4's with band around wrist. Move forward one hand at a time keeping tension on band. Feet can either be kept in place or moved. Exercise can also be done backwards.

