




ECHELON 46284721 Mini Loop Bands User Guide

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- Warm up for 3-5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- Perform each exercise a minimum of 3 times per week for maximum results.
- If unable to complete 8 exercise repetitions through a full range of motion, increase the rest time between exercise sets or decrease repetitions. 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 or increase repetitions.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

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BACK STEP

START: Place the band around the lower legs slightly above the ankles. Stand with feet hip-width apart and knees slightly bent.



FINISH: Slowly step backward with one leg and bend your knees while keeping the foot of the opposite leg stationary. Return slowly to the start position and repeat.



HIP ROTATION

START: Place the band around the lower legs slightly above the ankles. Stand upright with feet hip-width apart and knees slightly bent.

FINISH: Slowly bend, lift and rotate leg up and out alongside of the body while balancing on opposite legs. Return slowly to the start position and repeat.



HIGH STEP

START: Place band around arches of feet. Stand upright with feet hip-width apart and knees slightly bent.



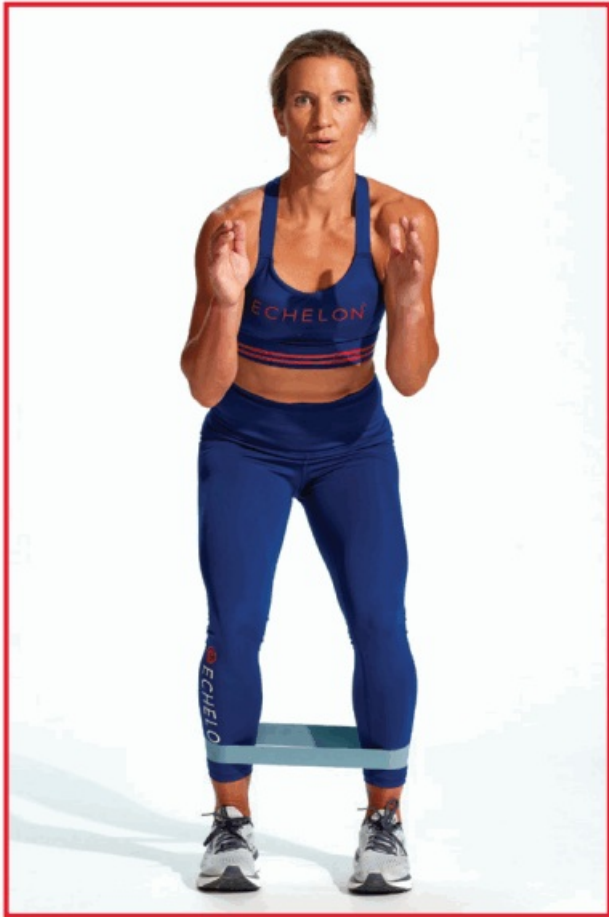
FINISH: Slowly bend the leg and lift the knee up and in front of the hip while balancing on the opposite leg. Return slowly to the start position and repeat.



SIDESTEP

START: Place the band around the lower legs slightly above the ankles. Stand with feet hip-width apart and knees slightly bent.

FINISH: Slowly step outward away from the side of the body with one leg while keeping the opposite leg stationary. Return slowly to the start position and repeat.



FRONT STEP

START: Place the band around the lower legs slightly above the ankles. Stand with feet, hip-width apart and knees slightly bent.

FINISH: Slowly step forward with one leg and bend your knees while keeping the foot of the opposite leg stationary. Return slowly to the start position and repeat.



WALKING PUSH-UP

START: Place the band around forearms just above wrists. Straighten arms and position hands directly below shoulders with feet positioned hip-width apart and body straight.



FINISH: Lift and reach one hand up and away from the opposite hand, reposition the hand on the floor, and bend the arms and lower body toward the floor. Straighten arms while lifting and moving hand back under the shoulder to start position, and repeat.



All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program. THE PRODUCT MAY DIFFER SLIGHTLY FROM THAN ONE SHOWN.

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