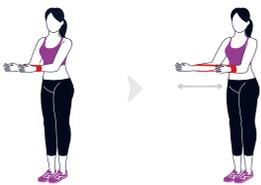


# Mini Exercise Band



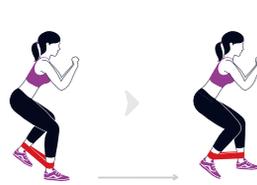
## STANDING SHOULDER-ARM PRESS-OUT

1. Stand with feet shoulder-width apart and place mini band on your arms, just above your wrists.
2. Place your forearms at a 90-degree angle and hold your arms close to either side of your body.
3. Pull your shoulders down your back and flex your core muscles.
4. Using your shoulders and arms, push against the mini band to widen it to either side of your body.
5. Slowly return to the starting position.
6. Repeat for 30-60 seconds (about 5-10 repetitions).
7. Complete 3 sets, taking a 1-minute break between sets.



## LATERAL WALKS

1. Place both feet through the mini band and position it around your ankles.  
\*Modification: Place the band below the knees.
2. Slightly bend your knees and hips, keeping feet shoulder-width apart for band tension.
3. Stay low as you take a controlled step to the right and keep your toes pointed forward, resisting the band.
4. Step your opposite leg (left leg) in to meet the right foot slowly.
5. Continue to step like this for 30-60 seconds.
6. Switch sides and complete 3 sets on each leg.



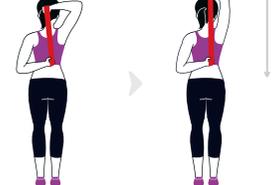
## MONSTER WALK

1. Place both feet through the mini band and position it above both ankles.
2. Start with your feet hip distance apart, keeping slight tension on the band.
3. Take a large step forward with your right foot as the band pulls apart, putting tension on your glutes.
4. Step your left foot forward to meet your right foot.
5. Now, step your left foot forward and then bring your right foot forward to meet it.
6. Reverse this motion by walking backward the same way (stepping back with left foot then right foot and so on).
7. Continue taking steps for 30-60 seconds.
8. Complete 3 total sets, taking a 1-minute break between sets.



## STANDING BICEP CURL

1. Stand with feet shoulder-width apart and place the mini band around your right leg above the knee.
2. Set your right foot on a foot stool with your heel slightly off the back edge of the stool.
3. Grip the mini band around the top of your leg with your right hand, palm facing up or down, with your forearm at a 90-degree angle.
4. Lift your forearm as you slowly bring your right hand toward your right shoulder, squeezing your right bicep. Slowly return to the starting position.
5. Repeat for 30-60 seconds (about 5-10 repetitions).
6. Complete 3 sets, taking a 1-minute break between sets.



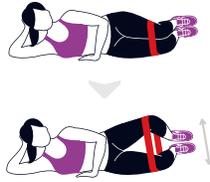
## STANDING TRICEP EXTENSION

1. Stand with feet shoulder-width apart.
2. Hold one end of the band with one hand, bringing it up and around to the top of your back.
3. Hold the bottom end of the band with the other hand, bringing it to between your shoulder blades on your back.
4. Without moving your lower hand, raise the arm at the top of your back toward the ceiling, palm facing in.
5. Slowly return arm to starting position, keeping the length of your arm and elbow close to the side of your head as you raise and lower it.
6. Repeat for 30-60 seconds (5-10 repetitions).
7. Switch sides and complete 3 sets on each arm, taking a 1-minute break between sets.



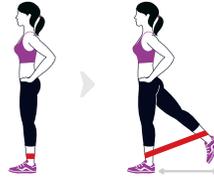
### OUTER-V ABDOMINAL STABILIZER

1. Sit on the floor or an exercise mat and put the mini band around both ankles.
2. Lie on your back with arms by your sides.
3. Engage your core, then lift both legs straight up toward the ceiling, feet flexed and hip-width apart.
4. Pull legs slightly against the mini band, then lower your legs to the ground, keeping your lower back and shoulders pressed firmly against the floor.
5. When your legs reach the floor, pull against the mini band to spread your legs apart wider than your hips, then slowly return to the starting position.
6. Repeat for 30-60 seconds (5-10 repetitions).
7. Complete 3 sets, taking a 1-minute break between sets.



### CLAM SHELL

1. Sit on the floor or an exercise mat.
2. Put both feet through your mini band and position it above your knees.
3. Lay on your right side with one leg resting above the other. Pull your knees forward until they are bent at nearly a 90-degree angle.
4. Rest your head on your right hand.
5. Keep your feet together as you lift your left knee toward the ceiling.
6. Slowly return your left knee back down to your right knee.
7. Repeat for 30-60 seconds (about 5-10 repetitions).
8. Complete 3 sets, taking a 1-minute break between sets.
9. Repeat on the left hip for 3 sets.



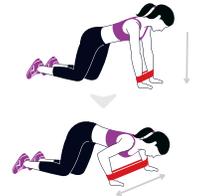
### STANDING LEG KICKBACKS

1. Place both feet through your mini band and position it right above your ankles with feet shoulder-width apart (avoid placing the band directly on top of your knees).  
*\*If additional assistance is needed for balance, stand in front of a chair before placing the band above the knees.*
2. Lift your right leg behind you, making sure to keep this leg straight.
3. Squeeze your glutes as you lift the leg behind you.
4. Lower your right leg.
5. Repeat for 30-60 seconds (about 5-10 repetitions).
6. Switch sides and repeat for 3 total sets on each leg.



### GLUTE BRIDGE

1. Sit on the floor or an exercise mat, put both feet through the mini band, and pull the mini band up above both knees.
2. Lie on your back.
3. Bend your knees to a 90-degree angle, keeping your feet flat on the floor.
4. Place your arms flat on the ground next to your hips, palms facing down.
5. Squeeze your glutes and hamstrings as you lift your hips off the ground.
6. Keep tension on the band by squeezing your knees outward until your knees, hips, and shoulders are aligned.
7. Slowly lower your hips to the floor.
8. Repeat for 30-60 seconds (5-10 repetitions).
9. Complete 3 total sets, taking a 1-minute break between sets.



### PUSH-UPS

1. Get on your hands and knees on an exercise mat or floor and place the band around your wrists with fingers pointing forward.
2. Pull slightly against the mini-band to position your hands slightly wider than your shoulders.
3. Contract your abdominal/core muscles and keep them tight throughout the exercise.
4. Keep a straight back and slowly bend your elbows to lower your chest until your chin reaches the floor, or as close as possible.
5. Slowly return to the starting position, with your hands and arms still held wide on the floor.
6. Repeat for 30-60 seconds (about 5-10 repetitions).
7. Complete 3 sets, taking a 1-minute break between sets.

# Guidelines for Proper Use

Read, follow, and keep these instructions for future reference. Failure to do so can result in serious injury or death.

- Consult your physician before beginning any exercise program
- Always use both hands when placing the band on and off your body
- Never try kicking the band off with your shoes, as this could cause the band to tear
- Never stretch the band towards your face or other sensitive areas on your body
- This product contains natural rubber latex that could cause skin sensitivities if allergic
- All resistance bands can potentially break, so use caution when performing exercises
- Use the band only as directed and never stretch the band more than 2½ times its resting length
- Discontinue use of the band if it is broken or torn
- Do not use the band on abrasive or open skin surfaces
- Make sure the band is secure before continuing with any exercise
- Keep away from children

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