







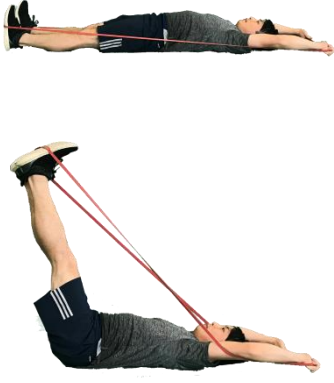
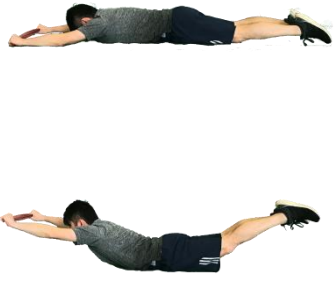




Exercise Band Strength Training

Exercise band strength training can enhance muscle strength, flexibility, stamina and overall fitness. This portable exercise equipment can be stored very easily which is perfect for home use, in the office or when traveling. A wide range of resistance levels allow it to be adaptable to all ages and fitness levels. Exercises can be performed 2-3x/week, 2-3 sets of 8-12 repetitions (unless otherwise stated).

Upper Body Exercises	 <p>Chest Press</p>	 <p>Seated Row</p>
	 <p>Shoulder Front Raise</p>	 <p>Shoulder Lateral Raise</p>

<p>Upper Body Exercises</p>	 <p>Biceps Curl</p>	 <p>Triceps Extension</p>
<p>Lower Body Exercises</p>	 <p>Squat</p>	 <p>Lunge</p>

<p>Core Exercises</p>	 <p>Reverse Abs curl</p>	 <p>Superman</p>
<p>Combination Exercises</p>	 <p>Squat and Shoulder Press</p>	 <p>Lunge and Core Rotation</p>