

Flex-Band® with Handles

Includes
5 Exercises:



- p.2 Bicep Curl with Lunge
- p.2 Roll-Down with Obliques
- p.3 Upper Middle Back Rotation
- p.3 Spine Twist Kneeling
- p.4 Half Roll Up with Bicep Curls
- p.4 How to Attach Flex-Band Handles

Flex-Band Handles are sold separately or in a Power Pack, visit our website for more details.

Add comfort and grip to your workout with our Flex-Band® Handles! Sold as a pair, these Flex-Band Handles help you maintain proper wrist alignment while simulating many of the exercises performed on the Reformer. Boost muscular endurance and increase your fat-burning capacity to achieve a sculpted and toned body.

Bicep Curl With Lunge



Targets: Arms and buns

Starting position: Position handles close to the ends of the Flex-Band, stand as tall as possible. Legs hip-distance apart, one foot on center of band. Hold handles with arms resting by sides.

INHALE Prepare.

EXHALE Step back with free leg, bending both legs and bend elbows bringing hands to shoulders.

INHALE Bring feet together and return to starting position.

Complete 5-8 repetitions on each side.

Roll-Down with Obliques



Targets: Abs and arms

Starting position: Position handles $\frac{1}{4}$ of the way down the Flex-Band. Sit as tall as possible on mat. Knees bent with feet hip-distance apart. Band around soles of feet, holding handles with arms rounded in front of body.

INHALE Prepare.

EXHALE Curve lower back toward mat keeping eyes forward while pulling hands in toward chest.

INHALE Holding curve in lower back, rotate upper body to one side. Open arms, pointing fists to the ceiling.

EXHALE Holding curve, return to face front, bringing hands in to chest.

INHALE Release arms forward and return to sitting tall.

Complete 5 repetitions on each side, alternating.

Upper Middle Back Rotation



Targets: Upper back and shoulders

Starting position: Remove handles or leave them attached. Lying on stomach on mat with nose pointing straight down. Legs straight, hip-distance apart. Hold Flex-Band with arms shoulder-distance apart and overhead.

INHALE Prepare.

EXHALE With abdominals engaged, lift head and upper back off mat. Keep one hand on mat and reach other arm down toward hip, rotating upper torso to that side. Avoid lifting too high.

INHALE Return arm overhead and lower torso to starting position.

Complete 8-10 repetitions on each side.

Spine Twist Kneeling



Targets: Shoulders and oblique abdominals

Starting position: Position handles about ¼ of the way down the Flex-Band. Kneel on center of band, as tall as possible, knees hip-distance apart. Hold handles with arms resting by sides.

INHALE Keeping torso still, lift arms out to sides. Arms are long with palms facing down.

EXHALE Keep arms reaching out to sides and rotate upper torso to one side. Allow hips to rotate slightly with torso.

INHALE Keep arms reaching and rotate upper torso back to front.

EXHALE Lower arms down by sides.

Complete 5 repetitions on each side, alternating.

Half Roll Up with Bicep Curls

Targets: Abs and arms

Starting position: Position handles close to the ends of the Flex-Band. Lying on back on mat. Spine in a neutral position, neither arched nor flat. Knees bent slightly and feet hip-distance apart with band wrapped around soles of feet. Hold handles with arms down by sides.

INHALE Prepare.

EXHALE Curl head and shoulders up off mat keeping lower back in a neutral position.

INHALE Hold position.

INHALE Straighten elbows.
Repeat steps 4 & 5 four times.

EXHALE Lower head and shoulders to return to starting position.

Complete 5-8 repetitions of the whole sequence.



How to Attach Flex-Band Handles



Bunch band



Thread through hole



Insert plug



Tug on band to secure it

WARRANTY, CARE AND USAGE FOR FLEX-BAND® HANDLES

The Merrithew™ Flex-Band™ Handles simulates the resistance and flexibility exercises performed on a Pilates Reformer. Use with the Flex-Band series of DVDs and other innovative fitness routines.

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use the Flex-Band without adult supervision.
- Maintain control of the Flex-Band at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not use the Flex-Band if it appears worn, or damaged.
- Use the Flex-Band only for intended exercises.
- Follow exercise guidelines presented on the enclosed Easy Start Exercise Poster or in one of the many MERRITHEW exercise videos or manuals.