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 ¼ 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.**

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**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.
- **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**

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**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**

If necessary, clean dirty spots with a combination of tea tree oil* and water on a lightly moistened cloth. Avoid excessive cleaning and corrosive cleaning products. The latex Flex-Bands are made of durable, natural rubber latex and are coated with powder. Removing this powder may cause the exerciser to stick to itself. Ensure cleaner used does not make surfaces slippery. Do not use corrosive cleaning products on the Handles.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

**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.