

# Flex-Band® Exerciser

Includes  
5 Exercises:



- p.2 How to hold the Flex-Band
- p.2 Leg Circles
- p.2 Bend & Stretch Knees
- p.3 Half Roll Back
- p.3 Bend & Stretch Elbows
- p.4 Spine Twist

Available in:  
**Green:** regular-strength  
**Blue:** extra-strength  
**Orange:** non-latex light  
**Lemon:** non-latex regular  
**Lime:** non-latex extra-strength

Add upper-and lower-body resistance training into your Matwork routines by incorporating the ultimate sculpting tool into your movements: the Flex-Band® exerciser. Simulate the flexibility and resistance exercises performed on the Reformer with the economical and highly effective Flex-Band®.

## How to Hold the Flex-Band

When holding the Flex-Band exerciser keep the wrist and finger joints as neutral as possible. Avoid wrapping the band around the hands or bending the wrists. When placing the band around the feet, spread it out to keep it from rolling into a thin cord.



Correct



Incorrect

## Leg Circles



**Targets:** Core muscles

**Starting Position:** Lying on back on mat. Spine in a neutral position, neither arched nor flattened onto mat. One foot lifted off mat with the Flex-Band® exerciser wrapped around back of thigh and crossed in front. Hands holding ends of band, arms out to side.

**INHALE** Begin to circle leg out to side and away from body, keeping torso, and especially pelvis, still.

**EXHALE** Continue to circle leg across midline and up toward body, keeping torso still.

*Circle leg 5 times in one direction. Repeat 5 times in opposite direction, alternating.*

## Bend & Stretch Knees



**Targets:** Abs and legs

**Starting Position:** Lying on back on mat. Lower back flattened toward mat. Abs scooped in toward spine. Both legs lifted with knees bent and Flex-Band exerciser wrapped around balls of feet. Hands holding ends of band, elbows bent at sides.

**INHALE** Prepare.

**EXHALE** Tighten abdominal muscles and straighten legs up toward ceiling. Keep torso stable and do not let back arch up off mat.

**INHALE** Keeping torso stable, bend knees to return to starting position.

*Complete 8-10 repetitions.*

## Half Roll Back



**Targets:** Abs and arms

**Starting Position:** Seated on mat, tall and lengthened, feet hip-distance apart. Knees bent, Flex-Band exerciser wrapped around balls of feet. Hands holding ends of band.

**INHALE** Prepare.

**EXHALE** Curve spine and roll back as far as possible while keeping feet on mat use Flex-Band exerciser for support.

**INHALE** Return to starting position.

Once in the Half Roll Back position, flex and extend elbows three times before returning to starting position.

*Complete 5-8 repetitions on each side.*

## Bend & Stretch Elbows



**Targets:** Arms

**Starting Position:** Seated on mat, tall and lengthened, with legs crossed (sit on a pillow, large book or chair to sit up as straight as possible). Flex-Band exerciser around back. Hands holding ends of band, elbows bent at sides.

**INHALE** Prepare.

**EXHALE** Tighten abdominal muscles and reach arms out to sides, keeping torso stable and palms facing up.

**INHALE** Keep torso stable and bend arms to return to starting position.

*Complete 8-10 repetitions.*

## Spine Twist

**Targets:** obliques

**Starting Position:** Seated on mat, tall and lengthened, with legs crossed (sit on a pillow, large book or chair to sit up as straight as possible). Sit on one end of Flex-Band exerciser, hands holding other end of band, arms forming a circle in front of body. Start with torso rotated toward leg on same side as band.

**INHALE** Prepare.

**EXHALE** Tighten abdominal muscles and rotate torso toward opposite leg, keeping hands in front of breast-bone.

**INHALE** Keeping hands in front of breast-bone, return to starting position.

*Complete 3-5 repetitions on each side.*



## WARRANTY, CARE AND USAGE FOR FLEX-BAND

The MERRITHEW® Flex-Band™ exerciser 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.

\*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.