

TRAINING EXERCISES WITH PERFORM BETTER® SUPERBANDS



HAMSTRING STRETCH

START: Double loop the Superband around the arch of one foot. Lie back, keeping both legs straight. Lift up the leg that has the Superband on it, while keeping your opposite leg straight and on the ground. Make sure both your back and pelvis remain flat on the floor.

STRETCH: Hold onto the Superband to lift your leg off the ground, providing tension in the band. Continue lifting your leg until you feel a stretch in your hamstring, then hold for 10-20 seconds. Do not allow any portion of the band to stretch more than 2½ times its resting length. Do not stretch the band toward your face or other sensitive parts of the body.



QUADRICEP/HIP FLEXOR STRETCH

START: Double loop the Superband around the arch of one foot. Lie face down with your opposite leg extended. Keeping both thighs on the floor, hold onto the Superband with both hands over your shoulder, keeping tension in the band. (In order to stretch your hip flexors, lift your thigh off the floor instead of keeping it on the ground during the stretch).

STRETCH: Holding onto the Superband gently pull your foot towards your buttocks. Once you feel a stretch, hold for 10-20 seconds. Do not allow any portion of the band to stretch more than 2½ times its resting length. Do not stretch the band toward your face or other sensitive parts of the body.



X-BAND WALKS

START: Step inside the Superband so both feet are shoulder-width apart and are standing on the relaxed band. Hold the top part of the band and turn it 180 degrees so that it forms an "X" in the middle of the band. Pull the top part of the Superband up towards the level of your waist to provide resistance on the band. Keep your chest up and shoulders back. Do not stretch the band toward your face or other sensitive parts of the body.

EXERCISE: While standing on the Superband and keeping tension on the band at all times, step laterally to the left, taking a big step with your left foot followed by a smaller step with your right foot. Repeat that movement for about 10 yards to the left then go the opposite direction.



RESISTED LUNGES

(2 people are needed)

START: Have the athlete doing the exercise step inside the Superband and place the band around their waist. Have the second athlete hold the band in front of them, standing at a distance from the first athlete such that the band is straight but not stretched.

EXERCISE: Have the athlete doing the exercise step forward and lunge, while the band is around their waist. Once they step forward and lunge, have them push back to the starting position, then alternate feet. Do not stretch the band toward either person's face or other sensitive parts of the body. If the band does not provide the desired resistance when used as described, switch to a band that provides desired resistance.

MODIFICATION: The athlete lunging can also turn to the side and do lateral lunges, stepping out to one side then back to the middle. If lateral lunges are being performed, complete a full set on one side before switching to the other side.



SQUATS

START: Step inside the Superband so both feet are standing on the band. Squat down and put the other end of the band on the back of your neck/shoulders. Hold the band by your shoulders with both hands so the band is not pressed directly on your neck. Spread your feet apart to around shoulder width to get resistance from the Superband.

EXERCISE: With the Superband in position, sit back as if you were going to sit in a chair, bending at your knees and keeping your heels on the floor. Lower yourself down, keeping your weight distributed evenly on your thighs, heels and balls of your feet, and squat. On the way up you will notice that the Superband will resist you.



RESISTED RUNNING/WALKING

(2 people are needed)

Use with 1½" Superbands and larger.

START: Have the athlete performing the exercise step inside the Superband and place the band around their waist. Have the second athlete hold the band in front of them, standing at a distance behind the first athlete such that the band is straight but not stretched.

EXERCISE: The athlete wearing the band will start running, while the athlete holding the band follows behind them at a distance no greater than two large steps. Make sure that the person holding the band does not allow the band to get stretched out more than 2½ times its resting length. Have the runner sprint about 10-20 yards. Do not stretch the band toward either person's face or other sensitive parts of the body. If the band does not provide the desired resistance when used as described, switch to a band that provides desired resistance.

MODIFICATION: The person running can also face sideways if they wanted to do lateral resisted running/walking/shuffles.



RESISTED PUSH-UPS

START: Hold the Superband out in front of you with both hands gripping the inside of the band – one hand should be holding each end of the Superband. While holding the band, lift your arms up and over your head, bringing the band to the middle of your back. The Superband should be touching your back as well as lying across your biceps.

EXERCISE: With the Superband in place, get down into a push-up position. Lower yourself down into a push-up, bending at the elbows and keeping your core tight. When you push back up you will notice that the Superband is providing resistance.



RESISTED JUMPING

START: Step inside the Superband so both feet are standing on the band. Squat down and put the other end of the band on the back of your neck/shoulders. Hold the band by your shoulders with both hands so the band is not pressed directly on your neck. Spread your feet apart to around shoulder width to get resistance from the Superband.

EXERCISE: With the Superband in position, squat down and jump up a high as you can, keeping hold of the band. Land softly after the jump, then immediately jump again, trying to spend as little time on the ground as possible in between jumps.



ASSISTED PULL-UPS

START: Self-loop a Superband around the middle section of a pull-up bar, securing the band to the bar. Pull the end of the Superband down and place one knee into the loop, making sure it cannot slip out.

EXERCISE: With the Superband secured around your knee, grip onto the Pull-Up bar. Pull yourself upward towards the bar, attempting to get your chin over the bar. Once you reach the top of the pull, lower yourself in a controlled manner. Do not stretch the band toward your face or other sensitive parts of the body.

MODIFICATION: For people who are not able to do a lot of pull-ups, using a larger Superband makes it easier. For people who can do some pull-ups and just need a little assistance, use a smaller Superband.



For further information please contact **PERFORM BETTER!** at 800-556-7464



WARNING

- Read, follow, and keep these instructions for future reference. Failure to do so can result in serious injury or death.
- Never stretch band towards face or other sensitive parts of the body
- This product contains Natural Rubber Latex
- All resistance bands can break
- Use only as directed
- Never stretch band more than 2½ times its resting length
- If desired resistance is not achieved when using according to directions, switch to a band that provides desired resistance
- Inspect for possible wear and tear before each use, discontinue use if nicked or torn
- Do not use on abrasive surfaces
- Make sure the band is secure before proceeding with each exercise
- Consult your physician before beginning any exercise program
- Keep away from children