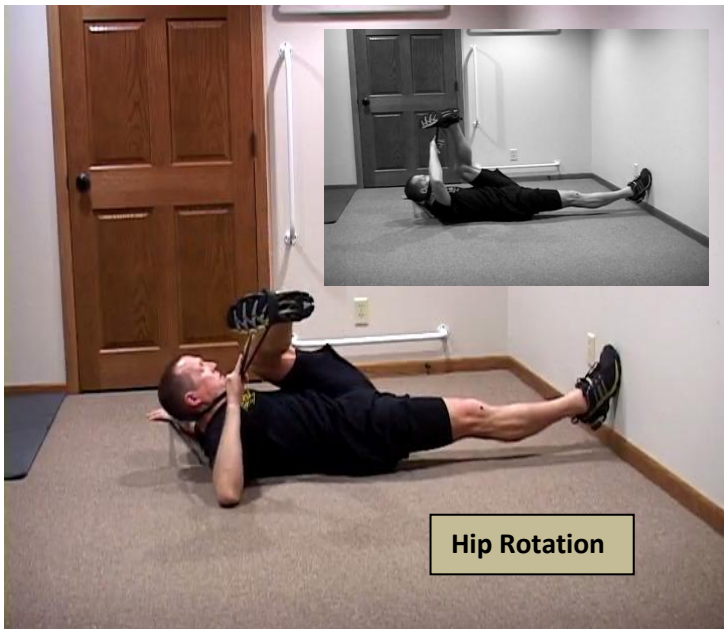
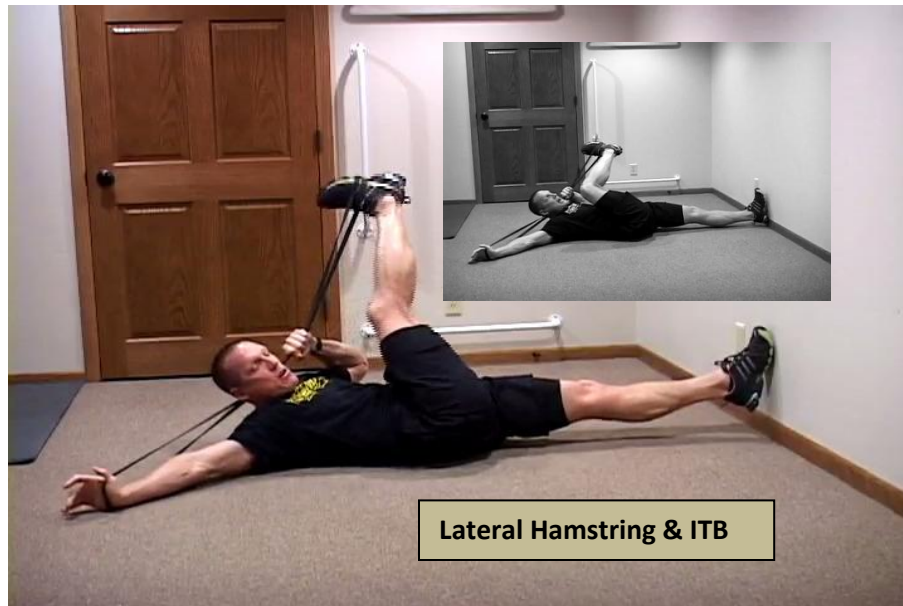




Hip Stretching Series



Resistance Band Training Systems, LLC



Band Stretching Recommendations:

- Perform an active total body 10 minute stretching sequence prior to each workout
- Emphasize stretching greatest areas of restrictions
- Use a band resistance that allows you to perform the lock out of the upper extremity
- Feel free after exercises are mastered to change up resistance levels on different days
- Monitor non-stretching leg to avoid compensation
- Low back should demonstrate minimal movement of rotation or extension and should experience no pain during stretching
- Post workout stretching should incorporate a longer static hold