



# INTEGRATE STRETCH BANDS

## USER GUIDE



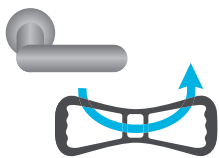
### TWO LEVELS OF RESISTANCE

The Integrate™ Stretch Bands are available in two resistance levels. The clear band provides light resistance while the black band offers a more challenging resistance level.

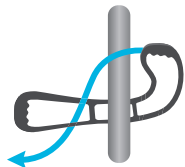
### SAFETY TIPS

- When using a door handle to secure stretch bands, make sure to complete exercises when door is closed
- The Integrate Stretch bands may be stronger than the items to which they are secured. Be aware of your surroundings when selecting an anchor point
- Refrain from performing any movement that causes discomfort in the joints
- When returning to the starting position of a movement, always do so in a controlled manner
- It is best to stay out of high traffic areas and be aware of your surroundings when performing the movements

### HOW TO SECURE STRETCH BANDS

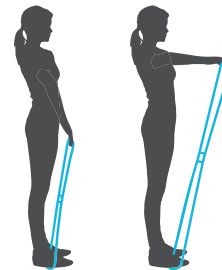


The Integrate™ Stretch Band can be secured by using the middle loop to attach it to a door handle or hook.



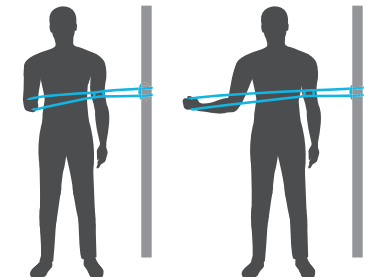
- The band can also be secured by wrapping it around a fixed column or other stable object and threading one handle through the other.
- When securing the band for a two-handed motion, simply wrap the band behind the column or fixture and grasp handles.

### STRETCH BAND MOVEMENTS



#### FRONT RAISE

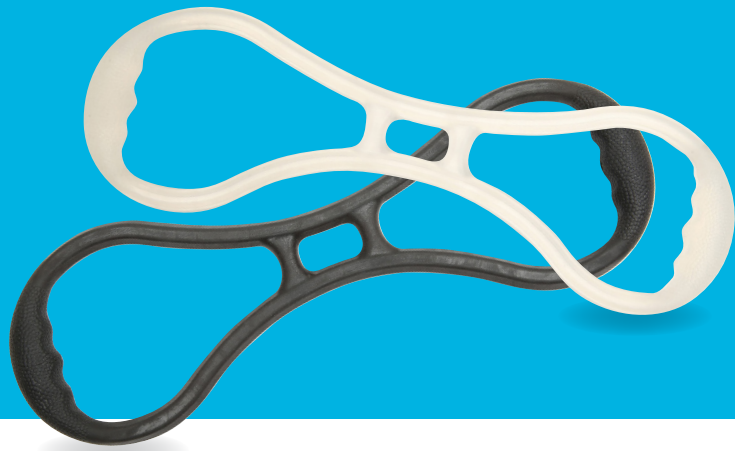
- Stand on one handle of the stretch band while grasping the other handle with your hand on the same side
- Begin with your arm straight at your side with your palm facing backwards
- Keeping your elbow straight, raise your arm until it is straight out in front of you
- Return your arm to your side in a controlled fashion.
- Aim to complete 12-15 repetitions then switch sides, repeat 2-3 times each day



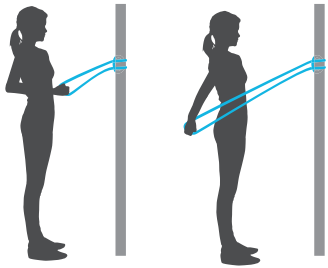
#### SHOULDER STABILIZATION

- Secure your stretch band to a door handle or wrap it around a column
- Grasp the handle and turn your body so that the band is in front of your chest
- Step to the side until you feel slight tension on the band
- Begin with your elbow bent at 90 degrees and pinned to your side
- Rotate your arm outward as far as possible, keeping your elbow stationary
- Slowly return your arm so that your hand is facing forward
- Aim to complete 12-15 repetitions, 2-3 times each day

(Continued)

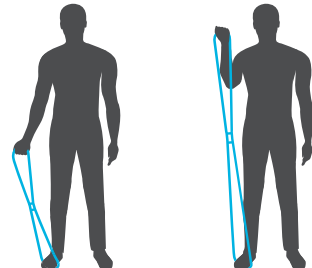


## STRETCH BAND EXERCISES (CONT.)



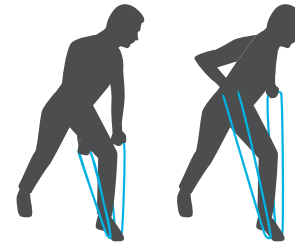
### TRICEPS KICKBACK

- Use a door handle or wrap the stretch band around a column to secure it in place
- The band should be placed so that it is secured at shoulder height
- Grasp the handle with your palm facing down
- Step back until there is slight tension on the band
- Begin with the elbow at 90 degrees and extend the arm backwards until straight
- Return elbow to 90 degrees in a controlled fashion
- Aim to complete 12-15 repetitions, then switch arms. Complete 2-3 times each day



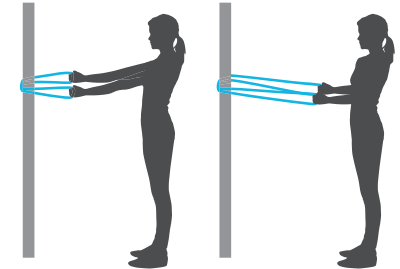
### BICEPS CURL

- Stand on one handle of the stretch band while grasping the other handle with the hand on the same side
- Begin with your arm completely straight down by your sides
- Bring your hand to your shoulder while keeping your elbow stationary
- Return your arm to the fully extended position in a controlled fashion
- Aim to complete 12-15 repetitions per side, try to complete 2-3 full sets each day



### STANDING ROW

- Stand on the center of the stretch band with one foot
- Bend down and grasp both handles in each hand
- Bend your knees slightly and raise your torso to 45 degrees
- Begin with your arms straight then pull your hands towards your ribcage bringing your shoulder blades together
- In a controlled fashion return your arms to a fully extended position
- Aim to complete 12-15 repetitions, 2-3 times each day



### LAT ROW

- Use a door handle or wrap the stretch band around a column to secure the band
- Grasp the handles with both hands and step backwards until there is slight tension on the band
- Bend your knees slightly keeping your hips back and your arms straight out in front of you
- Pull both hands towards your chest, bringing your shoulder blades together
- In a controlled fashion, return your arms straight out in front of you
- Aim to complete 12-15 repetitions, 2-3 times each day