

# 3DActive FABRIC RESISTANCE BANDS | EXERCISE GUIDE

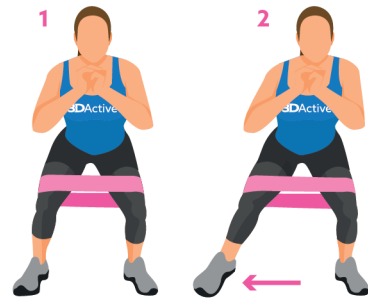
## LEGS

### SQUAT



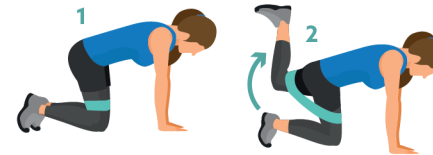
- Place the band just above your knees and stand with your feet shoulder width apart.
- Squat down maintaining tension on the band until you reach 90°, ensure you are pushing your knees outwards against the band.
- Pause at the bottom of the squat and then return to the start position.

### LATERAL CRAB WALK



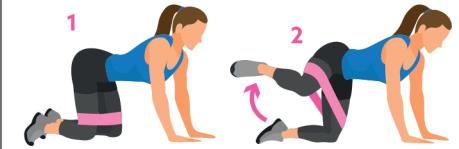
- Place the band just above your knees and stand with your feet hip width apart and knees slightly bent.
- Take a few side steps to the right, keeping your core engaged and an upright posture.
- Then take a few side steps to the left until you return to the start position.

### DONKEY KICKS



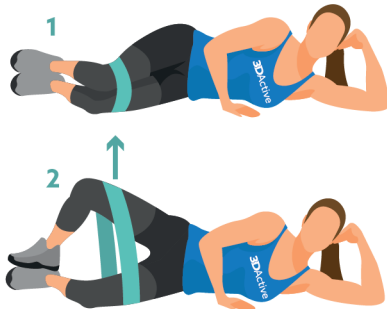
- Place the band just above your knees and get down on your hand and knees. Hands in line with shoulders and knees in line with hips.
- Raise your leg back and upwards until you have tension on the band.
- Pause at the top then lower your leg under control back to the start.

### FIRE HYDRANT



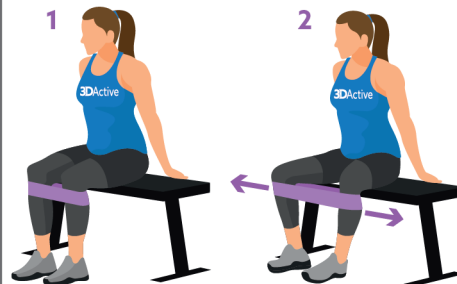
- Place the band just above your knees and get down on your hand and knees. Hands in line with shoulders and knees in line with hips.
- Keeping your core engaged, lift your knee out to the side.
- Pause at the top then lower your knee back to the start.

### CLAMS



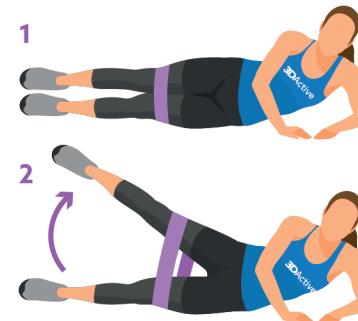
- Lie on your side and place the band just above your knees. Bend your knees. Support your upper body with one arm.
- Keeping your core engaged, raise your top leg opening your knees. Your feet should stay together.
- Pause at the top then lower your leg back to the start.

### SEATED HIP ABDUCTION



- Sit on a seat and place the band just under your knees.
- Push your knees away from each other until you have tension on the band.
- Pause then bring your knees back together.

### SIDE LYING LEG RAISE



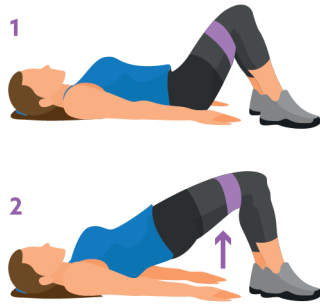
- Lie on your side and place the band just above your knees. Support your upper body with one arm.
- Raise your leg upwards until you have tension on the band.
- Pause at the top then lower your leg under control back to the start.

### STANDING SIDE LIFTS



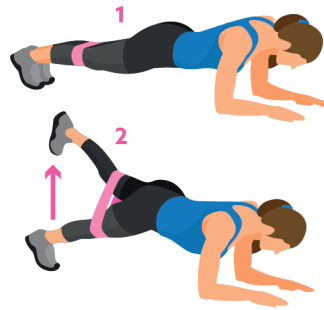
- Place the band around your ankles, feet shoulder width apart.
- Lift one leg out to the side until you have tension on the band.
- Pause at the side then lower your leg back to the start.

## GLUTE BRIDGE



- Lie on your back and place the band just above your knees. Feet hip width apart, bend your knees at 90°.
- Raise your hips off the floor until your hips are fully extended, keeping your glutes engaged.
- Pause at the top then lower your hips down under control back to the start.

## PLANK LEG LIFT

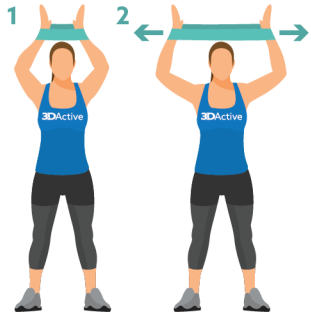


- Get into plank position with your shoulders over your elbows. Place the band on your knees.
- Lift one leg straight up until you have tension on the band.
- Pause at the top then lower your leg back to the start.

 SAFETY WARNING

The exercises described in the Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

## OVERHEAD PRESS



- In standing position, place the band around your wrists. Create some tension on the band and position your arms overhead.
- Open/pull your arms apart.
- Pause then return to the start position.

## REVERSE FLYS



- In standing position, place the band around your forearms.
- Bend your forearms 90°, wrists shoulder width apart and elbows raised in line with your shoulders.
- Rotate your shoulders outwards until there is full tension on the band. Pause then return to the start.

## CUSTOMER SUPPORT

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