



Figure 8 Expander

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence.
- Begin exercise with product. Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 or 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of (15) repetitions, cautiously add more repetitions to your sets or select a Bally product that provides a greater amount of resistance.

POSTERIOR DELTOID FLY

	<p>START</p> <p>Stand in an upright position with feet together. Hold the Figure 8 Band level with chest.</p>
	<p>END</p> <p>Stretch the Figure 8 Band apart and pinch shoulders together. Hold form for one second and return to starting position. 10-15 Repetitions recommended.</p>

Muscles Utilized: Posterior deltoids

TRICEP EXTENSIONS

	<p>START</p> <p>Stand in an upright position with feet together. Using one hand, hold one end of the Figure 8 Band, (handle should be held firmly against opposite shoulder). Hold other handle with free hand.</p>
	<p>END</p> <p>Extend free hand down towards the ground. Hold form for one second and return to starting position. Continue exercise by switching arms from left to right. 10-15 Repetitions recommended.</p>

Muscles Utilized: Triceps

STANDING BICEP CURLS

	<p>START</p> <p>Place one foot on one end of Figure 8 so grip rests under arch. Grasp other ring with your same side hand and straighten arm naturally under shoulder with palm facing forward.</p>
	<p>END</p> <p>Keep upper arm stationary and bend elbow up. Palm of hand faces shoulder with elbow directly under shoulder. Place handle under other foot and repeat equal repetition with other hand. 10-15 Repetitions recommended per arm.</p>

Muscles Utilized: Biceps

SEATED ROW

	<p>START</p> <p>Place one foot into one end of Figure 8 so ring rests under arch of foot. Grasp other ring with same side hand with palm facing down. Place other hand on opposite bent knee, recommended per arm.</p>
	<p>END</p> <p>Bend elbow and pull back. Finish with wrist just outside lower ribcage and elbow behind torso with shoulder blade squeezed toward spine. Place figure 8 on other foot, and repeat equal repetitions with other hand. 10-15 Repetitions</p>

Muscles Utilized: Rhomboids (inner back muscles)

BICEP CURLS

	<p>START</p> <p>Sit in a chair in an upright position. Slide one end of the Figure 8 Band around foot. Hold the other handle with the respective hand (right foot, right hand; left foot, left hand). Elbow should be lined up with the knee before exercise.</p>
	<p>END</p> <p>Curl arm towards chest and flex. Hold form for one second and return to starting position. Continue exercise by switching arms and legs from left to right. 10-15 Repetitions recommended.</p>

Muscles Utilized: Biceps

BACK STRETCH

	<p>START</p> <p>Stand or sit in an upright position, chest up, chin up, so spine is stable. Grasp both handles of the Figure 8 band with wrists together. Extend one arm directly overhead and create a 90 degree angle with the other arm. Hands should be facing up.</p>
	<p>END</p> <p>Extend lower arm downward while maintaining the position of the upper arm. Hold one minute and switch arms. 10-15 Repetitions recommended per arm.</p>

Muscles Utilized: Latissimus Dorsi (lats)