

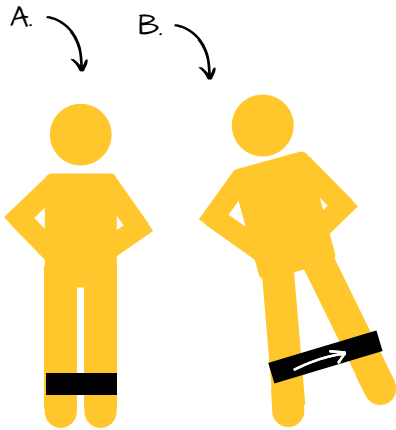
# THE 10 MINUTE WORKOUT

## SILICONE RESISTANCE BANDS

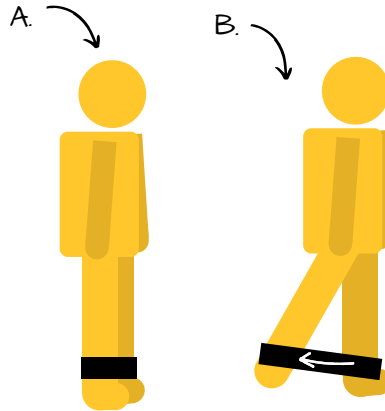
RESISTANCE BAND exercises are a great way to fit strengthening, toning, and stretching into your busy schedule. We recommend that you warm up for 3 - 5 minutes before beginning the exercises. You can march in place, do a step touch, or walk up and down a step. You can increase the resistance in your exercises as you get stronger. The closer your hands are the more resistance you will have. Give your body time to rest between workouts by alternating upper body, lower body, and core workouts.

You must store your Silicone Resistance Band in a cool place with low light and inspect the bands before each use for holes, tears, thinness and overuse. You should always consult your physician before making any changes to your lifestyle, diet or exercise habits. **KEEP OUT OF THE REACH OF CHILDREN.**

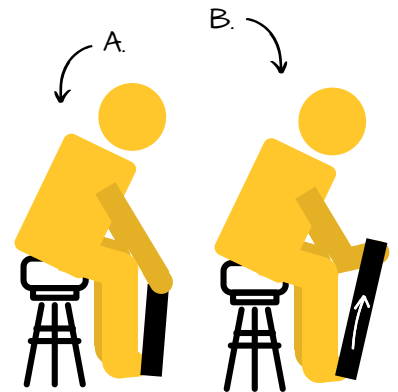
### 1 STANDING LEG ABDUCTIONS



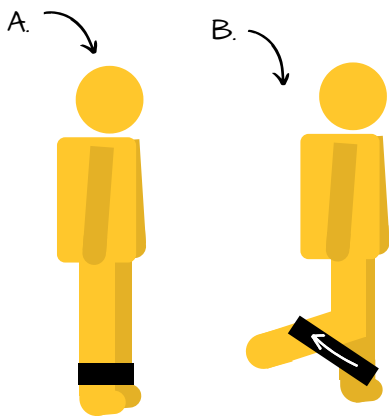
### 2 STANDING HIP EXTENSIONS



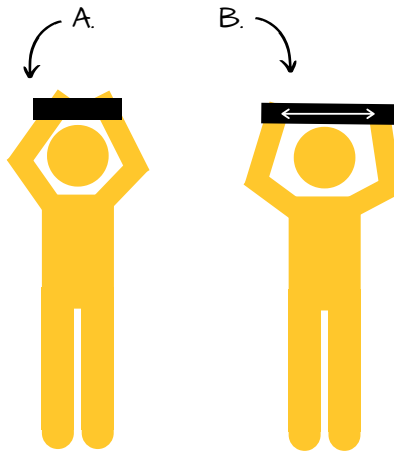
### 3 SEATED BICEP CURLS



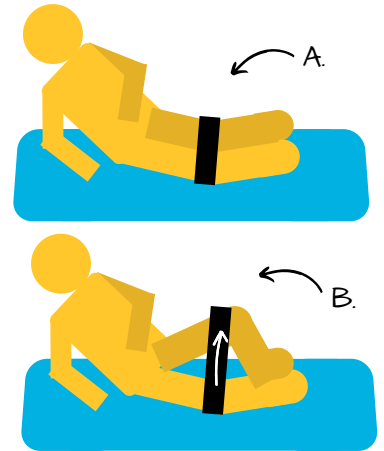
### 4 STANDING HAMSTRING CURLS



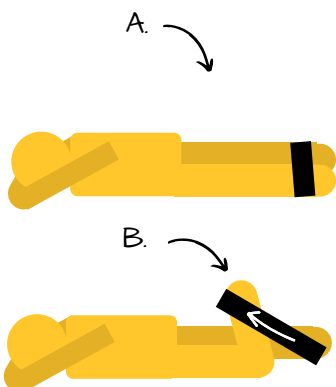
### 5 OVERHEAD OUTWARD PUSH



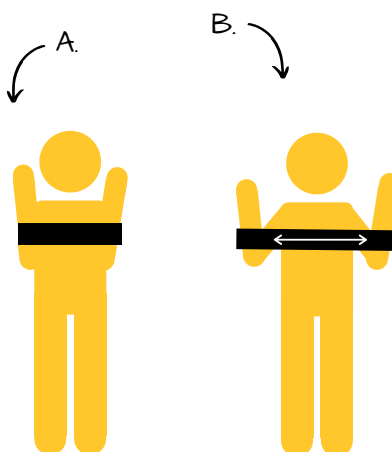
### 6 LYING BENT LEG ABDUCTION



### 7 LEG CURL PRONE



### 8 SCAPULAR RETRACTION



### 9 LYING LATERAL LEG RAISES

