

Ankle Resist-a-band Instructions

Equipment Needed: Resist-a-band

Refer to *All Ankle Resist-a-band Exercises* for the related instructions.

How to Use the Ankle Resist-a-band to Get into Start Position:

Step 1



Select a resist-a-band of your desired resistance.

Step 2



Sitting on a mat, chair, or bench, wrap the band around your ankle.

Step 3



Insert one handle through the loop of the opposite handle.

Step 4



Strap that handle over your toe.

Step 5



Position the handle so it is aligned with the ball of your foot.

Step 6



Pull the band to tighten the strap.

Step 7 FIXED POSITION

Attach the opposite handle to a fixed position. (e.g. equipment frame, pole, etc)

Standing 1-Leg Elastic Curl

Equipment Needed: Resist-a-band, Bench Step

Start at this Position:

- Place a bench step in front of a fixed position (e.g. equipment frame, pole, etc).
- Refer to **Ankle Resist-a-band Instructions (see previous page)**, if necessary.
- Select a resist-a-band of your desired resistance.
- Attach opposite end of the resist-a-band to the fixed position, aligned with your foot.
- Step on the bench with your unstrapped leg, keeping the strapped leg suspended.
- Stand at arm's distance away from the equipment, holding it for balance and support only.
- Make sure that you feel slight, but sufficient resistance on the band. If you need more resistance, then move further from the fixed position.
- Keep your upper thighs aligned with each other.
- Stand with your back straight, your head aligned with your spine, and knees slightly bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly curl your lower leg, bending from your knee.

2. Middle Position



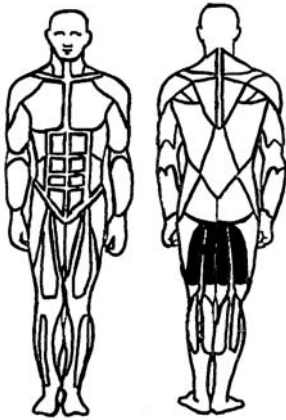
Continue to curl, keeping your back straight and your head aligned with your spine.

3. End Position



Curl your lower leg until your calf touches your hamstring, keeping your upper thighs stationary and perpendicular to the floor. Hold for 1/2 a second, squeezing your hamstring.

Standing 1-Leg Elastic Curl



Region: Legs

- Primary Muscle Worked: Hamstrings

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
 - Hold the equipment for balance and support only.
 - Keep your thighs stationary and perpendicular to the floor.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Keep a slight bend in your knee. Repeat the movement for the recommended number of repetitions. Duplicate for the opposite leg. For each set, perform the entire exercise for one leg first, then for the other leg.