

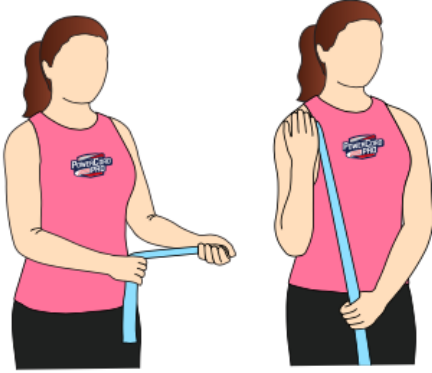


72" Long-Band Exercises

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You should be in good physical condition before beginning these exercises. Participating in any exercise or exercise program carries the possibility of physical injury. Consult with your doctor before beginning any workout program.

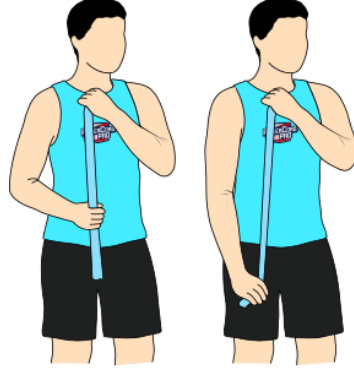
Single Bicep Curl



Grab your **PowerCord Pro Long-Band** with a fist grip in one hand and take it across the body to the opposite side hip.

Place the other hand at the top of the band. With elbow stationary, curl your arm up and down.

Tricep Press Down

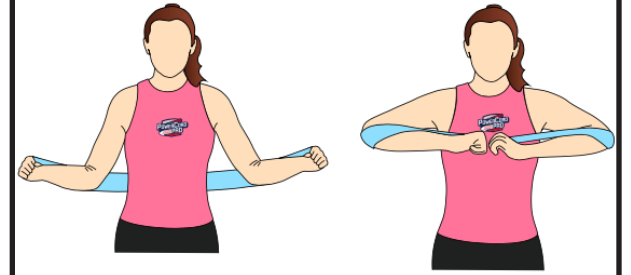


Grasp your **PowerCord Pro Long-Band** about 12" - 15" apart with both hands.

Anchor left hand to upper chest.

Keep right elbow stationary and anchored to right side as you press right arm toward floor.

Chest Fly

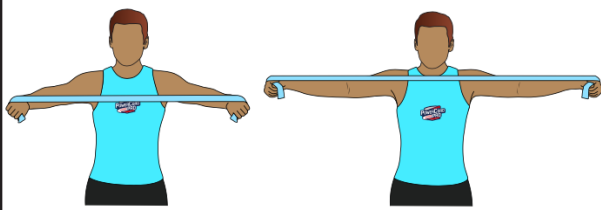


Place your **PowerCord Pro Long-Band** around your back.

Bring arms forward to the center of your chest.

Keep elbows at a fixed bend the entire time. When you bring arms back, stop when elbows are equal to the sides of your shoulders.

Upper Back Press

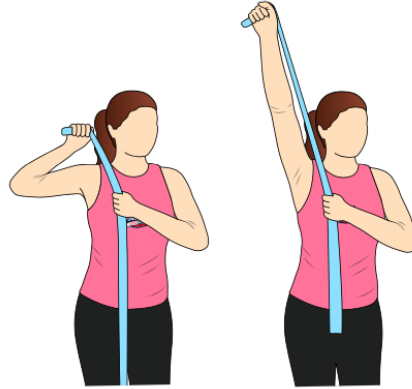


Hold your **PowerCord Pro Long-Band** straight out in front of you.

Keep your elbows slightly bent, and remain at that same bend the entire time.

Slowly open arms out and to the sides. Band should come to the center of the chest. Release and repeat.

Shoulder Press

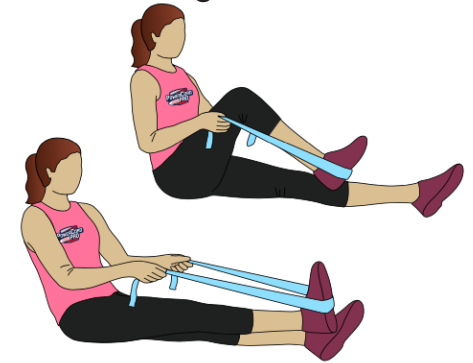


Grab your **PowerCord Pro Long-Band** at your chest.

With the other hand, slowly press up.

Make sure the arm goes straight up and doesn't arc.

Leg Press

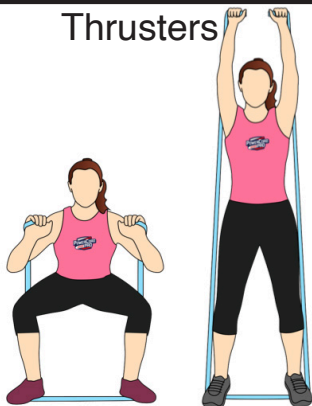


Sit on the ground.

Take your **PowerCord Pro Long-Band** and place it around one foot.

Pull knee towards chest. Push leg down to straighten at knee.

Thrusters



Place the center of your **PowerCord Pro Long-Band** under your feet.

From a low squat position, grip the band at your shoulders and stand.

Then press your hands up over your head. Keep your weight on your heels and your chest up.

Calf Raise

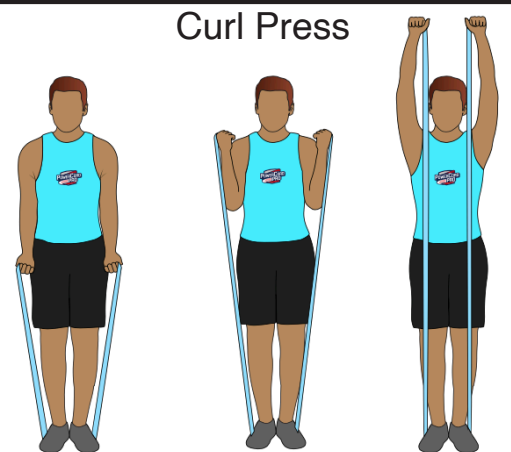


Center your **PowerCord Pro Long-Band** under the balls of your feet and grip the band at your shoulders.

Push up keeping the balls of your feet on the ground.

Hold, then slowly lower yourself.

Curl Press

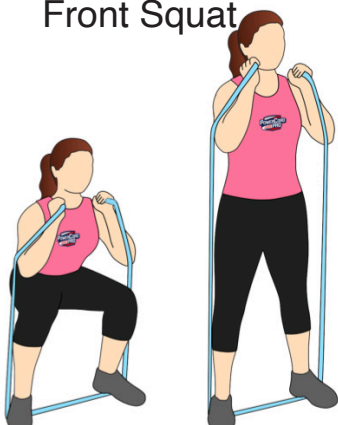


Place the center of your **PowerCord Pro Long-Band** under your feet.

Grip the band and raise to shoulder height.

Press upward while rotating your elbows out and up.

Front Squat

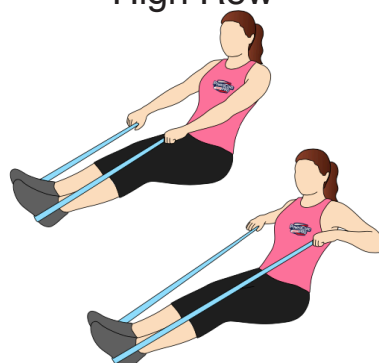


Place your **PowerCord Pro Long-Band** under your feet (with your feet shoulder width apart) in a squatting position.

Stand up.

Keep your weight on your heels and your chest up.

High Row

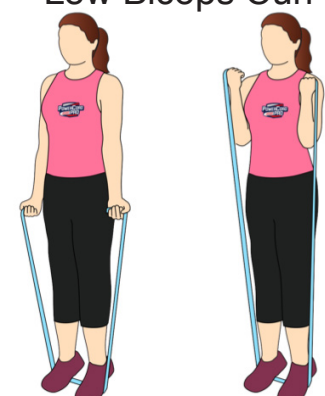


While sitting on the floor, place your **PowerCord Pro Long-Band** around the center of your feet.

Grip the band and row back as far as you can towards your ears.

Keep your elbows high.

Low Biceps Curl



With your feet shoulder width apart, place the center of your **PowerCord Pro Long-Band** under your feet.

Grip the band and curl up to your shoulders.

Keep your elbows steady at your side and your back straight.

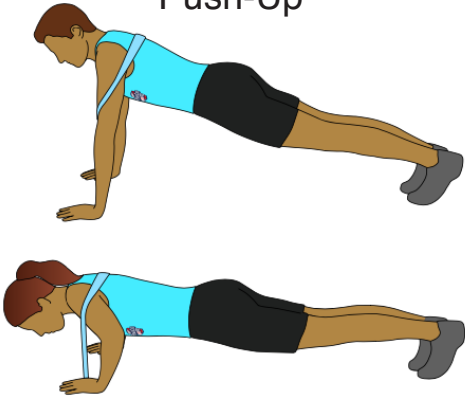


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Push-Up

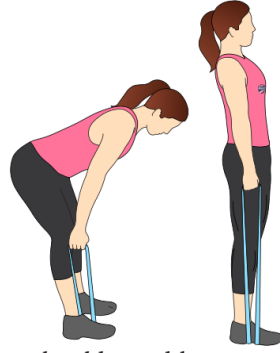


Wrap your **PowerCord Pro Long-Band** around your back.

Grip the band and assume the push-up position.

Perform push-ups keeping your body straight.

Romanian Dead Lift



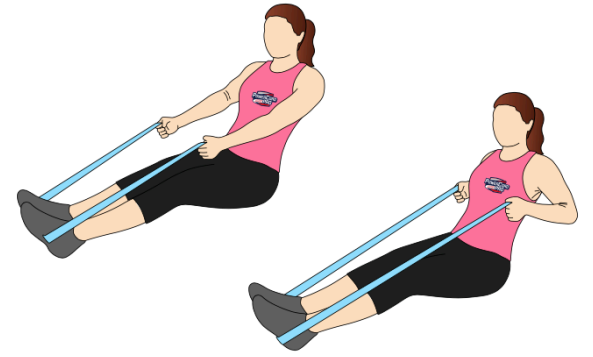
With your feet shoulder width apart, place your **Power- Cord Pro Long-Band** under your feet.

Bend forward at the hips keeping your back straight and legs bent slightly.

Grip the band near your lower leg.

Straighten your hips to a standing position.

Seated Row



While sitting on the floor, place your **PowerCord Pro Long-Band** around the center of your feet.

Grip the band and row back as far as you can.