

## *Section 3*

Exercises #1-#10

## Exercise #1 Workout Summary

### Muscles used: Hip Flexors, Knee Extensors

The final holding position for the right leg is shown in Figure 1a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 1b.



Figure 1a. Final holding position for right leg.



Figure 1b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the right leg and three for the left as shown in the table below:

#### Exercise #1

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

## Exercise #2 Workout Summary

### Muscles used: Hip Flexors, Knee Extensors

The final holding position for the right leg is shown in Figure 2a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 2b.



Figure 2a. Final holding position for right leg.



Figure 2b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the right leg and three for the left as shown in the table below:

### Exercise #2

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

### Exercise #3 Workout Summary

**Muscles used: Hip Flexors, Knee Extensors**

The final holding position for the right leg is shown in Figure 3a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3b.



Figure 3a. Final holding position for right leg.



Figure 3b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the right leg and three for the left as shown in the table below:

#### Exercise #3

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on *How To Increase Resistance* and use one of the methods presented there. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

## Exercise #4 Workout Summary

### Muscles used: Hip Extensors

The final holding position for the right leg is shown in Figure 4a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 4b.



Figure 4a. Final holding position for left leg.



Figure 4b. Final holding position for right leg.

Repeat this process two more times giving you a total of three reps for the left leg and three for the right as shown in the table below:

#### Exercise #4

Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) The key to this exercise is to keep the ankle that is off the ground, (left ankle in the example above) dorsi-flexed. This means your foot and toes are flexing up and back towards your shin. This helps prevent too much knee flexion (as in performing a leg curl) and forces the hamstring muscles to function more as hip extensors rather than knee flexors. 2) The right hand is shown bracing against a chair so that your upper body is not pulled forward during the exercise.

## Exercise #5 Workout Summary

### Muscles used: Hip Extensors

The final holding position for the right leg is shown in Figure 5a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 5b.



Figure 5a. Final holding position for left leg.



Figure 5b. Final holding position for right leg.

Repeat this process two more times giving you a total of three reps for the left leg and three for the right as shown in the table below:

#### Exercise #5

Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it. 2) If you experience any abnormal discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

## Exercise #6 Workout Summary

### Muscles used: Knee Flexors

The final holding position for the right leg is shown in Figure 6a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 6b.

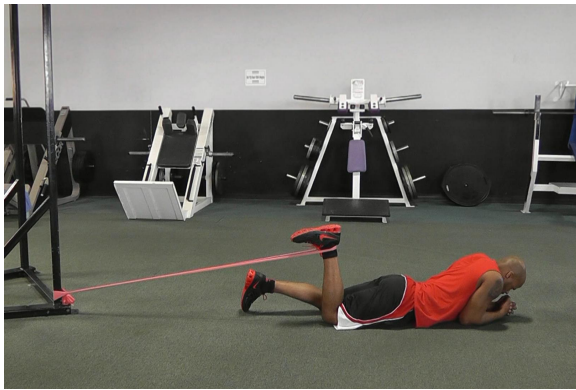


Figure 6a. Final holding position for right leg.



Figure 6b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the right leg and three for the left as shown in the table below:

### Exercise #6

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train. 3) Periodically check your resistance bands for any wear and tear. Replace them when necessary to prevent them from breaking during an exercise.

## Exercise #7 Workout Summary

### Muscles used: Knee Extensors, Hip Extensors

The final holding position for the right leg is shown in Figure 7a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 7b.



Figure 7a. Final holding position for right leg.



Figure 7b. Final holding position for left leg.

Repeat this process one more time giving you a total of three reps for this exercise as shown in the table below:

#### Exercise #7

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) Keep most of your weight on the front foot where the band is attached to and use the back foot mainly for balance. 2) Remember to always train within the physical limits of the band. What this means is no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on "How to Increase Resistance" and use one of the methods presented there. 3) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.



## Exercise #8 Workout Summary

### Muscles used: Ankle Plantarflexors or Calf Muscles

The final holding position for the right leg is shown in Figure 8a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 8b.



Figure 8a. Final holding position for right leg.



Figure 8a. Final holding position for left leg.

Repeat this process one more time giving you a total of three reps for this exercise as shown in the table below:

#### Exercise #8

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on *How To Increase Resistance* and use one of the methods presented there. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

## Exercise #9 Workout Summary

### Muscles used: Ankle Plantarflexors or Calf Muscles

The final holding position for the right leg is shown in Figure 9a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 9b.



Figure 9a. Final holding position for right leg.



Figure 9b. Final holding position for left leg.

Repeat this process one more time giving you a total of three reps for this exercise as shown in the table below:

#### Exercise #9

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

## Exercise #10 Workout Summary

### Muscles used: Ankle Plantarflexors or Calf Muscles

The final holding position for the right leg is shown in Figure 10a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 10b.

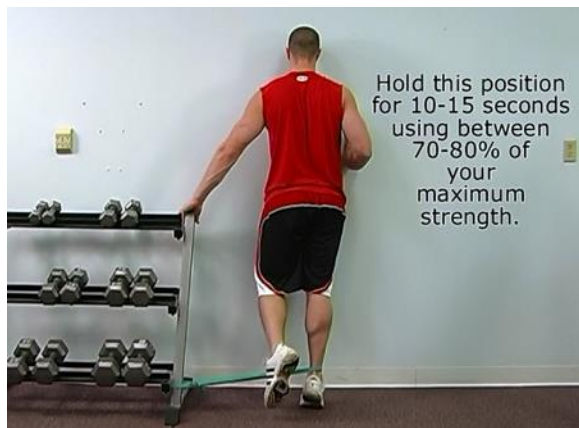


Figure 10a. Final holding position for right leg.



Figure 10b. Final holding position for left leg.

Repeat this process one more time giving you a total of three reps for this exercise as shown in the table below:

#### Exercise #10

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Training Schedule:** The *Progress Chart* and *Weekly Training Schedule* located in Section 5 will guide you through all of the exercises and allow you to chart your progress along the way.

**Training Tips:** 1) All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.