

HOW DO I USE THE FIT STRIPS?

Make available at indoor/outdoor recess for students.



Integrate movements using Fit Strips when teaching counting or other math problems.



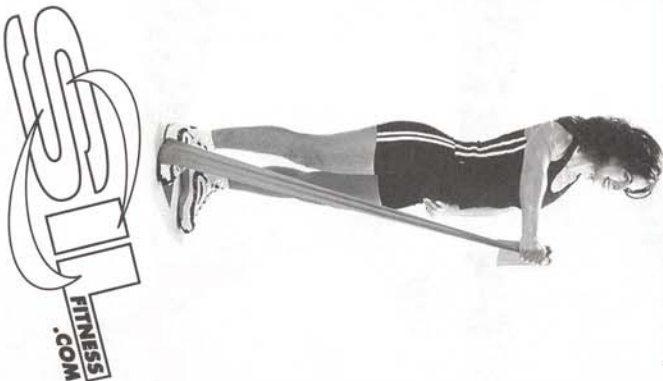
Use during a short physical activity break or while waiting for the bus.

Use while reciting spelling words.



Keep Fit Strips in good condition by storing them in a covered plastic storage container and sprinkle baby powder on them monthly.

FIT STRIP®



FIT STRIP®
GENERAL EXERCISE INSTRUCTIONS

Consult your physician before beginning this or any type of exercise program. Always read instructions carefully and follow safety precautions. Be sure to stretch before and after your workout to reduce the risk of injury.

Initiate all exercises without the Fit Strip® until proficiency is exhibited with each movement.

Avoid holding your breath during exercises.

Perform 8 - 15 repetitions of each exercise using the body's large muscle groups at least 2 times per week, allowing two days of rest before repeating an exercise.

If unable to accomplish 8 repetitions, or achieve moderate to maximum muscular fatigue after completing 15 repetitions, select a Fit Strip® which provides a lesser or greater amount of resistance respectively.

Work the muscles through the full range of motion, if not able, discontinue the exercise. Do not hyper-extend or lock the joints. To avoid muscular imbalance, be sure to equally work the right and left sides of the body as well as the opposing muscle groups. Always exercise in a slow, controlled manner and perform each exercise as portrayed in the exercise charts.

If any nicks or tears occur, discontinue product use immediately and purchase a new Fit Strip®.

Do not store rubber resistance products in sunlight, store in a cool dry place.

If any exercise gives you difficulty or creates any discomfort on any level, discontinue exercise immediately and consult a physician.

www.silfitness.com • 800.824.9652

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 FIT Strip® is warranted for 30 days.

General Instructions

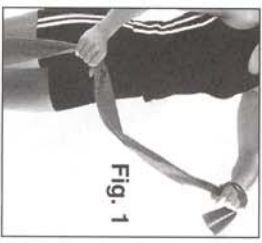


Fig. 1

1) Wrap the Fit Strip® around your hand as shown in Fig. 1 for certain exercises or grasp the Fit Strip® in your hand tightly.



Fig. 2

2) For lower body exercises, tie the Fit Strip® to the desired length in a knot as shown in Fig. 2.

NOTE: To preserve the band, take all jewelry from hands and wrists to prevent puncturing the band.

HIP ABDUCTION

(Gluteus Medius)



START



FINISH

TRICEP KICKBACK

(Triceps)



START



FINISH

FRONT RAISE

(Anterior Deltoids)



START



FINISH

SHOULDER PRESS

(Medial Deltoid, Upper Trapezius)



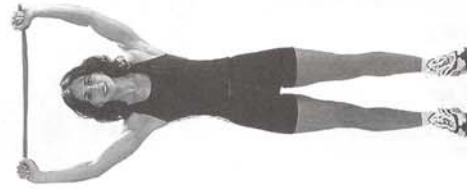
START



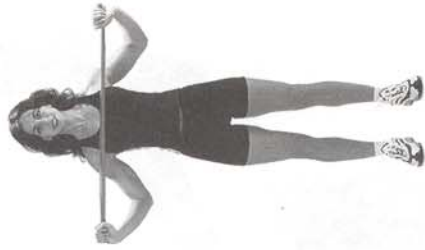
FINISH

LAT PULL DOWN (Front)

(Latissimus Dorsi)



START



FINISH

LAT PULL DOWN (Back)

(Latissimus Dorsi)



START



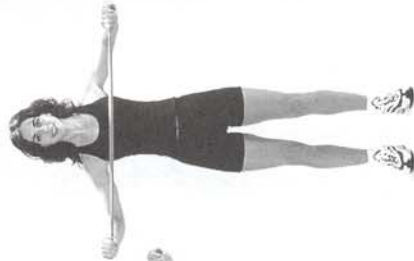
FINISH

RHOMBOID ROW

(Rhomboids)



START



FINISH

BICEP CURL

(Biceps)



START



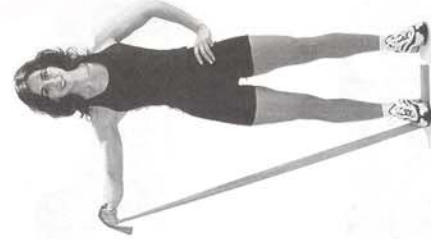
FINISH

LATERAL RAISE

(Deltoids)



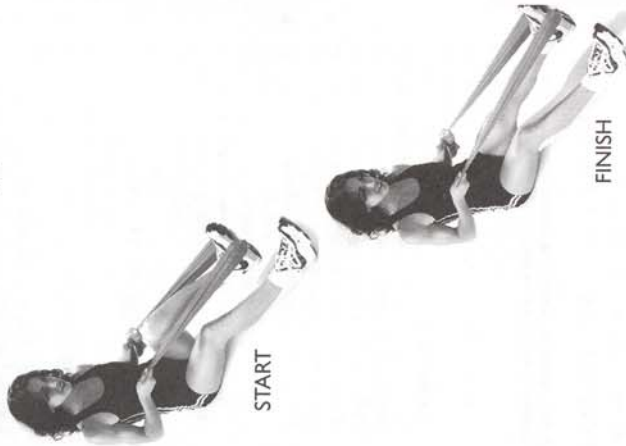
START



FINISH

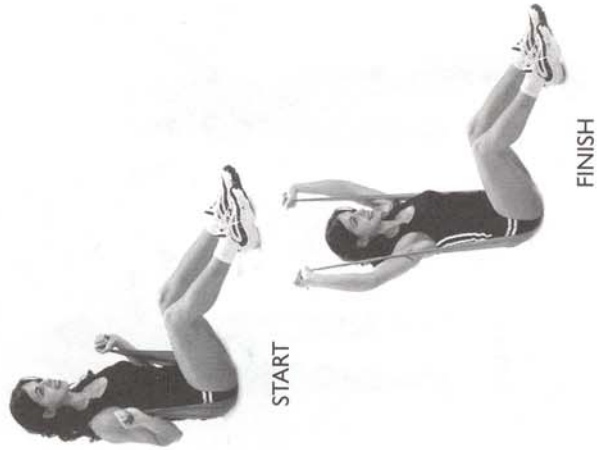
LEG PRESS

(Quadriceps)



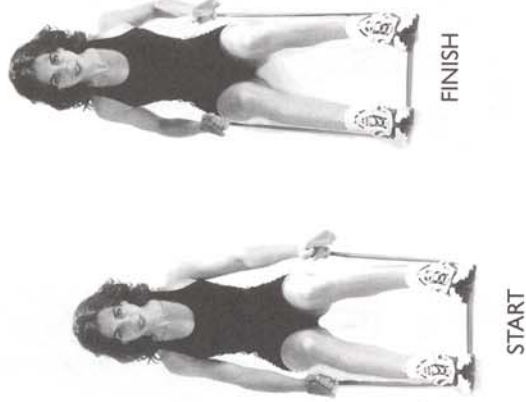
SHOULDER PRESS (Seated)

(Medial Deltoid, Upper Trapezius)



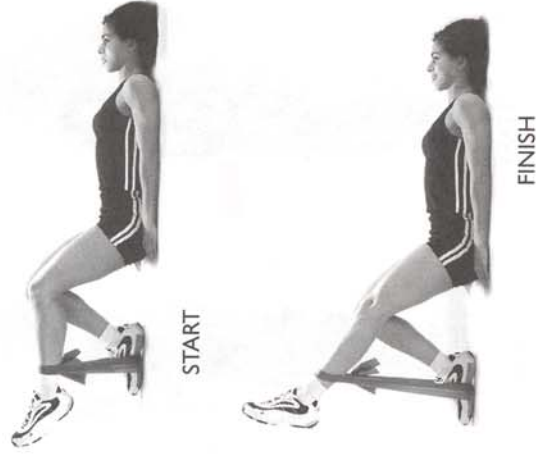
SEATED ROW

(Rhomboids)



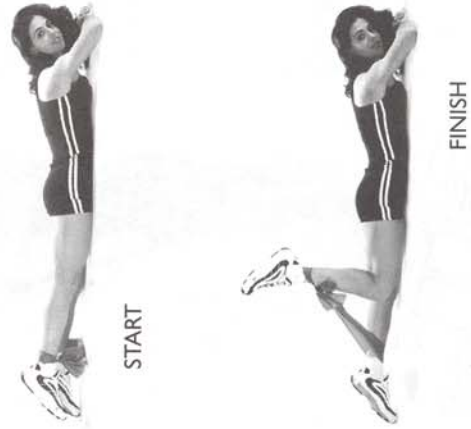
LEG EXTENSION

(Quadriceps)



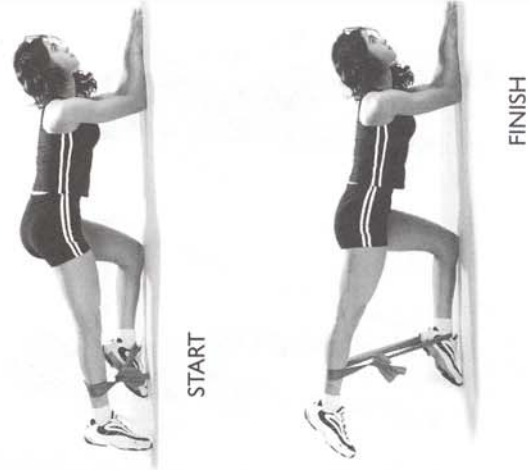
LEG CURL

(Hamstrings)



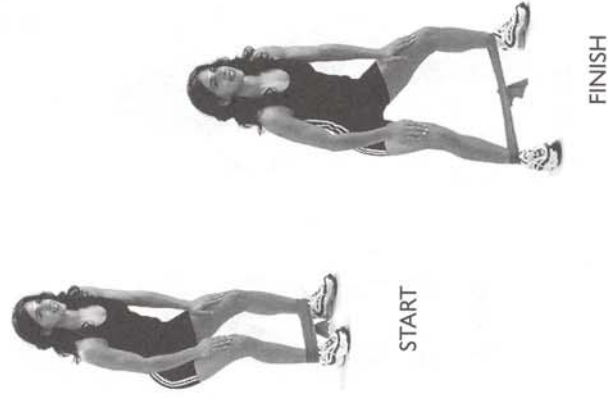
HIP EXTENSION

(Gluteus Maximus and Medius)



SIDE TO SIDE

(Adductors)



LAT PULL

(Latissimus Dorsi)

