

Norco™ Rainbow™ Latex Free Exercise Bands help improve strength, range of motion and endurance in almost any muscle group. Breathe regularly and stop immediately if an exercise causes pain or discomfort. Before beginning any exercise program, consult with a healthcare professional. Some suggested exercises:

### External Rotator Cuff Exercise

*Improves posture and defines shoulders.*

Lie with back on floor, knees bent and elbows tucked against sides. Raise fists towards ceiling, palms facing each other. Hold band securely with hands approximately shoulder width apart, shortening the length to create resistance.



Hold the band with one hand to keep it anchored in front of body while pulling the other arm halfway to the floor. Avoid twisting the wrist, and keep shoulders flat on the ground. Do not extend farther than is comfortable. Hold for 1 second. Return to starting position. Repeat.

### Reverse Grip Triceps Pressdown

*Firms and tightens the back of the arms.*

Anchor band at top of door using Norco™ Universal Loop Attachment (NC91231-1). Stand with feet 12" to 18" (30 to 46 cm) apart, elbows anchored at sides with arms bent at a 90° angle. Grasp band with palms facing up.

Pull band downwards, keeping the wrists straight, until the elbows are extended straight out (but not locked). Do not move the upper arm during exercise motion. Hold for 1 to 2 seconds. Return to starting position. Repeat.



### Seated Abdominal Crunch

*Tightens and flattens the stomach.*

Anchor band at top of door using Norco™ Universal Loop Attachment (NC91231-1). Sit erect with back to door, elbows anchored at sides. Hold band at shoulder level with arms bent.

Without moving the arms, crunch torso forward and downward. Curl in, tightening stomach and squeezing the abdominal muscles. Hold for 1 to 2 seconds. Return to starting position. Repeat.



### Thigh Abductor Exercise

*Firms and tones outer thighs.*

Stand with feet 12" to 18" (30 to 46 cm) apart. Secure band under one foot. Loop band around the other ankle, with toe pointed straight out. Place hand on chair back. Adjust position so band is taut.

Pull leg away from body, keeping knee and toes straight. Do not bend at waist. Hold for 1 second. Return to starting position. Repeat.



### Short Range Biceps Curl

*Firms and tones the front of the arms.*

Stand on band with feet approximately 12" to 18" (30 to 46 cm) apart, neck relaxed, chin tucked. Grasp band with arms resting at sides, palms facing up. Anchor elbows in front of hips/abdomen.

Alternately raise hands up towards shoulders, bending at elbows. Hold for 1 to 2 seconds. Return to starting position. Repeat, alternating arms.