



<<12) Hip Extensor:

Next, hold onto the outside of the band on both sides and raise the hips off the floor, contracting the muscles in the buttocks and upper legs. Then, lower the hips back to the floor. (Repeat 10 times.)

Ab Exercises: read carefully -these are not shown.) With the band still in position above (behind your back and over your knees), you can perform a variety of crunches , alternate knee-to- elbow touches and so forth. The band helps you keep proper form for these movements. Perform reps as desired. **When finished, simply straighten out your legs to release the bands.**

Shoulder Stretches: Slip-knot the band over a pole and put your hand through the loop so band rests on your wrist. Lean away, to the right, then center, then left as shown below to loosen up the joints. Repeat for other shoulder.



Our Philosophy

Since 1980, Jump Stretch, Inc. has been working to perfect its stretching & flexibility routine. When followed properly, this routine can improve flexibility by at least 2” in just one session.

In our opinion, static stretching is a waste of time. That is why we advocate **variable resisted active isolated dynamic stretching**, done with a FlexBand. As proper technique is essential for maximum effectiveness, we recommend that you read the instructions carefully before you begin, paying close attention to details.

To facilitate the warm-up process, **exercises should be done in the order presented**, and should always begin with the left foot so everyone is stretching the same way. Once the routine is established, athletes will move quickly from one stretch to the next, saving valuable team time. The number of repetitions can vary (i.e. more before practice, less before a game).

Athletes should “feel” each and every stretch. If they are just going through the motions with light stretches, they are wasting time and setting themselves up for potential injuries. If more resistance is needed, they should advance to a stronger band.

Our goal is to improve athletic performance, and we believe proper stretching is an important part of achieving that goal. FlexBands allow a team to stretch out in half the time of conventional methods, which generally require a partner. If each team member has a band, the entire team can warm up simultaneously.

Bands come in seven sizes: **Micro, Mini or Monster Mini** (for shoulder work and rehab); **Light** (for stretching by beginners and taller athletes); **Average** (for more advanced or shorter athletes); **Strong** (not recommended for stretching activities, unless the athlete has worked up to this level.); and **Monster Bands** (not for stretching).

Jump Stretch, Inc.

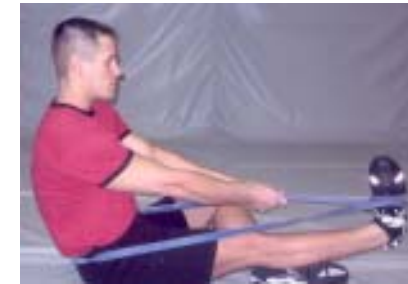
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FlexBand Flexibility Routine for all sports

Invented by Coach Dick Hartzell, this program has been utilized on the high school, college and professional levels to increase flexibility and to reduce injuries.

While initially designed for athletes, these activities are extremely effective for people of all ages. Anyone who wants to stay flexible and reduce the incidence of “aches and pains” as they get older can benefit from this program.



1) Ankles (Inversion/Eversion): Sitting on the floor, position the band around the back at the belt-line. Wrap the end of the band around the arch of the left foot, forming a loop. Holding onto the inner side of the band with both hands, turn the ankle in and out as far as it will go 10 times. Then, grasp the outer side of the band and turn the ankle out and then in 10 times. *<Proceed with Dorsi-Plantar and Achilles Stretches before transferring band to right foot.>*



2) Dorsi-Plantar Flexion: Reach down with both hands and adjust the loop so that it is around the ball of the foot. With one hand on each side of the band below the knee, pull the foot toward you with the band. Then, point the toes away from the body. Repeat 10 times *<Proceed with Achilles Stretch before transferring band to right foot.>*



3) Achilles Stretch: With the band still positioned around the ball of the foot, plant your heel on the floor close to the body. Stretch out the Achilles by pulling the band toward you. Hold the band against the knee for added resistance and press the toes toward the floor. Repeat 10 times.

At this point, grasp the “loop” in both hands and transfer it to the right foot. Repeat the Inversion/Eversion, Dorsi-Plantar, and Achilles Stretches for the right ankle before proceeding. After completing the Ankle Work for both legs, remove the band from around the waist.

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4) Hamstring Stretch: Take the band off of your waist and re-wrap the band around the arch of the right foot. Lie back on the floor and stretch the hamstring, keeping both legs straight. As you return your leg to the floor, let your hands slide down the band while still providing resistance. (Repeat 5 times.) Then bend the knee and lock it out 5 times. Do a second round with both legs

Advanced
straight (pulling back further this time) and a second round of bend & lock out. Finally, do a third round of pulling straight back and a third round of bend & lock out. Round 3 should be as far as you can go!



<Proceed with Groin, I-T Band, Glute/Ham, and Quad Stretches before switching band to the left foot .>



<<5) Groin Stretch: With the loop of the band still around the arch of the right foot, grab the end of the band in your left hand. With the right hand, grab the middle of the band and take the band behind the head, positioning the right elbow on the floor. The left knee should be bent with your shoe resting on its side, and the right leg is extended out wide. Bend the knee slightly and then lock it out. Repeat 10 times.

6) I-T Band Stretch>>: With the band still positioned around the arch of the foot, grab the end of the band with your right hand. With your left hand, grab the middle of the band and take the band behind your head. Set the left elbow down on the floor and reach the leg across your body, keeping both shoulders on the ground. Next, bend the knee slightly and straighten 10 times. Lock the knee and hold for 5 seconds. Add more pressure by pulling on the band. <Do not switch band to the left leg until you have completed the Glute/Ham and Quad/Hip Flexor Stretches for the right.>



7) Glute/Hamstring Strengthening>>: Roll over onto your stomach while still holding onto the band, and extend the legs, allowing the band to open up off your heel. Holding onto the band with both hands behind the head, raise the leg off the ground lifting with your glutes. Repeat 10 times. Next, bend the knee and again raise the leg off the floor 10 times as shown below.

(w/ knee bent hits High Ham/Glute)



<<8) Quad & Hip Flexor Stretch: With the band still positioned around the arch of the right foot, roll onto your left side with the knees bent. Holding the top of the band above the head with both hands, move your leg around to stretch out the hip area. Move your leg in any direction for about 15-30 seconds, then find a good spot and hold it there for 10-15 seconds..

Now, sit up and transfer the band to your left foot. Repeat the Hamstring, Groin, I-T Band, Glute/Ham and Quad/Hip Flexor Stretches for the left leg. Be sure to switch all right/left hand directions accordingly. (Finish both legs before moving on!)



<<9) Low-Back Stretch: To get into position, sit on the floor and position the band across your belt-line. Place one loop of the band over each knee. Then lie back on the floor with the knees bent. Stretch

the lower back by pressing on the thighs and pushing the back to the floor. <Complete additional back and abdominal exercises (shown below) with the bands in this same position. Do not remove bands from the knees until directed to do so.>

10) Low-Back Side to Side: Keeping both shoulders on the floor, gently stretch to one side and then back to the other. >>



<<11) Knees to Chest
Gently bring the knees in to the chest and give them a squeeze, and then return the feet to the floor and press on the thighs as in figure 9 above. (More on back.>>)

Consult a physician before beginning this, or any, exercise program.