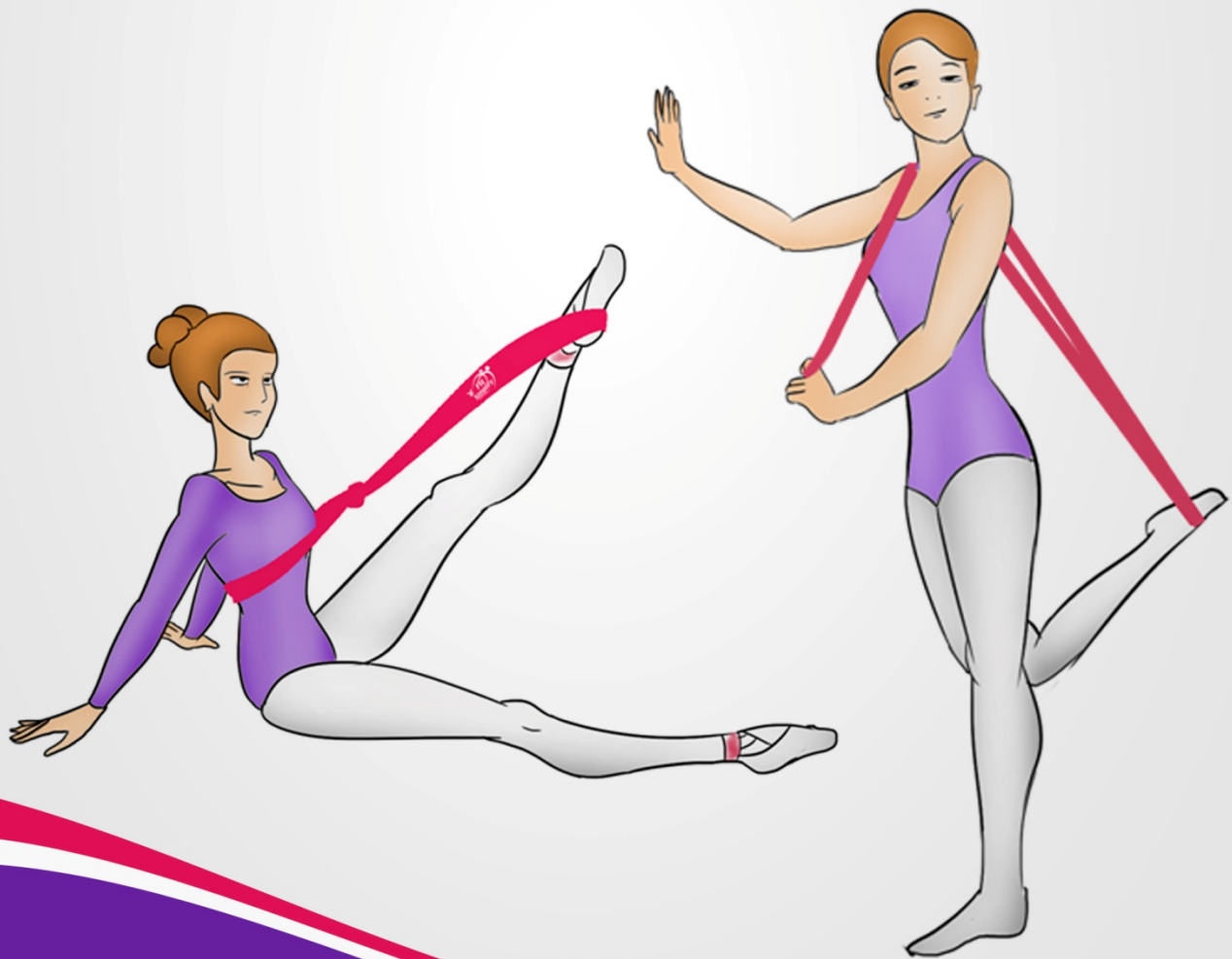
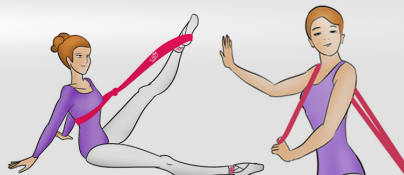


Fit Simplify Ballet Band



EBOOK

www.FitSimplify.com

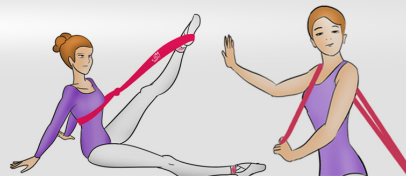


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Disclaimer

This book contains general information and is for informational purposes only. You should use proper discretion, and consult with a health care practitioner, before following any of the exercises, techniques, or plans described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.



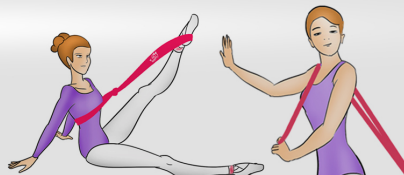
Ballet Band Video Stretch Guide

Would you rather watch a video, than read an e-book?

If so, then please take a look at our Getting Started Ballet Band Video stretch guide online. Access info to it is available inside the Instruction Manual included in your package.



Marin is a fantastic instructor and demonstrates her favorite stretches that she can do with our Fit Simplify Ballet Band.



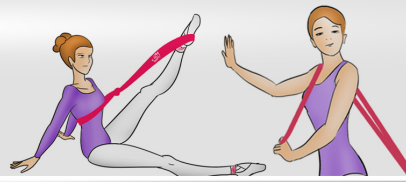
Caring for your Fit Simplify Ballet Bands

- Keep your bands inside the included carry bag and store in a cool, dry location. Try to avoid direct sunlight if possible.
- Do not over-stretch your bands during any exercise.
- If dirty, wash using mild soap and warm water. Pat to dry.

Ballet Band Safety Considerations

Please always use your Ballet Bands in a safe manner so you do not injure yourself or anyone else.

- Do not use the band if you have a latex allergy.
- Consult with your physician or licensed health care professional if you have any questions about performing any of the stretches shown in this guide.
- Always stop immediately if you feel any pain.
- Inspect your bands before each use to ensure there is no damage to your band.
- Never use your bands in a manner where the band may hit you in the face or strike another person.
- Do not leave band with small children unattended as it can be a potential strangulation hazard.



The Knots

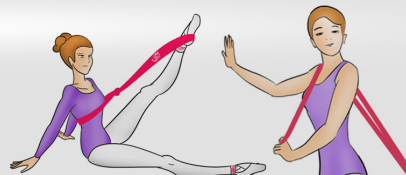
Some of our stretches below reference a couple of different knots. Take a look at the pictures to see how to make them.

Overhand knot



Loop knot





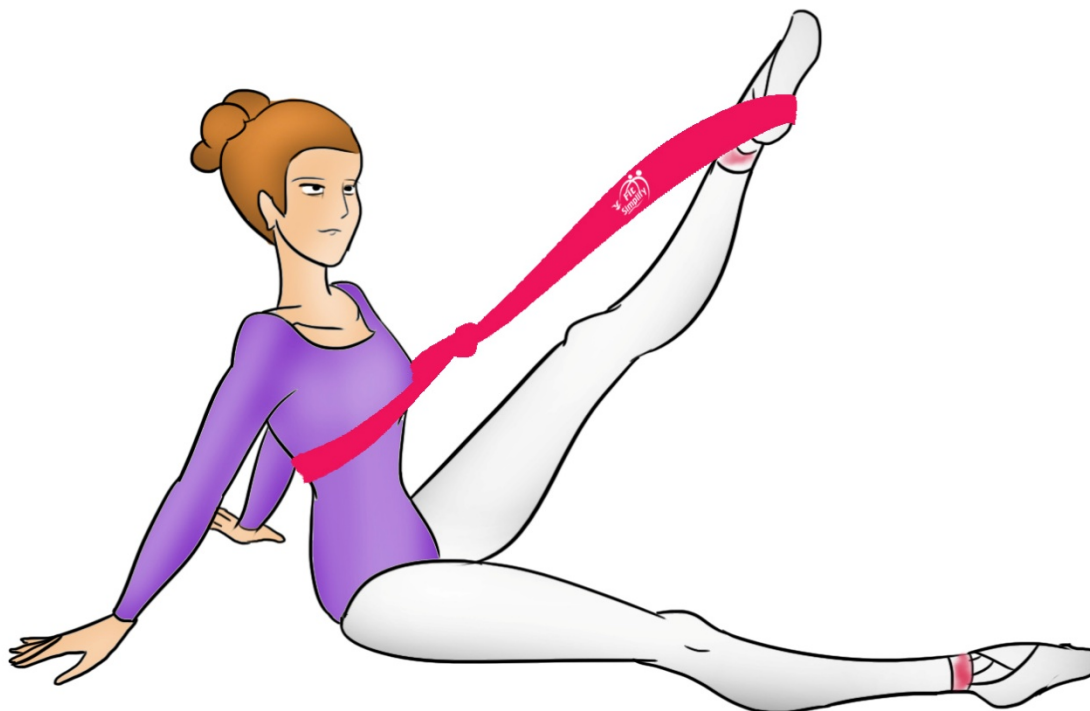
The Stretches

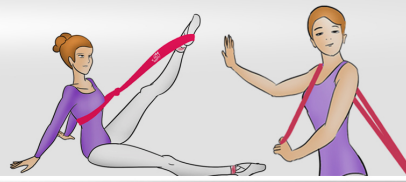
1. Seated Leg Stretch

Sit down, with both your legs in front of you. Place the band around your body using a **loop knot** to tighten it around your waist.

Bend the knee of the leg you are stretching and place the loose end around the arch of that foot.

Extend your leg until straight and then lift it up while leaning back. Make sure to support your weight with your arms.



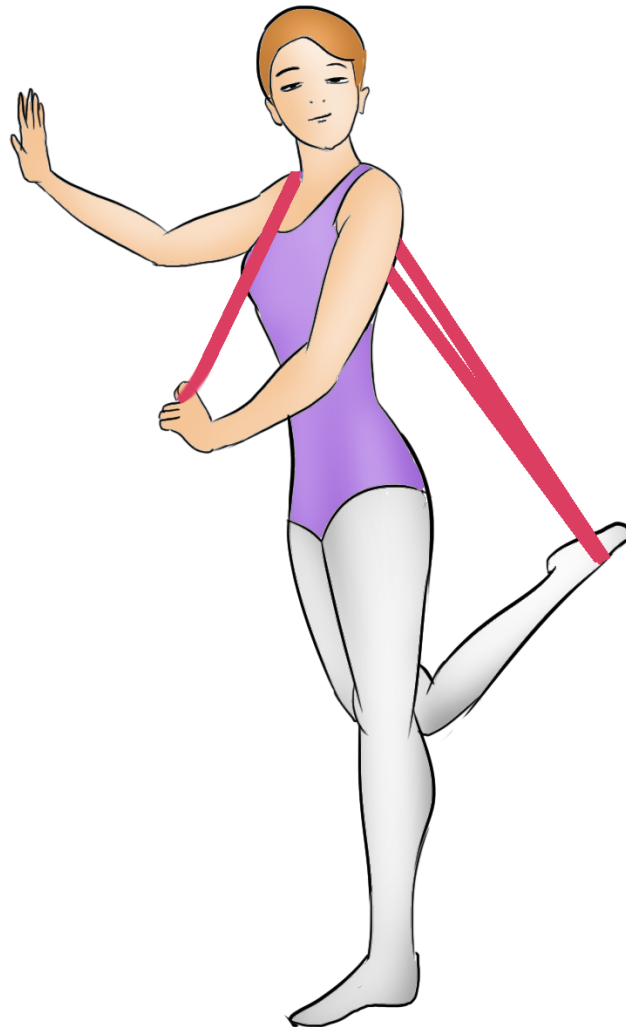


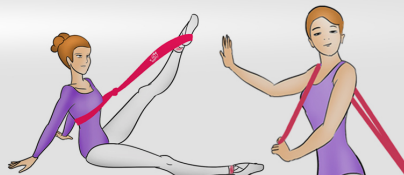
2. Standing Quad Stretch

Loop one end of the band around your foot and then bring band over your shoulder using your opposite hand.

With your other leg straight, balance yourself using a barre (or chair).

Bend the knee of your looped foot while pulling on band with your hand to apply tension.



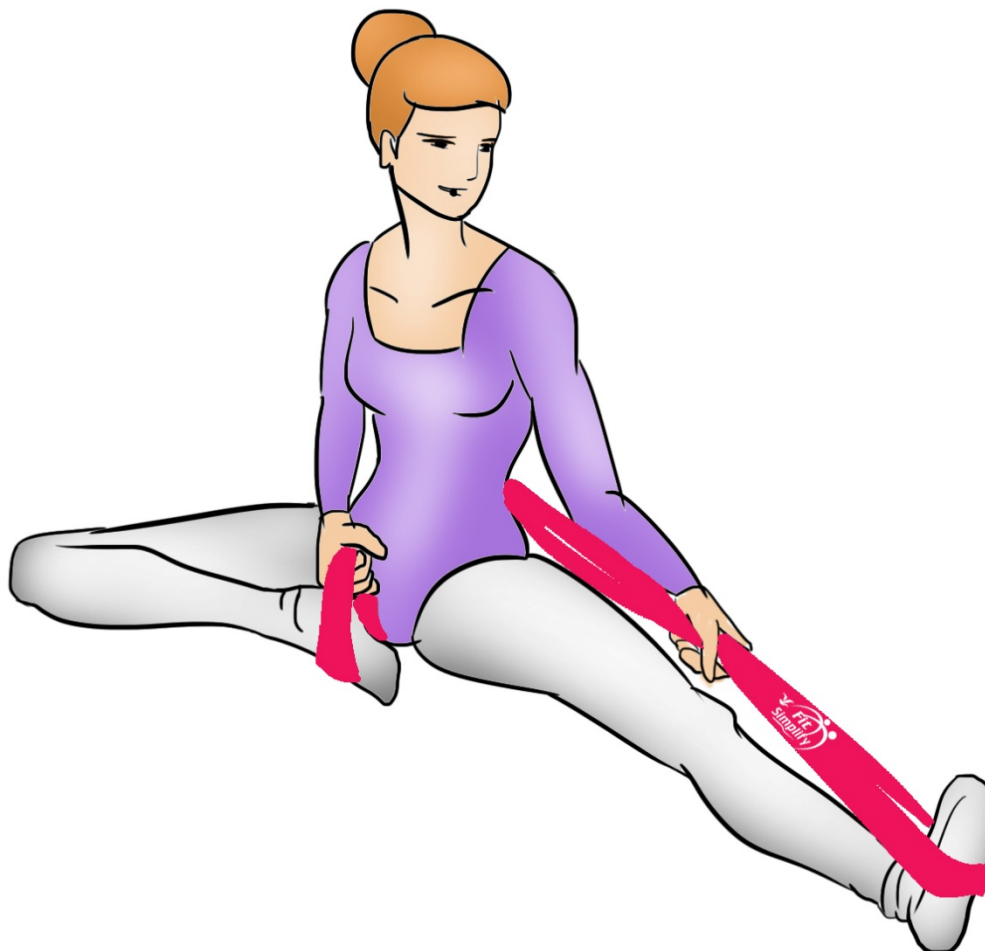


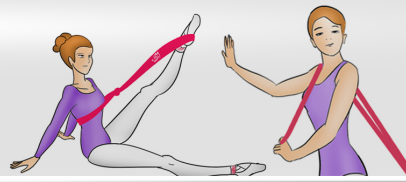
3. Hamstring Side Stretch

Sit down on the floor in the butterfly position. Loop band around one foot, pull band around your back and loop around the other foot.

Slowly stretch one leg out to the side so it lines up with your hip. Keep your toe pointed up and knee straight.

Gently grab the band and pull it slightly up and towards you to lift your calf and foot off the ground.



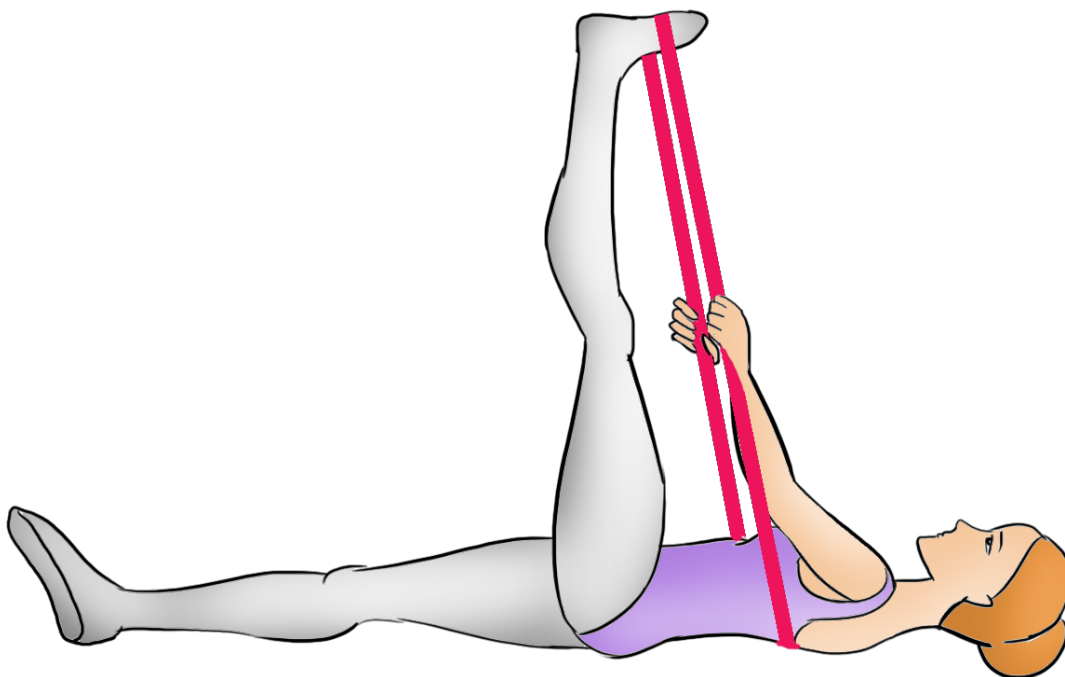


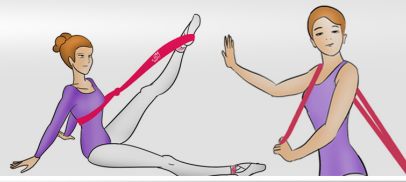
4. Floor Leg Press Stretch

Lay flat on the floor with the band behind your back.

Carefully loop the other end of the band twice around the foot of the leg you want to stretch.

Push your leg up, while holding the band with your hands on each side.



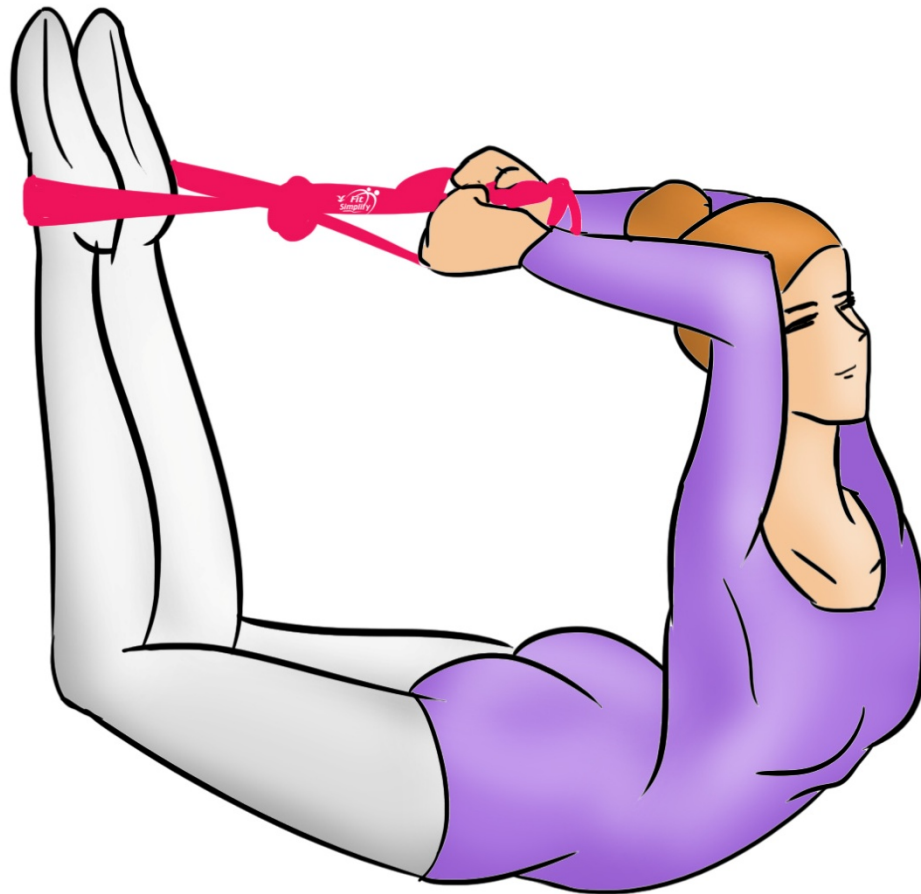


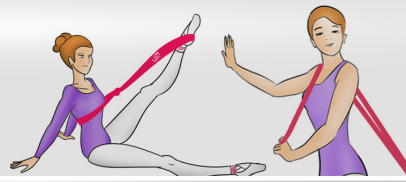
5. Back Stretch

Tie your band using an **overhand knot**.

Lie down on your stomach, and put the loop of the knot around both your feet. Reach back and grab the end of your band with both hands.

Pull slowly to bring your feet toward your head and feel the stretch in your back.





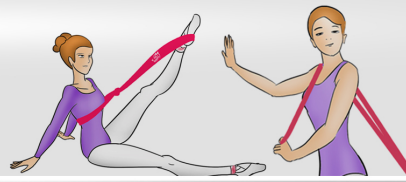
6. Middle Split Stretch

Sit down on the floor in the butterfly position. Loop one end of your band around the arch of one of your feet.

Then wrap the band around your back and loop the other end around the arch of your other foot.

Extend both legs forward till they are straight. Then move them to the sides in middle split position.



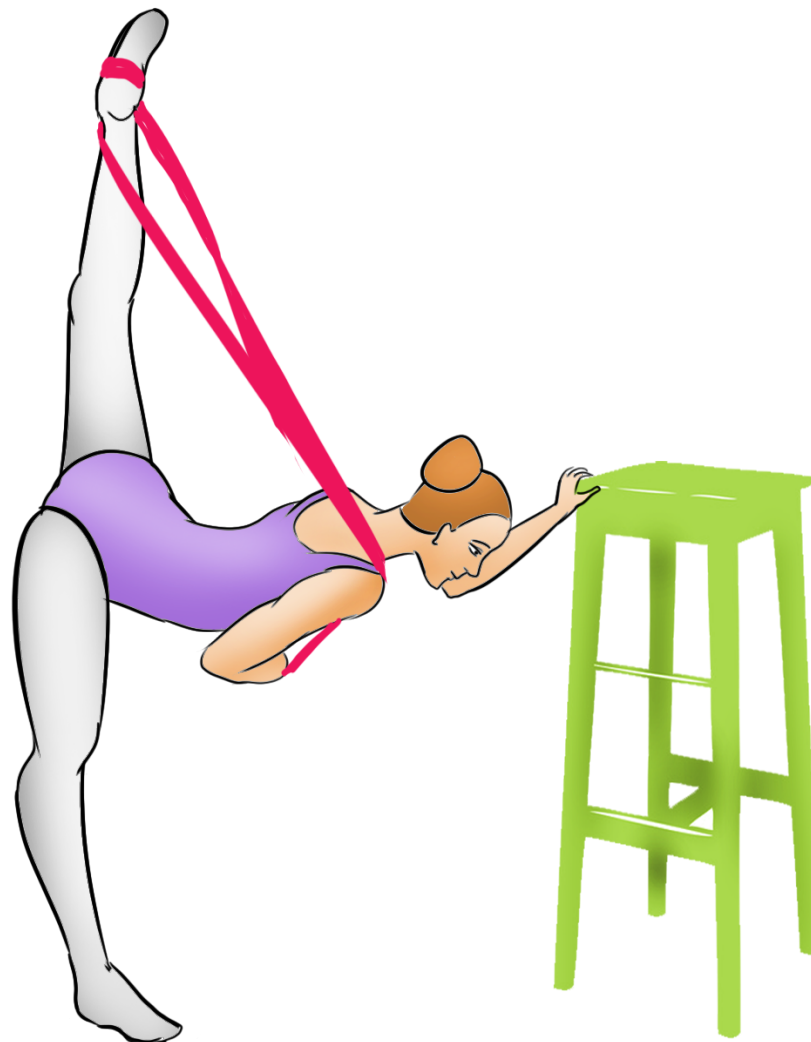


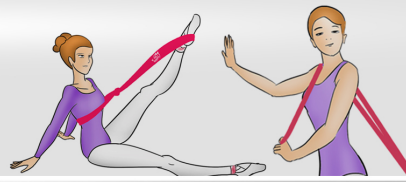
7. Standing Front Split

Loop one end of the band around your foot. Hold onto a barre (or chair) with your hand for support. Bring the other end of the band over your shoulder towards your waist.

While holding onto the barre, lean forward while arching your back.

Slowly bring the looped foot above your head in a splits position and hold.





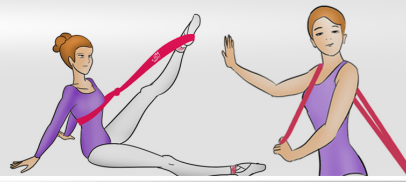
8. Leg Lift Hold Stretch

Start by standing next to a barre (or chair) and lightly hold onto it.

Loop one end of the band around your foot and the other around the shoulder opposite of the leg being stretched.

Extend your looped leg out at a 90 degree angle while still holding onto the barre. Stretch your other arm out in front of you and hold this position.





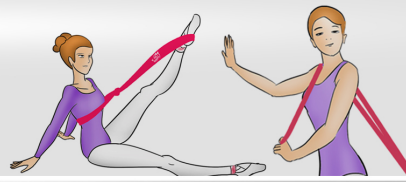
9. Side Stretch

Using a chair or bar for support, step onto your band with one foot and wrap it once around your arch.

Take the other end of the band in the hand opposite of the leg you are stretching. Slowly lift your leg up to the side, while pulling on the band.

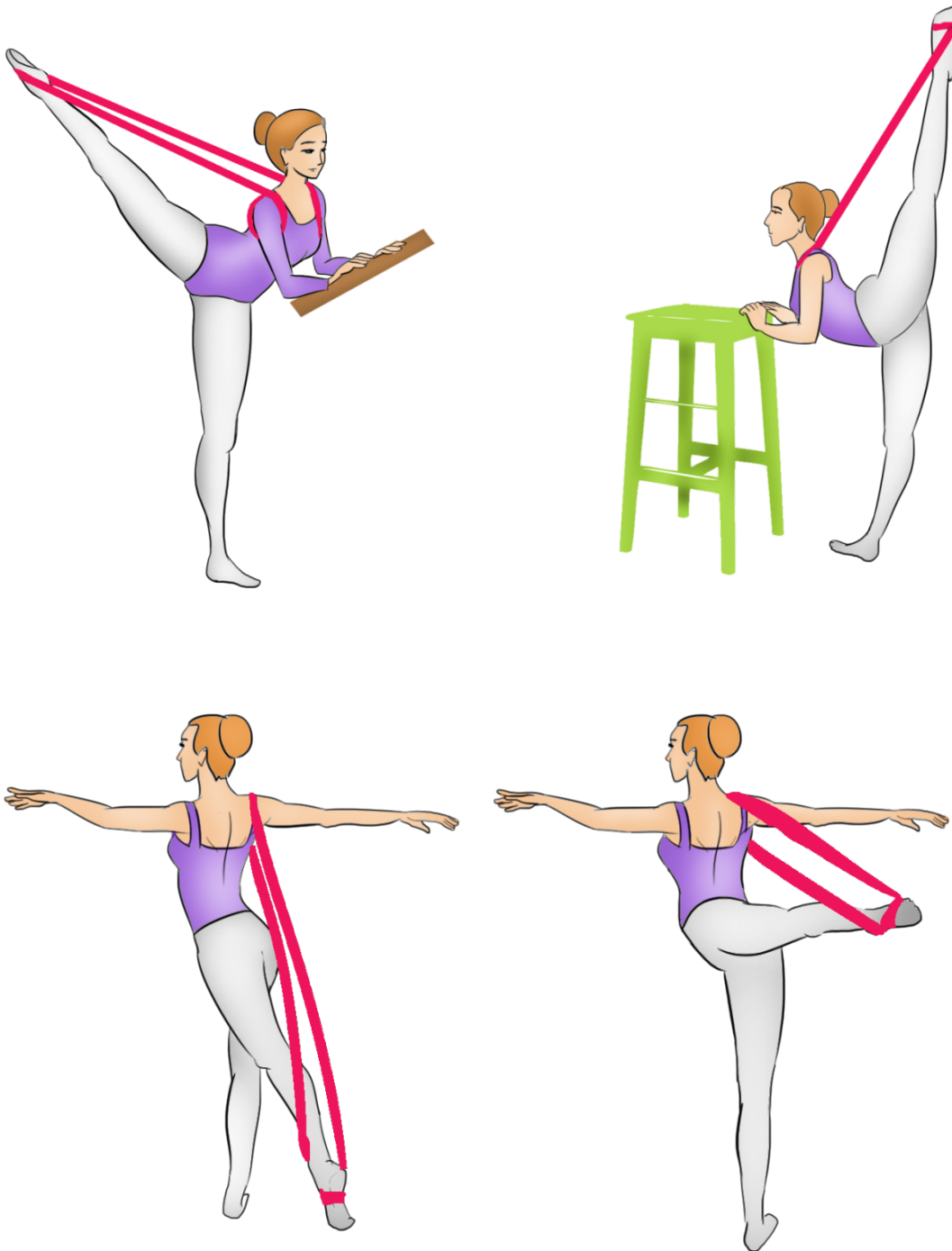
Try to go as high as you can go without pain, hold for a second and then return to the ground.

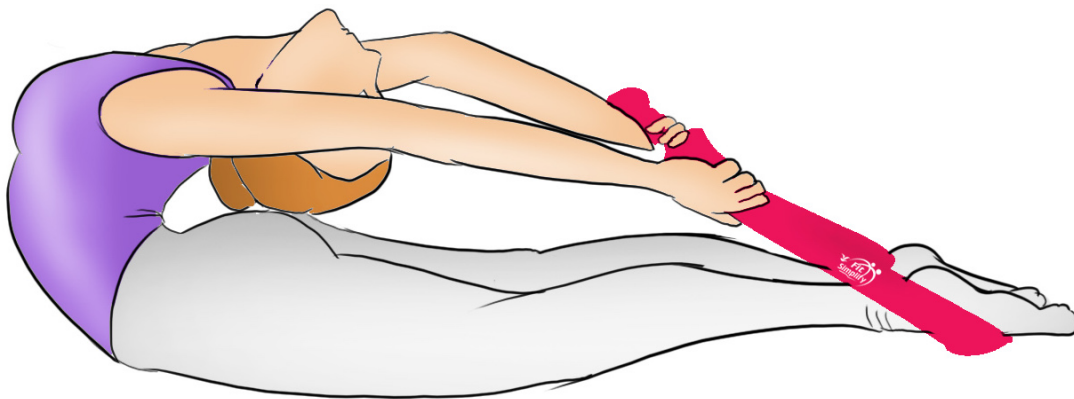
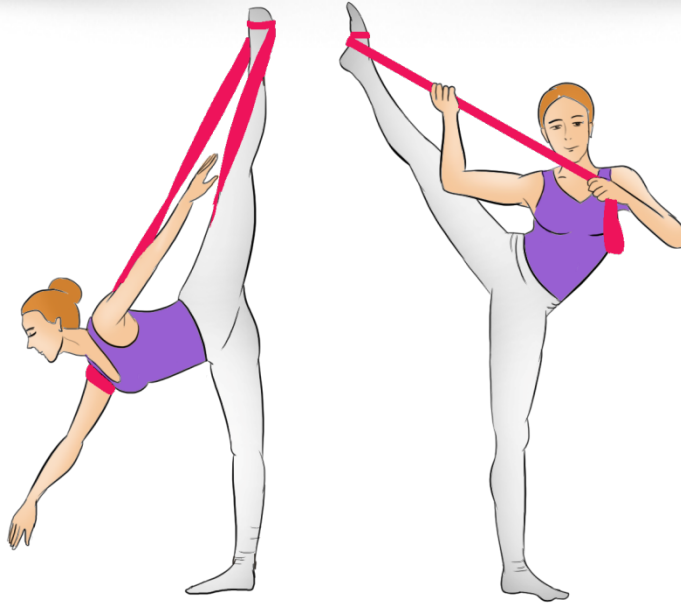
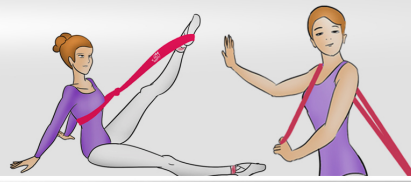


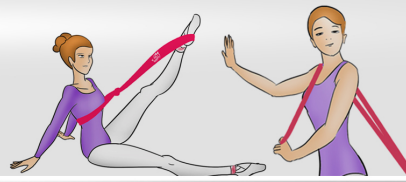


More advanced stretches

Once you've mastered the stretches above, you can try these additional stretches.







Increasing the resistance of your bands

Our Fit Simplify ballet band is rated at a medium resistance level, which is suitable for most of the stretches described above. However, there are some stretches that may require a heavier resistance.

Here are a couple of tips to increase the resistance of your band.

1. Tie a knot



2. Fold band in half

