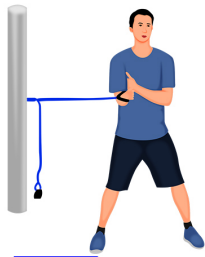


BB-Bands™

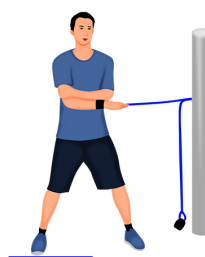
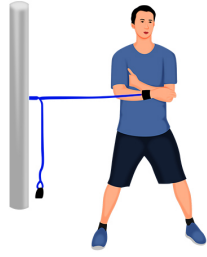
Here are some of the most popular exercises performed with BB-Bands™. These should be performed in a controlled manner at all times. Sets are typically performed in sets of 8-10 depending on skill level and resistance.

Check our website at www.BB-Bands.com for more videos and exercises.



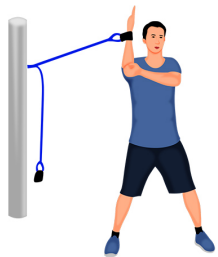
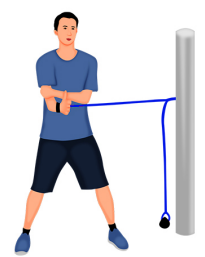
1 Shoulder Internal Rotation

- Connect clip near elbow height
- Arm should create right angle, keep elbow tucked to side
- Arm should rotate out and back in, while keeping form



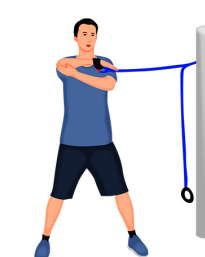
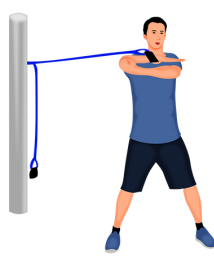
2 Shoulder External Rotation

- Connect clip near elbow height
- Arm should create right angle, keep elbow tucked to side
- Arm should rotate out and back in, while keeping form



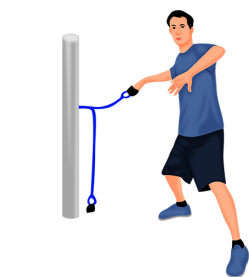
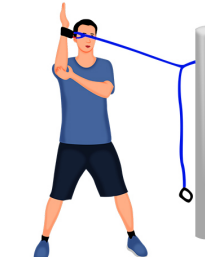
3 Raised External Shoulder Rotation

- Connect clip even with your shoulder
- Create right angle with arm while using other arm to support and keep form
- Rotate down and come back up to starting point



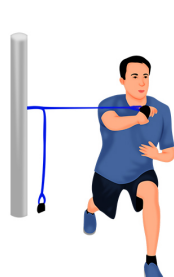
4 Raised Internal Shoulder Rotation

- Connect clip even with your shoulder
- Create right angle with arm while using other arm to support and keep form
- Rotate up and come back down to starting point



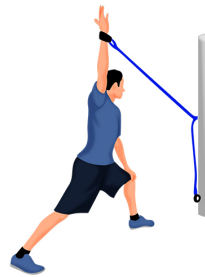
5 Frontward Throw

- Connect clip even with your waist
- Hold wristband with fingers (or use wristband if less advanced)
- Use regular mechanics and throwing motion to complete stretch



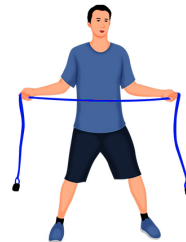
6 Reverse Throw

- Connect clip even with your waist
- Begin at your throwing point finish and go backward to normal beginning point
- Use regular mechanics and throwing motion to complete stretch



7 Scapular Squeeze

- Grab the bands with palms face up (6-12 inches apart depending on resistance)
- Keep elbows tucked to your sides and scapulas set back and squeezed
- Rotate outward and return to starting point



Important: Prior to use, ensure bands are securely fastened to a stationary object. Clip should never be in alignment with head or neck region. Unless otherwise noted, secure wristbands with Velcro straps. The bands are not a toy and should be used in a safe, responsible manner at all times. If you ever have arm pain or any other health ailments stop immediately and see medical attention. To keep the bands in optimal condition it is best not to over-stretch or leave out in the sun-light for extended period of times.