

STANDARD ADJUSTABLE FOAM HANDLE

AL-63248

EXERCISE SUGGESTIONS USES AND FEATURES

- ▲ Accessory attachment for exercise bands and tubing
- ▲ Soft, comfortable, yet firm foam grip handle
- ▲ Adds challenge to resistive exercise
- ▲ Heavy-duty webbing for durability
- ▲ Unique fastening system secures all bands or tubing
- ▲ Easy to use! Thread band/tube through adjustable webbing strap and pull down fastener to secure band/tube in place.



EXERCISE ROUTINE

The exercise routine should be determined by a doctor, therapist, coach, or trainer.

DETERMINING APPROPRIATE EXERCISE BAND AND TUBE RESISTANCES

Have your doctor or therapist select an exercise band/tubing or Tube for your present stage of rehabilitation. The exercise band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

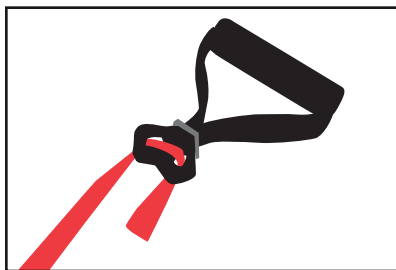
WARNING

- Avoid using exercise band/tubing in areas where product could accidentally strike others.
- Read directions and carefully follow exercise instructions at all times.
- Inspect the band/tubing before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the band/tubing is securely attached to Foam Handle before any exercise is performed.
- Never tie multiple strength bands/tubings together!
- Avoid looking directly at the exercise band/tubing while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).

ADJUSTABLE FOAM HANDLE EXERCISE SUGGESTIONS

Attach exercise band or tubing by loosening straps to form 2 loops.

Thread band or tubing through one loop and out the other as shown in diagram. Pull straps taut to secure band or tubing.



WRIST FLEXION

Start

- Sit in chair facing away from and to the side of attachment site.
- Grasp Foam Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing outward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend back and down slightly.

Finish

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face outward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.



and modify placement of foot on band/tubing if increased resistance is desired.

WRIST EXTENSION

Start

- Sit in chair facing away from and to the side of attachment site.
- Grasp Foam Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing inward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend down and forward in front of same side of knee.

Finish

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face inward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.



SHOULDER FLEXION

Start

- Stand, grasp Foams Handle with hand of exercise arm and face away from attachment site.
- Step on band/tubing with same side foot. Straighten arm and allow it to hang comfortably along side of body with palm of hand facing backward.
- Keep knees slightly bent and wrist firm.

Finish

- Lift arm up and directly forward in front of body until hand reaches shoulder height and end with palm of hand facing floor.
- Keep head and upper torso stationary and wrist firm.
- Avoid arching lower back and (or) lifting upper shoulder toward ear as arm is lifted upward.
- Slowly return to starting position.
- Move body further away from attachment site



SHOULDER ABDUCTION

Start

- Stand with exercise arm positioned furthest from attachment site. Grasp Foam Handle and step on band/tubing with foot furthest from attachment site.
- Straighten exercise arm and allow it to hang comfortably along side of body with palm of hand facing body.
- Keep knees slightly bent and wrist firm.

Finish

- Lift arm up and directly out from side of body until hand reaches shoulder height and end with palm of hand facing floor.



- Keep head stationary and wrist firm.
- Avoid bending upper torso toward attachment site as arm is lifted away from side of body .
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is desired.

SCAPULA ELEVATION

Start

- Stand with exercise arm positioned closest to attachment site. Grasp Foam Handle and step on band/tubing with foot closest to attachment site.
- Straighten exercise arm and allow it to hang comfortably at side of body with palm of hand facing backward.
- Keep knees slightly bent, wrist firm and elbow locked.



Finish

- Lift and elevate arm and shoulder up toward ear.
- Keep head stationary, arm straight and avoid bending upper torso away from attachment site as shoulder is elevated.
- Slowly return to starting position.
- Modify placement of foot on band/tubing if increased resistance is desired.
 - OPTION: Above exercise may be upgraded by allowing elbow to bend and perform an “up-right row” movement following the “Elevation” exercise.

ELBOW FLEXION

Start

- Stand with exercise arm positioned furthest from attachment site and grasp Foam Handle.
- Step on band/tubing with same side foot straighten arm and allow it to hang comfortably along side of body with palm of hand facing side of leg.
- Keep knees slightly bent and wrist firm.



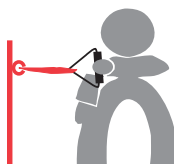
Finish

- Bend elbow and bring hand up and out in front of same side shoulder with thumb facing outward.
- Keep head stationary and wrist firm.
- Avoid moving upper arm away from side of body and (or) arching lower back as arm is bent.
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is required.

SHOULDER HORIZONTAL EXTENSION

Start

- Stand with exercise arm positioned furthest from attachment site and grasp Foam Handle.
- Straighten exercise arm across front of body at shoulder height with hand positioned directly out in front of opposite side shoulder and palm facing backward.
- Keep knees slightly bent, arm straight and wrist firm.



Finish

- Pull arm back and across upper body at shoulders height and end with palm of hand facing forward.
- Keep head stationary and wrist firm.
- Avoid rotating upper body back and away from attachment site as arm is pulled across front of body.
- Slowly return to starting position.
- Move body further away from attachment site if increased resistance is desired.

SHOULDER D-2 PATTERN

Start

- Stand with exercise arm positioned furthest from, and body slightly behind attachment site.
- Grasp Foam Handle, straighten exercise arm and position hand out in front of opposite side hip with thumb facing down and back.
- Bend non-exercise arm and place hand on same hip.
- Keep knees slightly bent and wrist firm.



Finish

- Pull arm up, across and behind body in a diagonal pattern while rotating shoulder backward.
- End with band/tubing across upper chest, arm straight and thumb pointing backward.
- Keep head stationary and wrist firm.
- Avoid rotating upper torso in direction which exercise arm is moving.
- Slowly return to starting position.
- Move body further away from and behind attachment site if increased resistance is desired.

OTHER USES

HAND AND WRIST REHABILITATION
 Pronation
 Supination
 Ulnar Deviation
 Radial Deviation

FITNESS & REHABILITATION
 Biceps Curl
 Abdominal Crunch
 Obliques
 Lunge Press