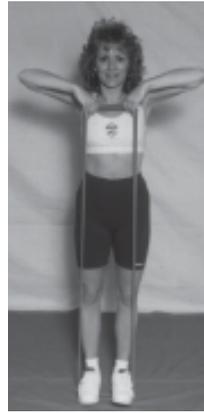
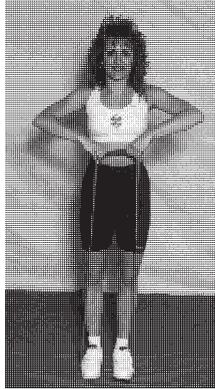




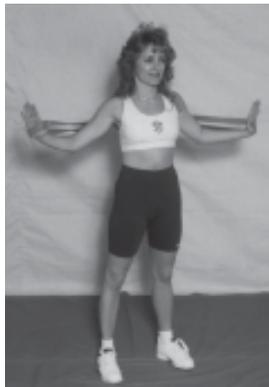
**12) Reverse Curl:** Stand on the band with feet close together and knees slightly bent. Grasp the band with palms facing inward. Keeping the hands close together and the elbows in, raise the hands to chin-level. Return to starting position slowly, feeling the negative resistance of the bands on the way down. Perform 10 reps.

**Note:** To increase the resistance, spread the legs wider or grip the band a few inches lower.

**13) Upright Row:** Stand on the band with feet close together and knees slightly bent. Grasp the band with palms down and elbows out to the sides. Keeping the head up and back straight, raise arms to chin-level. Return to starting position. Perform 10 reps.



**Note:** To increase the resistance, take a wider stance, wrap the band around one foot, or advance to a stronger band.



**14) Pec-Flyes:** Grasping the band in each hand, put a twist in the band behind the back to stabilize the set-up. Band should come **across the palm**, not around the thumb.) Keeping the feet shoulder-width apart and the knees bent, spread the arms out wide and bring them in together. Perform 10 reps.

**Note:** For more resistance, put an extra twist in the band.

## 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 ballistic stretching**, done with a Flex Band<sup>®</sup>. 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. Flex Bands<sup>®</sup> 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 six sizes: **Mini** or **Monster Mini** (for shoulder work and rehab), **Light** (for beginners and taller athletes), **Average** (for more advanced athletes), and **Strong** (not recommended for stretching activities, unless the athlete has worked up to this level.) **Monster Bands** are not for stretching.

### Distributed by:

Bill Jacobs Power Company  
Phone: (513)277-1938  
Fax: (513)336-8234  
www.CoachBillJacobs.com

# Flex Band<sup>®</sup> 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 Calf and Achilles Stretches before transferring band to right foot.>*



**<<2) Calf Stretch:** 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, stretch the calf by pulling toward you with the band (dorsi-flexion). Then, point the toes away from the body (plantar flexion). Pull back and press out 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, Calf, 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:** Re-wrap the band around the arch of the left foot. Lie back on the floor and stretch the hamstring as far as it will go by “walking” your hands up the band. As you return your leg to the floor, let your hands slide down the band while still providing resistance. (Repeat 5 times.) Then “walk” up the band to the top and lock out the knee. Hold that position for 5 seconds. Next, give a **slight** bend to the knee and lock it out again, keeping pressure

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on the Golgi tendons behind the knee. Bend and lock out 5 times. Then, stretch back and hold again for 5 seconds. *<Proceed with I-T Band, Hip Flexor, and Quad Stretches before switching band to the left foot .>*



on the floor and the left leg out to the side as far as it will go. Bend the knee slightly and then lock it out. Repeat 10 times.

**<<5) Groin Stretch:** With the loop of the band still around the arch of the left foot, grab the end of the band in your right hand. With the left hand, grab the middle of the band and take the band behind the head, positioning the left elbow

**6) I-T Band Stretch>>:**

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



with both hands, move your leg around to stretch out the hip area. Move your leg in any direction it for about 15-30 seconds. *<Do not switch band to the right leg until you have completed the Glute & Hamstring Activities for the left .>*

**<<7) Quad & Hip Flexor Stretch:**

With the band still positioned around the arch of the left foot, roll onto your right side with the knees bent. Holding the top of the band above the head

**8) Glute/Hamstring Strengthening>>:** While still holding onto the band with both hands behind the head and the band wrapped



around the arch of your left foot, roll over onto your stomach. Bend the knee and gently stretch out the quad. Then, with the toes pointing toward the ceiling, lift the knee off the ground by pulling up on the band. Repeat 10 times.



*<< Advanced athletes may then lift the knee further off the ground to stretch the upper quad and strengthen the high hamstring/glute areas as pictured. Repeat 10 times.*

**Now, sit up and transfer the band to your right foot. Repeat the Ham-string, Groin, I-T Band, and Hip Flexor/Quad Stretches plus the Glute Strengthening for the right leg. Since instructions are shown for the left leg, be sure to switch all right/left hand directions accordingly.**

**<<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. Gently bring the knees to the chest one at a time. *<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.>*

Keeping both shoulders on the floor, gently stretch to the left side and then back to the right. >>



**<<10) Hip Extensor:**

Next, raise the hips off the floor, contracting the muscles in the buttocks and upper legs. Then, lower the hips back to the floor. (10 reps.)

**11) Ab Exercises:>> (read carefully - not all are shown.)**

Position both hands behind the head with elbows out to the sides. Perform crunches by raising the head off the floor and contracting the abs. (10 reps.) Then cross the ankles and perform reverse crunches by bringing the knees up to the chest while contracting the abs. (10 reps.) Next, criss-cross knees to elbows (alternately touch right elbow to left knee and left elbow to right knee.) (10 reps. each side.) Finally, perform crunches by raising the head and the legs off the floor so your elbows and knees meet in the middle. (10 reps.)



**Now, release the bands from your knees by simply straightening out your legs. Then stand up and get ready for arm exercises.**

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