

Dynamic Strength Training®

Low Tech Gear.

High Tech Results!

WHERE THE RUBBER MEETS THE ROAD TRAVEL EDITION



Presented by

**THE DYNAMIC
ADVANTAGE**
Your Professional Fitness Team

WHERE THE RUBBER MEETS THE ROAD
THE TRAVEL EDITION



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THE DYNAMIC
ADVANTAGE
Your Professional Fitness Team

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**THE DYNAMIC
ADVANTAGE**

Your Professional Fitness Team

***Providing you with leading edge,
personalized exercise instruction,
that is guaranteed to increase
your strength and significantly
improve your lifestyle.***

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WHAT IS
DYNAMIC STRENGTH TRAINING® ?

Achieving High Tech Results with Low Tech Gear!

Dynamic Strength Training® is a personalized exercise program utilizing elastic resistance tubing as the strength component. It is completely portable and it can be performed in a minimal amount of space.

By consistently utilizing these easy to follow exercise routines, you will learn the skills necessary to increase your fat-free muscle while improving your posture, body awareness, balance, bone density and functional strength.

Your equipment offers you strength options ranging from as little as three pounds to as much as ninety pounds. Muscles **will respond** to the force and challenge of having to contract by becoming firmer, leaner and stronger.

These benefits will help you gain control and confidence over any activity you participate in.

Since 1996, *Dynamic Strength Training®* has been a mainstay in Southern California at The Wellness Community-Foothills and Huntington Hospital in Pasadena, CA, NASA's Jet Propulsion Laboratory (JPL) in La Canada, CA., Methodist Hospital of Arcadia, CA., Saint Vincent Medical Center in Los Angeles, CA. and Glendale Memorial Hospital Cancer Center in Glendale CA. Since 2001 The Dynamic Advantage has proudly offered 30-40 minute Dynamic Strength Training programs at their world headquarters in Eagle Rock, CA for smaller groups of up to six people. An attractive feature of these programs is that customers like you have experienced the benefits of personal fitness training by saving up to 80% off the customary rates for such a service for one person!

In 2002, the *Dynamic Strength Training®* for cancer survivors program at Saint Vincent Medical Center was recognized by IHRSA, the International Health Racquet and Sports club Association and Fitness Management Magazine as one of three national finalists for the Best Innovation in Exercise Programming award.

Dynamic Strength Training® has been designed to be very safe as well as effective, however it is strongly recommend that you check with your doctor before you start this or any other exercise program.

REPETITIONS, TENSION TIME AND TRAINING FREQUENCY

When performing resistance training exercises it is traditional to think about completing a specified number of repetitions or exercise cycles per set. The American College of Sports Medicine suggests that for overall strength and muscular endurance, most sets should be completed within eight to fifteen repetitions. The factor most often forgotten about here is that all repetitions are not created equally. One person might move in a very fast, ballistic, explosive manner and complete an 8-15 repetition training period or set in 10-20 seconds. In contrast, another person exercising in a slower, more controlled manner might finish the same set in 40-60 seconds.

To maximize your safety and efficiency, you must typically move a bit slower in order to control the contraction of a muscle or muscle group. This will prevent you from subjecting the moving joints, ligaments and tendons to any undesired stress. Let's always remember to emphasize the QUALITY of our work before we worry about the QUANTITY of work we do!

While exercising with the *Dynamic Strength Training*® programs, try shifting your emphasis from the repetition count over to the seconds ticking away on a clock. This should give you a more accurate assessment of how much work was completed during your set.

Keep in mind that as your fitness level and stamina improve, each set may need to be continued for a longer period of time. As a general rule of thumb, try to make each set last for 20-60 seconds (8-20 repetitions). For this program, it is recommended that one to three sets of each exercise be completed with approximately 30 seconds to one minute being allowed for rest between sets. As you become more fit, less recovery time will be necessary.

Since the "Quick Fix", "Fast Break", "Power" and "Reach For The Summit" routines each include upper and lower body exercises, it would be best if you allowed at least 48 hours of recovery time between workouts. This will maximize your benefits and prevent you from over training while keeping you fresh and energized for a lifetime. Have fun and remember that the road to fitness has no finish line!

CARE, SAFETY AND PROPERTIES OF ELASTIC RESISTANCE

- (1) **Care:** Keep your tubing out of direct sunlight when it's not in use. It is best to keep it in your exercise bag or a dresser drawer. Do not hang it over the door knob for storage. Like any latex rubber, fading or deterioration may occur over time, therefore continued exposure to sunlight or outdoor elements will shorten its life-span. Avoid wrapping your tubing around sharp objects. Although they may not cut through it, any nicks or cuts can expand over time. If you properly store your elastic tubing it will last for one year or longer.

Regular inspection of your tubing for cuts, fading, deterioration and cracks is recommended. Check the tubing at the connection points on each handle and at the center point where it is regularly attached to an assist strap or under your feet. These are the most common stress points.

- (2) **Safety:** Always double check your anchoring point! Whether the tubing is under your feet, in an anchoring strap or around some other object such as a tightly closed door, a furniture leg or perhaps a chain link fence, make sure it is securely attached before you begin any exercise. Elastic resistance will obtain a tremendous amount of force when stretched. These forces should challenge your muscles, not create a potential hazard.
- (3) **Properties:** Resistance tubing comes in a range of colors to indicate different levels from extra-light to extra-heavy. Different manufacturers have different colors. Other indicators of a specific resistance level would be the outside diameter and wall thickness of the tube.

Additional factors play a part in the elastic nature of tubing. Lower resistance, such as a light or medium strand (smaller diameter and thinner wall), will have more useful elasticity with gradual increases in resistance as it is stretched. A heavy strand (large diameter and thick wall) of the same length may be stretched farther but with sharp and disproportionate increases in resistance. It may be stressful for the joints in some positions.

Shortening or "choking up" on a piece of tubing will cause the same disproportionate increases in resistance. It is far better to use multiple strands of lighter resistance tubing to achieve greater resistance levels. Multiple strand applications allow for a better range of elasticity and the advantage of adding smaller incremental changes in resistance levels.

QUICK FIX

(APPROXIMATELY 10 MINUTES)



- ***Squat***
- ***Biceps Curl***
- ***Front Shoulder Raise***

Note: It is recommended that two sets of each exercise be completed, in sequence.

SQUAT



START & FINISH POSITION

*Muscles
Emphasized:
front and
back of the
thighs plus the
buttocks and
lower legs*



RANGE OF MOTION

SQUAT



Squat down.



Bend elbows.



*Place tubing
behind forearms.*



Get ready to Squat!

Muscles Emphasized

Thighs, buttocks and lower legs

Set-Up & Starting Position (see details above)

- (1) Place the center of the tubing on the floor. Position your feet on both sides of the center.
- (2) Pull the tubing with your hands and stretch it outward with your feet until your feet are about hip-width apart.
- (3) Squat down.
- (4) Bend the elbows to bring the tubing handles to the shoulders. Turn your hands so the palms are facing forward.
- (5) Return to the standing position. The tubing should be behind your arms close to your forearms.

Stability

- (1) Maintain good upper body posture and a neutral spine.
- (2) Keep your toes and heels planted on the floor.

Motion & Range of Motion

- (1) Bend your knees and push your hips back simultaneously. Squat down as far as you can with control while keeping your knees aligned over your toes.
- (2) Return to the finish position.
- (3) When your set is finished, squat down to bring the tubing down from your shoulders.

BICEPS CURL



START & FINISH POSITION

*Muscles
Emphasized:
front portion of
the upper
arms and
forearms*



RANGE OF MOTION

BICEPS CURL

(Elbow Flexion)

Muscles Emphasized

Front portion of the upper arms

Set-Up & Starting Position

- (1) Place the midpoint of the tubing securely under the middle of both feet.
- (2) Stand tall with your feet approximately hip-width apart.
- (3) Lift your chest up, pinch your shoulder blades back slightly and keep your chin in, not down.
- (4) Turn the thumbs out so the palms of your hands face forward. This is known as your “carrying angle”.

Stability

- (1) Maintain a tall postural position.
- (2) Keep the upper arms by your ribs.
- (3) Do not move your shoulders and wrists.

Motion & Range of Motion

- (1) Bend your arms at the elbows. Pull your forearms in an arc toward the shoulders as far as you can move with control.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Stop straightening your arms just before you lose muscular tension in the biceps.

FRONT SHOULDER RAISE



START & FINISH POSITION

*Muscles
Emphasized:
front and
middle
portions of the
shoulder*



RANGE OF MOTION

FRONT SHOULDER RAISE

Muscles Emphasized

Front and middle portion of the shoulders

Set-Up & Starting Position

- (1) Place the tubing under your left foot and place the center of the tubing to the left of that foot.
- (2) Step over the tubing with the right leg and place the right foot in front.
- (3) Angle your body forward allowing the right leg, with the knee bent, to support your weight.
- (4) Rotate your left hand so the palm is facing behind you. The tubing should now be at an angle from your left hand to the outside of your left foot.

Stability

- (1) Keep your chest up and maintain good posture while keeping your body weight over the front leg.
- (2) Keep your fist, wrist, forearm and elbow in a straight line.

Motion & Range of Motion

- (1) Lift your left arm forward and up as far as you can with control and without loss of stability.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Repeat above set-up and motion for the right shoulder.

REACH FOR THE SUMMIT WORKOUT
(APPROXIMATELY 40 MINUTES)

First Sequence



- Squat
- Front Shoulder Raise
- Biceps Curl

Second Sequence



- Lat Row
- Integrated Body Rotation
- Chest Fly

Third Sequence



- Rear Shoulder High Row
- Triceps Press Down
- Biceps curl with Arms High

Fourth Sequence



- Hip Hinge
- Inner Thigh Squeeze
- Front Thigh Kick
- Rear Thigh Kick Back
- Outer Thigh Kick

When performing this workout we suggest that you complete two circuits of each sequence before moving on to the next one. When performing the Fourth Sequence complete one set for each exercise and each side of the body as applicable. Then finish with an additional set of the Hip Hinge.

SQUAT



START & FINISH POSITION

*Muscles
Emphasized:
front and back
of the thighs
plus the
buttocks and
lower legs*



RANGE OF MOTION

SQUAT



Squat down.



Bend elbows.



*Place tubing
behind forearms.*



Get ready to Squat!

Muscles Emphasized

Thighs, buttocks and lower legs

Set-Up & Starting Position (See details above)

- (1) Place the center of the tubing on the floor. Position your feet on both sides of the center.
- (2) Pull the tubing with your hands and stretch it outward with your feet until your feet are about hip-width apart.
- (3) Squat down.
- (4) Bend the elbows to bring the tubing handles to the shoulders. Turn your hands so the palms are facing forward.
- (5) Return to the standing position. The tubing should be behind your arms.

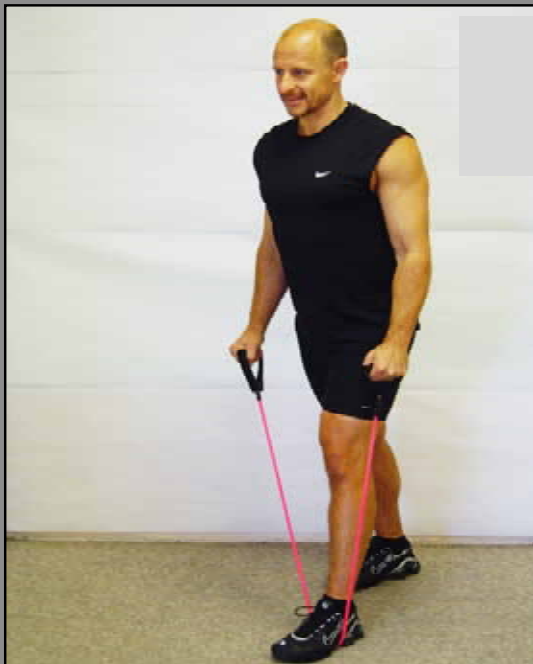
Stability

- (1) Maintain good upper body posture and a neutral spine.
- (2) Keep your toes and heels planted on the floor.

Motion & Range of Motion

- (1) Bend your knees and push your hips back simultaneously. Squat down as far as you can with control while keeping your knees aligned over your toes.
- (2) Return to the finish position.
- (3) When your set is completed, squat down to bring the tubing down from your shoulders.

SIDE SHOULDER RAISE



START & FINISH POSITION

*Muscles emphasized:
front and
middle
portions of the
shoulder*



RANGE OF MOTION

SIDE SHOULDER RAISE

Muscles Emphasized

Front and middle portion of the shoulders

Set-Up & Starting Position

- (1) Place the tubing under your foot so that it is centered. This should be your front foot.
- (2) Angle your body forward allowing the front leg, with the knee bent, to support your weight.
- (3) Rotate your hands so the palms are facing each other. Your fists should be at shoulder width.

Stability

- (1) Keep your chest up and maintain good posture while keeping your body weight over the front leg.
- (2) Maintain slightly bent elbows.

Motion & Range of Motion

- (1) Lift both arms out and up leading with your elbows. Keep your elbows pointing behind you.
- (2) Your arms, elbows and fists should end up at or slightly lower than the height of your shoulders.
- (3) Return to the start position with control.

BICEPS CURL



START & FINISH POSITION

*Muscles
Emphasized:
front portion of
upper arms
and forearms*



RANGE OF MOTION

BICEPS CURL

(Elbow Flexion)

Muscles Emphasized

Front portion of upper arms

Set-Up & Starting Position

- (1) Place the midpoint of the tubing securely under the middle of both feet.
- (2) Stand tall with your feet approximately hip-width apart.
- (3) Lift your chest up, pinch your shoulder blades back slightly and keep your chin in, not down.
- (4) Turn the thumbs out so the palms of your hands face forward. This is known as your “carrying angle”.

Stability

- (1) Maintain a tall postural position.
- (2) Keep the upper arms by your ribs.
- (3) Do not move your shoulders and wrists.

Motion & Range of Motion

- (1) Bend your arms at the elbows. Pull your forearms in an arc toward the shoulders as far as you can with control.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Stop straightening your arms just before you lose muscular tension in the biceps.

LAT ROW

Muscles Emphasized: back and rear shoulders



START & FINISH POSITION



RANGE OF MOTION

LAT ROW

Muscles Emphasized

Side, middle and upper portions of your back

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your chest.
- (2) Pull the resistance tubing through the anchoring strap. Place the midpoint of the tubing against it.
- (3) Walk back with your arms extended forward. Stop when the tubing is taut.
- (4) Turn your hands so the palms are facing each other.
- (5) Stagger your feet while keeping them approximately hip-width apart.

Stability

- (1) Maintain good posture by keeping your chest up.
- (2) Keep the hips, knees and ankles as still as possible throughout the set.

Motion & Range of Motion

- (1) Initiate the motion by tightening the back muscles and pulling your shoulders back.
- (2) Push the upper arms down and back while keeping the fists and forearms in line with the resistance tubing.
- (3) Return toward the finish position in a steady, controlled manner.

INTEGRATED BODY ROTATION



START & FINISH POSITION

*Muscles
Emphasized:
abdominals,
hips and
shoulders*



RANGE OF MOTION

INTEGRATED BODY ROTATION

Muscles Emphasized

Hips, sides of your waist, shoulders and arms

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately chest height.
- (2) See details below for attaching your tubing to the anchoring strap.
- (3) Grasp the tubing near the grommet of the handle with the left hand and walk out until it is taught.
- (4) Your stance should be hip-width and at a right angle to the tubing. Step back several inches behind the tubing's line of pull.
- (5) Rotate your hips and torso towards your left arm and grasp your left wrist with your right hand.

Stability

- (1) Keep your chest up and your spine in neutral.
- (2) Keep your arms in a centered position. The arm that is holding the tubing should be straight and the wrist held stationary.
- (3) Keep your hips and shoulders together while rotating.

Motion & Range of Motion

- (1) Rotate your torso and hips away from the attachment of your tubing.
- (2) Rotate as far as you can with control and without losing your stability.
- (3) Return slowly to the starting position.
- (4) Repeat the exercise for the other side.



With one handle placed through the Black Door Anchoring Strap, thread the second handle through the first handle and pull it through until it is secured to the anchoring strap.

CHEST FLY

Muscles Emphasized: chest and front portion of shoulders



START & FINISH POSITION



RANGE OF MOTION

CHEST FLY

Muscles Emphasized

Chest and front portion of the shoulder

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap.
- (2) See the details below for attaching your tubing to the anchoring strap.
- (3) Grasp the tubing handle with the left hand and walk out until it is taught, your left arm should be straight out to your side with the palm facing downward.
- (4) Your stance should be hip-width and at a right angle to the tubing.
- (5) The tubing should be at a slight angle behind the left arm pointing towards the anchor strap.

Stability

- (1) Keep your chest up and your spine in neutral.
- (2) Maintain a slight bend in the elbow of the moving arm.
- (3) Maintain a square position for your hips and shoulders.

Motion & Range of Motion

- (1) Move the left arm through an arc, forward and in, towards the mid-line of the body.
- (2) Return slowly to the starting position.
- (3) Repeat the exercise for the other side.



With one handle placed through the Black Door Anchoring Strap, thread the second handle through the first handle and pull it through until it is secured to the anchoring strap.

COFFEE CUP ROW



START & FINISH POSITION

*Muscles
Emphasized:
back of the
shoulders plus
the areas
between the
shoulder blades
and along the
spine*



RANGE OF MOTION

COFFEE CUP ROW

Muscles Emphasized

Back of the shoulders plus the regions between the shoulder blades

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place it at approximately the height of your chest.
- (2) Pull the resistance band through the door attachment. Place the band's midpoint against it.
- (3) Walk back with your arms extended in front of you. Stop when the band is taut and your arms are at or close to the same height as your Black Door Anchoring Strap.
- (4) Turn the palms of your hands toward the floor.
- (5) Stagger your feet while keeping them approximately hip-width apart. Bend your knees slightly.

Stability

- (1) Maintain a tall postural position by keeping your chest up.
- (2) Keep your hips, knees, ankles and wrists as still as possible throughout the set.

Motion & Range of Motion

- (1) Pull your shoulder blades back slightly.
- (2) Move your upper arms out and back. Think about leading with the elbows and not the hands.
- (3) Keep your forearms in a straight line with the band at all times. Visualize a *cup of coffee* being balanced on them as you move.
- (4) Return toward the finish position in a steady, controlled manner.

TRICEPS PRESS DOWN



START & FINISH POSITION

*Muscles
Emphasized:
the back of the
upper arms*



RANGE OF MOTION

TRICEPS PRESS DOWN

(Elbow Extension)

Muscles Emphasized

Triceps (back of upper arm)

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place it over the top of the door.
- (2) Pull your resistance tubing through the anchoring strap. Place the midpoint of the tubing against it.
- (3) Walk back from the door approximately one to three feet. The tubing should be angled away from the door.
- (4) Stand with your feet hip-width apart and staggered. The knees should be slightly bent.
- (5) Bring the upper arms back by your ribs. Stop when your upper arms are parallel to the tubing. You will have to bend forward from your hips to reach this position.

Stability

- (1) Maintain a neutral postural position by keeping your chest lifted up.
- (2) Keep your hips, knees, ankles, shoulders and wrists as still as possible throughout the set.

Motion & Range of Motion

- (1) Press your forearms down and back toward your thighs. Your elbows should be straightening as far as possible.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Emphasize lifting your chest as the resistance becomes more challenging throughout the set. This will help you keep your posture intact.

BICEPS CURL WITH ARMS HIGH



START & FINISH POSITION

*Muscles
Emphasized:
front portions of
the upper arms
and forearms*



RANGE OF MOTION

BICEPS CURL WITH ARMS HIGH

(Elbow Flexion)

Muscles Emphasized

Front portion of the upper arms

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap.
- (2) Place the midpoint of the tubing in the door anchoring strap.
- (3) Stand tall with your feet in a staggered stance.
- (4) Lift your chest up, pinch your shoulder blades back slightly and keep your chin in, not down.
- (5) Lift your arms so the elbows are slightly higher than your shoulder joints.
- (6) The palms of your hands should face up.

Stability

- (1) Maintain a tall postural position.
- (2) Keep the upper arms stationary with the elbows slightly higher than your shoulder joints.
- (3) Do not move your shoulders and wrists.

Motion & Range of Motion

- (1) Bend your arms at the elbows. Pull your forearms in an arc toward the shoulders as far as you can with control.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Stop straightening your arms just before you lose muscular tension in the biceps.

HIP HINGE



Start & Finish Position

*Muscles
Emphasized:
buttocks, rear
thighs and
muscles along
the spine.*



Range of Motion

HIP HINGE

(Hip Extension)

Muscles Emphasized

Rear thigh muscles, buttocks and the muscles along the spine

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your ankle.
- (2) Place your tubing through the door anchoring strap positioning the mid point of the tubing against the strap.
- (3) Stand tall and walk backwards until you feel tension in the band, then take an additional step back with both feet. Position your feet approximately hip-width apart. Position your hands so your palms face each other.

Stability

- (1) Maintain good posture by keeping your chest up, your shoulder blades back and your chin in.
- (2) Keep your knees and elbows straight without locking them out.

Motion & Range of Motion

- (1) Bend from your hips and push them back as you move while keeping your arms inline with your tubing.
- (2) Continue as far as possible with control. Stop when you feel your back starting to round forward.
- (3) Push your hips forward to stand. Tighten the buttocks muscles while lifting.
- (4) When finishing your set, stop in the top position, then walk forward to release the band's tension.

FRONT THIGH KICK ***(Hip Flexion)***



START & FINISH POSITION

*Muscles
Emphasized:
front area of the
hip and thigh plus
the abdominals*



RANGE OF MOTION

FRONT THIGH KICK

Muscles Emphasized

Front of hip and front thigh

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your ankle.
- (2) See details below for securing your tubing to the anchoring strap.
- (3) Place the tubing around the ankle of the leg you want to work.
- (4) Walk forward. Stop when you feel tension in the tubing.
- (5) With the feet parallel to each other, stagger them so the resisted leg is back.

Stability

- (1) Maintain good posture.
- (2) Shift your body weight over the front leg . This is the standing leg and this hip joint should not move.
- (3) Keep the knee of the resisted leg straight.
- (4) The hip on the side of the moving leg should be slightly elevated.

Motion & Range of Motion

- (1) Move the resisted leg forward, from the hip joint, as if you are kicking something.
- (2) Continue as far as possible without losing stability or changing your posture.
- (3) Return, with control, toward the finish position.

Thread loop of tubing through the strap and again through the tubing handles.



67

Pull tight. You should have a secure loop in your hands for hip strengthening!



REAR THIGH KICK BACK ***(Hip Extension)***



START & FINISH POSITION

*Muscles
Emphasized:
buttocks and rear
portion of the thigh
plus the abdominals*



RANGE OF MOTION

REAR THIGH KICK BACK

Muscles Emphasized

Buttocks and back of thigh

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your ankle.
- (2) See details below for securing your tubing to the anchoring strap.
- (3) Face your anchor point and place the tubing around the ankle of the leg you want to work.
- (4) Walk back. Stop when you feel tension in the tubing.
- (5) Stagger your feet so the resisted leg is in front.

Stability

- (1) Maintain good posture.
- (2) Shift your body weight over the unresisted leg. This is the standing leg and this hip joint should not move.
- (3) Keep the knee of the resisted leg straight.
- (4) The hip on the side of the moving leg should be slightly elevated.

Motion & Range of Motion

- (1) Move the resisted leg back from the hip joint as far as you can with control.
- (2) Return, with control, to the finish position while keeping tension on the tubing.

Thread loop of tubing through the strap and again through the tubing handles.



69

Pull tight. You should have a secure loop in your hands for hip strengthening!



INNER THIGH SQUEEZE ***(Hip Adduction)***



START & FINISH POSITION

*Muscles
Emphasized:
inside portion of
the thigh*



RANGE OF MOTION

INNER THIGH SQUEEZE

Muscles Emphasized

Inner portion of thigh

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your ankle.
- (2) See details below for securing your tubing to the anchoring strap.
- (3) Place the tubing around the ankle of the leg you want to work.
- (4) Face 90° from the tubing attachment point.
- (5) Take one step away with the standing (opposite) leg to place the feet slightly wider than hip width.

Stability

- (1) Maintain good posture.
- (2) Shift your body weight over the leg farthest from the attachment point. This is the standing leg and this hip joint should not move.
- (3) Keep the knee of the resisted leg straight.
- (4) The hip of the leg you will be moving should be higher than the standing hip.

Motion & Range of Motion

- (1) Move the resisted leg towards the standing leg.
- (2) Return, with control, to the finish position while keeping tension on the tubing.

Thread loop of tubing through the strap and again through the tubing handles.



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Pull tight. You should have a secure loop in your hands for hip strengthening!



OUTER THIGH KICK ***(Hip Abduction)***



START & FINISH POSITION

*Muscles
Emphasized:
side portion
of the hips*



RANGE OF MOTION

OUTER THIGH KICK

Muscles Emphasized

Side portion of hips

Set-Up & Starting Position

- (1) See page 75 in the appendix for securing your black door anchoring strap. Place the strap at approximately the height of your ankle.
- (2) See details below for securing your tubing to the anchoring strap.
- (3) Place both feet into the loop of tubing.
- (4) Face 90° from the attachment point with tension on the tubing.

Stability

- (1) Shift your body weight over the leg closest to the attachment point. This is the standing leg and this hip joint should not move.
- (2) Maintain good posture and a neutral spine.
- (3) Keep the knee of the resisted leg straight.
- (4) The hip on the side of the moving leg should be slightly elevated.

Motion & Range of Motion

- (1) Move your leg out away from the midline of the body as far as you can with control.
- (2) Return with control to the finish position while keeping tension on the tubing.
- (3) Repeat above steps for the opposite leg.

Thread loop of tubing through the strap and again through the tubing handles.



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Pull tight. You should have a secure loop in your hands for hip strengthening!



APPENDIX



- ***Securing Your Black Door Anchoring Strap***
- ***Tubing Poundage Comparisons***
- ***Resistance Level Progress Chart***

Securing Your Black Door Anchoring Strap



Insert the dowel end of the strap through the door jamb.



Position the strap with the door partially open.



Close the door and tug on the strap to ensure it is secure.