

### 1 HIP ABDUCTION



For this exercise you can tie the flatband around a heavy object such as a chair, post, have a person hold or use the Spirit TCR Door Anchor. Tie the other end of the flatband around the ankle furthest away from the heavy object.

Stand with feet shoulder width apart. Move the leg outwards, away from the midline of your body to achieve abduction. The other leg should help maintain balance. The flatband will provide resistance and can extend to its furthest point. Do not do this if you are using the exercise for rehabilitation. You should progress to this point or use lighter resistance to achieve it. Concentration should be placed on the outer hip.

### 2 HIP ADDUCTION



For this exercise you can tie the flatband around a heavy object such as a chair, post, have a person hold or use the Spirit TCR Door Anchor. Tie the other end of the flatband around the ankle closest to the heavy object.

Stand with feet shoulder width apart. Move the leg inwards over the midline of your body, so that you are crossing your other leg from the front. The other leg should help maintain balance. The flatband will provide resistance and can extend to its furthest point. Do not do this if you are using the exercise for rehabilitation. You should progress to this point or use lighter resistance to achieve it. Concentration should be placed on the groin.

### 3 THIGH RAISE



For this exercise you can tie both ends of the flatband around a heavy object such as a chair, post, have a person hold or use the Spirit TCR Door Anchor. The flatband should loop around the upper part of your thigh.

Stand with feet shoulder width apart. Drive your thigh upwards slowly against the resistance of the flatband. Pause with the thigh raised and return to the starting position.

### 4 UPRIGHT ROW



The flatband provides an excellent alternative to weights for strength exercises. Resistance training is being shown to be as effective as free weights without the risk free weights can bring. The flatband also enables gentler upright rows for rehab users and beginners learning the correct technique.

Stand with feet shoulder width apart. Grasp both ends of the flatband. Start with the flatband relaxed at waist height. From here pull upwards until your hands are level with your shoulders and your elbows are aligned. You can change resistance by altering your stance of using a different Spirit TCR flatband level.

### 5 BEND FORWARD ROW



Stand with feet shoulder width apart. Grasp both ends of the flatband. Start with the flatband relaxed at waist height. Bend forward so your torso is at a 45 degree angle from the floor. From here pull backwards so your hands are level with your naval keeping your elbows close to your sides until your hands are level with your body. You can change resistance by altering your stance of using a different Spirit TCR flatband level.

### 6 SHOULDER PRESS ASH



Stand with feet shoulder width apart. Stand on either end of the flatband. Start with the flatband relaxed at waist height with your hands grasping the flatband at equal distance apart.

From this position drive your arms upwards in a controlled motion until your arms are straight. Pause. In a controlled motion, bring your hands back to the starting position. You can change resistance by altering your stance of using a different Spirit TCR flatband level.

### 7 HORIZONTAL RAISE



Stand one foot on the middle of the flatband while using the other to aid balance. Grasp both ends of the flatband. Start with the flatband relaxed at waist height.

Slowly raise your hands outwards keeping your arms straight until both hands are level with your shoulders. Once in a straight line, lower and repeat. You can change resistance by altering your stance of using a different Spirit TCR flatband level.

### 8 BICEP CURL



The biceps curl can be worked in a couple of ways using a flatband. Either work both arms at the same time and stand with one foot in the middle of the flatband while using the other to aid balance. Or stand with one foot on an area of the flatband depending on the resistance you require. Leaving more of the flatband to work with will mean less resistance.

To correctly work the biceps your arm should act as a level with your elbow pulled in closely to your side. Starting from a relaxed position pull the flatband upwards until your hand is close to the same height as your shoulder. Pause. Slowly lower and repeat. You can change resistance by altering your stance of using a different Spirit TCR flatband level.

### 9 TRICEPS KICKBACK



Stand with one foot on an area of the flatband depending on the resistance you require. Leaving more of the flatband to work with will mean less resistance.

Start with your hand by your side with your arm bent. Lean forward so your body is at a 45 degree angle from the floor. From this position pull the flatband downwards and away from your body until your arm is straight. This should be a fluid motion and not require extra effort from other muscle groups. Slowly return to the start position and repeat. If this is difficult, you are using too much resistance. Technique is very important for this exercise.

## Specs and Features

- Size: 4"W x 6"L x 0.45 mm
- Material: TPE

Sugar Free, Gluten Free and Fat Free seem to be all the rage these days. Everyone deserves to be able to eat a full range of foods so it is great companies out there are making it possible. Just as important is everyone's right to have equipment they can use. As latex allergies continue to surge we thought about the whole picture and created flatbands that can match any latex bands on the market, we just did it without the latex!

Available in 5 resistances and color coded so you can measure your resistance needs. These bands last long, work effectively and don't provide any of the issues you get with latex. Precut to 6 feet long and 4 inches wide or available in a whole roll you really can't go wrong with the Spirit TCR Latex Free Flatbands.

Whether you are looking to increase range of motion, flexibility, rehabilitate from injury or increase strength, flatbands are the time tested proven partner. Light weight and versatile making them perfect for travel they can make the difference no matter what your schedule is.

## Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

## Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on [www.spirittr.com](http://www.spirittr.com)
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product