

## Instruction Manual And Exercise Guide

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### Instruction Manual And Exercise Guide

Bend at the hips and push them backward slightly to lower your torso to almost 90 degrees. Keep a small bend in your knees. Keep core engaged to protect your lower back, & DO NOT let your back round. Pull bands upward and squeeze your shoulder blades together, keeping arms bent at a 90-degree angle.

### Instruction Manual & Exercise Guide

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Instruction Manual Reps. Reps are usually located next to each exercise's name. Number of reps is always a total number for both legs /... Combinations. Some workouts will contain combinations or "combos". Combinations will have two or three exercises with a... Transitions between exercises. The ...

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