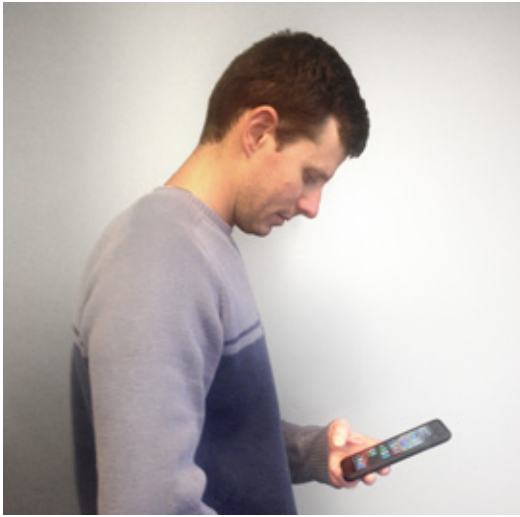




ACTIVE POSTURE™ BY CORE PRODIGY

Instructions For Use

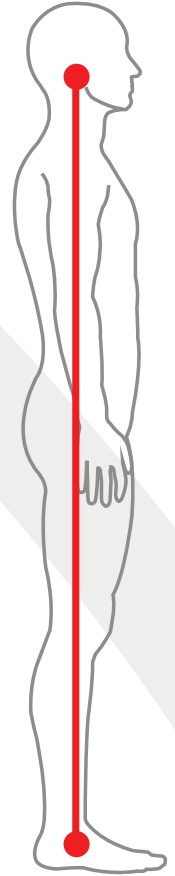
For every inch of forward-head posture, 10 pounds of weight is added to the cervical spine.



Improper posture increases stress on the spine, joints, muscles & tissue and causes pain, discomfort, and damage. The exercises with Active Posture will help achieve proper body posture and alignment. Structural balance and an ideal posture refers to the optimal positioning of bones and joints in a plumb-line fashion

Plumb-line falls through:

- The ear lobe
- The tip of the shoulder
- Center of the hip and knee
- Anterior to the ankle joint



SAFETY INSTRUCTIONS

This product is not intended to replace the advice and direction of your healthcare provider. If you have any medical conditions, be sure to check with your healthcare provider before using this product.

WARNING: IMPROPER USE OF THE Active Posture Exercise Bands MAY CAUSE SERIOUS PHYSICAL INJURY. Use only as directed by your healthcare provider.

By continuing the use of Active Posture Exercise Bands, you assume any and all risk. Please follow all instructions listed below to lessen your risk of injury.

This product is not a toy and should not be used without adult supervision. Do not chew or allow others (including pets) in your household to chew on this product. Consult your physician before allowing children to exercise.

Always examine exercise bands before use for nicks, small tears, and punctures or for peeling at each seal that may cause the product to break paying close attention to areas where product has been attached, wrapped or secured to an anchoring device. If you find any flaws upon examination, discard the product and replace before performing any exercises.

Do not use this product in any manner that may cause them to snap towards the head and cause injury to eyes. Always wear suitable eye protection during use.

Ensure that the product is securely fitted and/or anchored to accessories, and around the feet when applicable, during use.

Be sure to use this product in an area free from obstructions that could cause an entanglement that could result in serious injury.

Detach from any accessories being used with the product before storing product.

Do not stretch product more than 4 times its resting length (300% elongation). This includes each loop individually and/or combined. Over-elongating the product could result in serious injury.

Do not use this product as a suspension device or while performing body weight training exercises that rely on the product to hold your body weight suspended in the air, these are not intended uses and could result in serious injury.

Do not store attached to door anchor as dangling resistance bands pose a risk to children and pets.

CAUTION: Active Posture Exercise Bands contain natural rubber latex which may cause allergic reaction.



PRACTICAL EXERCISE TIPS

If you have any increase in pain, dizziness, trouble breathing, or begin to feel sick while exercising, stop and contact your healthcare provider.

As with any exercise program, muscle soreness may be experienced over the first few days. If your pain should persist for more than four days, consult your physician. Do not exercise while experiencing pain.

For beginners, perform exercises without the product until you are comfortable, and then begin exercises with this product.

With standing exercises BODY ALIGNMENT IS CRITICAL. Square your shoulders, contract the abdominals and slightly bend the knees maintaining your balance at all times. Be sure to practice the safest posture possible by maintaining the natural spinal curve.

Avoid hyper-extending or over-flexing the joints when exercising. Don't lock the joints.

Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition and do not hold your breath at any time.

Perform all exercises in a slow, controlled manner. At no time should you feel "out of control". Take control of the product rather than letting it control you. Do not allow the band to snap back. Always take a rest between sets.

Also from



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FITNESS PRODUCTS

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Versatile Core
and Entire Body
Exercise System



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Thick bar training for
more hand, forearm
and arm isolation



P-Fit
Balance,
Strength and
Stretch

— See other side for user instructions —



ACTIVE POSTURE™ BY CORE PRODIGY

The Resistance Band Anchor can be placed in a variety of door locations. Here it is shown in the mid-door position.

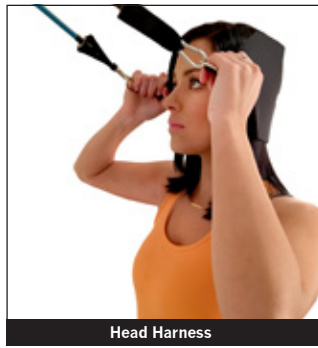


COMPLETE POSTURE FOCUS

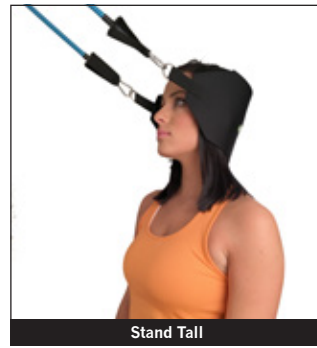


Head Harness

The Active Posture head harness can be anchored to the top or the side of a door. Anchoring is based on your preference and height. When anchoring the head harness on the side, the bands should be in line with your eyes. The head harness can be used while exercising other body parts that are not directly correlated with the posture (triceps, biceps, glutes, etc.)

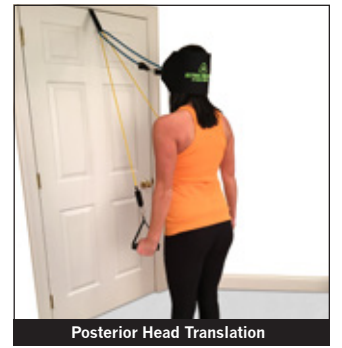


Head Harness



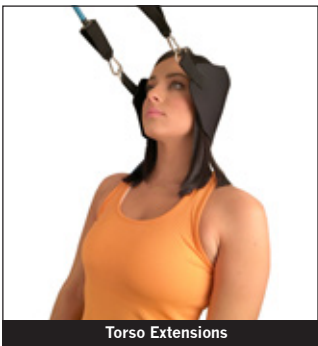
Stand Tall

A beginner exercise to improve postural strength and stability. Performed by applying the cervical cradle and assuming plumb-line posture.



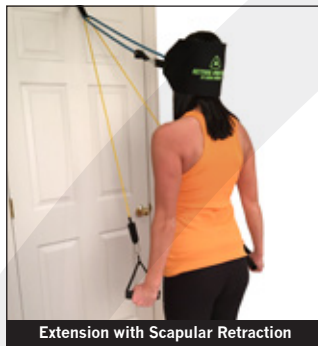
Posterior Head Translation

Posterior Head Translation is used to correct anterior head translation. To perform, start in the neutral position and translate the head backwards.



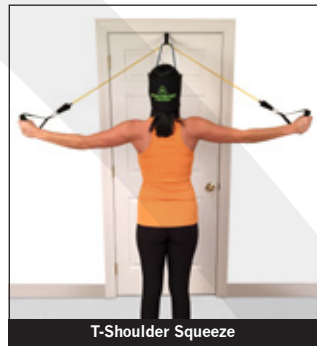
Torso Extensions

Torso Extensions are a great way to correct and strengthen poor posture. Stand with a plumb-line posture and extend backwards from hips.



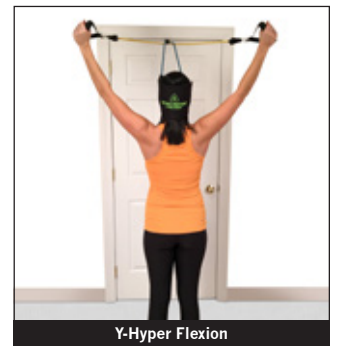
Extension with Scapular Retraction

Hold handles by your side, squeeze shoulder blades together with a slight extension. Return to neutral and repeat.



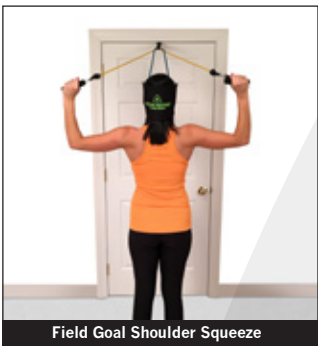
T-Shoulder Squeeze

The "T" Shoulder Squeeze is performed by holding the arms outstretched like a "T". Arms are then brought back, held—and returned to neutral.



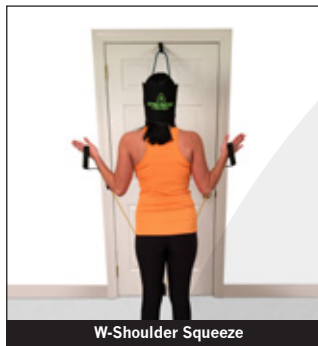
Y-Hyper Flexion

Performed by holding arms up overhead like a "Y". Arms are then brought back, held—and returned to neutral. Emphasizes engagement of the lower traps.



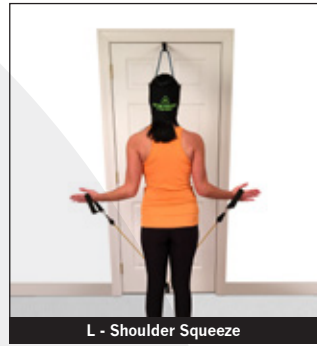
Field Goal Shoulder Squeeze

Hold handles in a field-goal position. Bring arms back while squeezing shoulder blades together. Return to neutral and repeat.



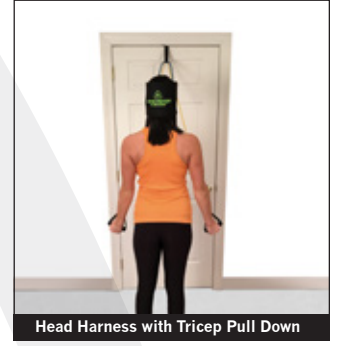
W-Shoulder Squeeze

With one anchor on top and one on the bottom of the door, grasp handles with a closed fist or preferably an open hand grip. With arms in front at a 90 degree angle, externally rotate thumbs or back of the hand back so end motion forms a "W".



L-Shoulder Squeeze

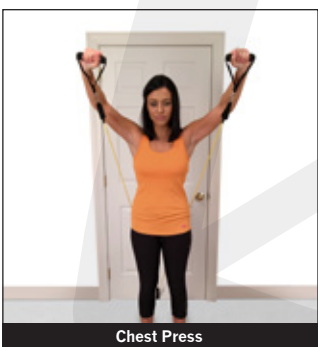
With one anchor on top and one on the bottom of the door, grasp handles with a closed fist or preferably an open hand grip. With arms in front at a 90 degree angle, externally rotate thumbs or back of the hand back so end motion forms a "L".



Head Harness with Tricep Pull Down

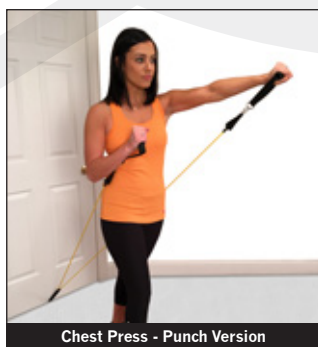
The palms can be facing up or down. Standing upright with the head harness on, use your triceps to pull down and squeeze the back of your arms at full extension.

OTHER EXERCISES *More at CoreProdigy.com*

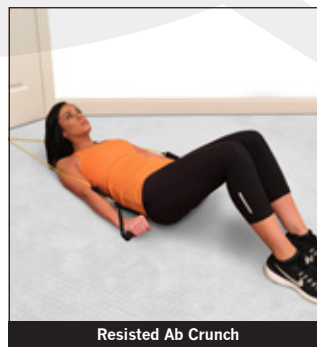


Chest Press

There are many variations for this movement. With anchor placed high on the door and the press is downward, focus will be on the bottom of the pectorals. With anchor placed in mid-door, and press is straight out, the focus is on the mid part of the pectorals. With bottom anchor placement and the press is upwards, focus is on the upper chest. A punch variation can also be implemented with 1 arm extended at a time.



Chest Press - Punch Version

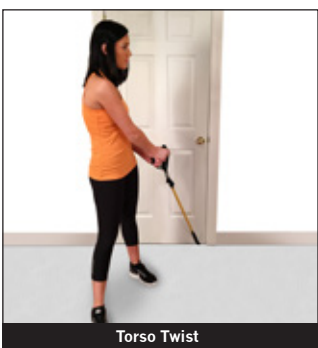


Resisted Ab Crunch

Grasp resistance band handles and lay with your arms by your sides with the resistance bands extended. Crunch upwards and breathe out on the upward motion. Hold and repeat.

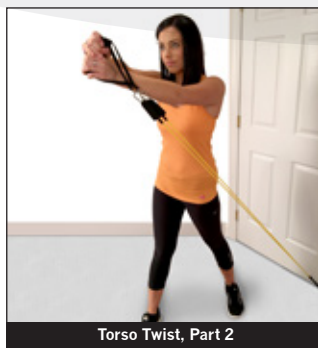


Resisted Ab Crunch, Part 2

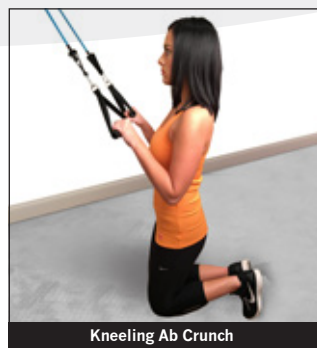


Torso Twist

Stand with your feet shoulder-width apart. Grasp band with both hands and long arms. Rotate torso and guide band horizontally across the body. Control back to start position. The bands can be anchored to the top or bottom of door with upward or downward endpoints.

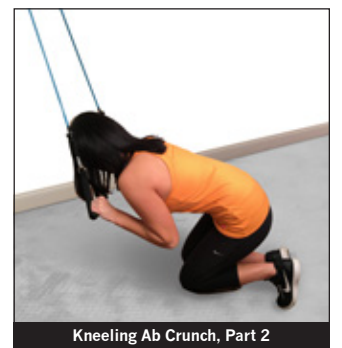


Torso Twist, Part 2

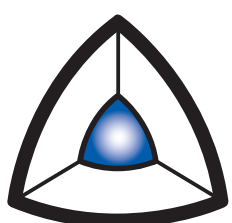


Kneeling Ab Crunch

Grasp the resistance bands while kneeling, facing the door. Proceed to crunch downwards and use the bands as resistance.



Kneeling Ab Crunch, Part 2



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