



DART BAND

EXERCISE GUIDE

LOWER

SQUATS



DONKEY KICKS



LUNGES



RUSSIAN DEAD LIFT



LOWER

BANDED PULL-THRU



STRAIGHT LEG RAISE



LEG EXTENSION



BRIDGED CLAMSHELLS



CORE

RUSSIAN TWIST



REVERSE CRUNCH



SIDE BENDS



REVERSE WOOD CHOP



CORE

BRIDGES



V-UPS



LUNGE AND ROTATION



PALLOF PRESS

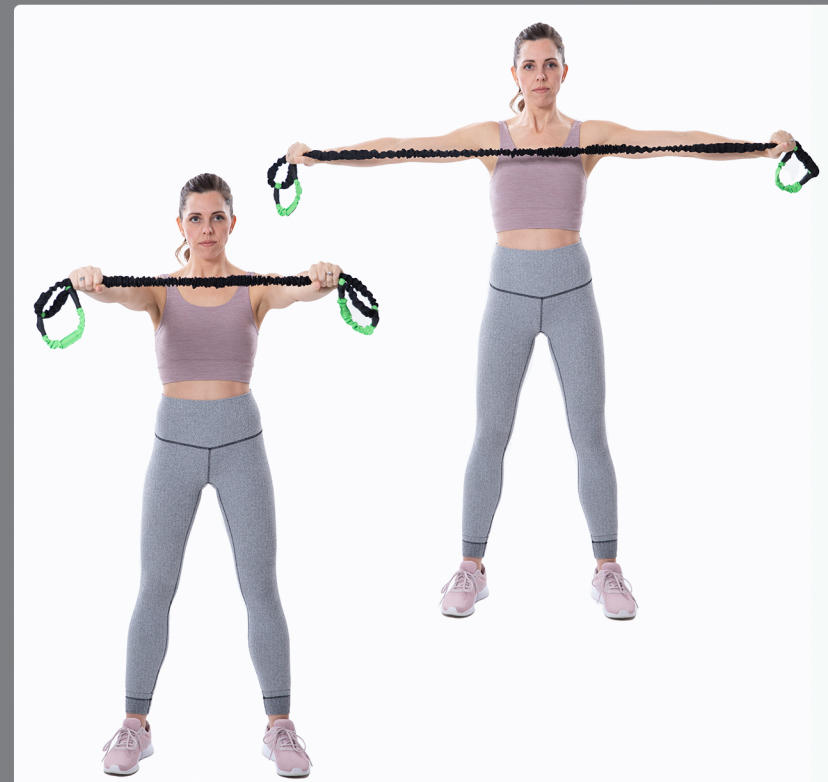


UPPER

PUSH-UP



BAND PULL APARTS



SHOULDER PRESS

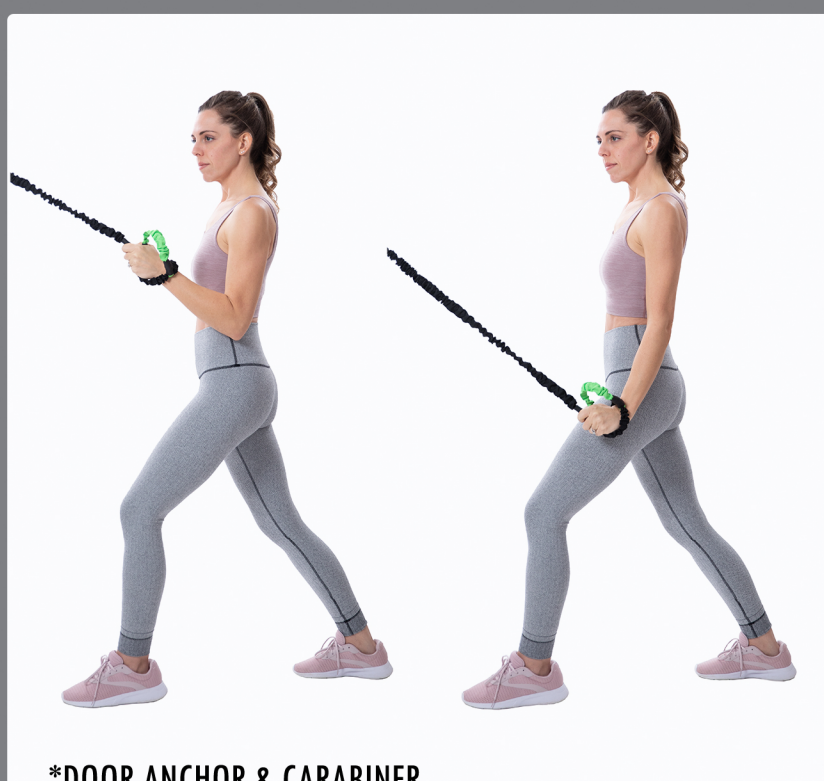


SQUAT & ROW



UPPER

TRICEP EXTENSION



SHOULDER ROTATION



BICEP CURL



TANDEM ROW



ALWAYS CONSULT A QUALIFIED MEDICAL OR FITNESS PROFESSIONAL BEFORE STARTING ANY EXERCISE PROGRAM USING DARTACTIVE PRODUCTS.