



Arms | Horizontal Stretch

Put your hands inside the loop and hold your arms in a vertical position. Stretch the loop by moving both arms outwards.



Arms | Vertical Stretch

Put your hands inside the loop and hold your arms in a horizontal position. Stretch the loop by moving one arm upwards, the other downwards. Repeat the exercise in different direction.



Arms | Seated Row

Put your feet inside the loop at one end and hold the other end in your hands. Hold your back straight and pull the loop towards your chest.

Watch out: Stretch it towards your chest, not towards your face to avoid injury if your foot slips out of the loop.



Arms | Arm-Curl

Put one foot inside the loop at one end and hold the other end in your hand at the same side. Start with your forearm in a horizontal position and curl it upwards. Repeat this exercise with your other arm and foot.

More exercises on www.moves-band.com, [f](#) and [y](#)

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Use the MoVeS F!T Loop only after consulting a trained licensed healthcare professional.



Legs | Squat

Place a loop just above your knees, and stand with your feet shoulder-width apart. Hold your hands in front of your chest in a prayer-like position.

Look straight ahead, and keep your torso as upright as possible for the entire exercise with your lower back slightly arched. Bend your knees as far as you can into a squat position with your thighs almost parallel to the floor.



Legs | Lateral Band Walks

Place a loop around the ankles. Side step as wide as possible for an amount of steps then walk the other direction the same amount of steps.



Legs | Side Stretch

Place a loop around the ankles. Stand on one foot while pushing your other leg as far as possible sideways. Repeat with the other foot.

If needed, hold on to a stable object to keep your balance.



Legs | Back Stretch / Front Stretch

Place a loop around the ankles. Stand on one foot while pushing your other leg as far as possible backwards or frontwards. Repeat with the other foot.

If needed, hold on to a stable object to keep your balance.

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Legs | Laid-Down Side Stretch

Place a loop around the ankles. Lay on your side and stretch the loop by pulling one leg up (sideward) while holding the other leg on the ground. Repeat the exercise in the other direction.



Legs | Laid-Down Front Stretch

Place a loop around the ankles. Lay on your back and stretch the loop by pushing one leg up (forward) while holding the other leg on the ground. Repeat the exercise while holding your other leg on the ground.



Legs | Laid-Down Back Stretch

Place a loop around the ankles. Lay on your front and stretch the loop by pushing one leg up (backward) while holding the other leg on the ground. Repeat the exercise while holding your other leg on the ground.



Arms | Back Stretch

Hold the loop behind your back in a vertical position. Hold both sides of the loop and stretch the loop by moving one arm upwards and the other downwards. Repeat the exercise in different direction.

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