

Use the MoVeS FIT Loop only after consulting a trained licensed healthcare professional.

## Standing Arm Curl



Hold one end of the superloop in your hand and put the other end below your foot at the same side. Hold your arm next to your body and make a 90° corner with your elbow then curl your arm upwards and downwards again.

## Cross Squat



Stand on the superloop and hold it in both hands. Put it over your shoulder and stretch your arms horizontally. Do some squats by alternately bending your knees and standing up.

## Leg Push



Lay on your back, bend your knees and put your feet inside the superloop. Hold the side in your hands and stretch your legs by pushing your feet up. The closer to your feet you're holding the superloop, the more effort it asks.

## Kick Back



Stand on your hands and knees. Put one foot inside the superloop while holding it with your hands at the other side. Stretch your leg and the superloop by kicking you leg, which is inside the loop, backwards

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

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## Side Row



Hold one end of the superloop in your hands and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Pull the superloop alternately to your left and right like a rowing movement.

## Pull Back Down



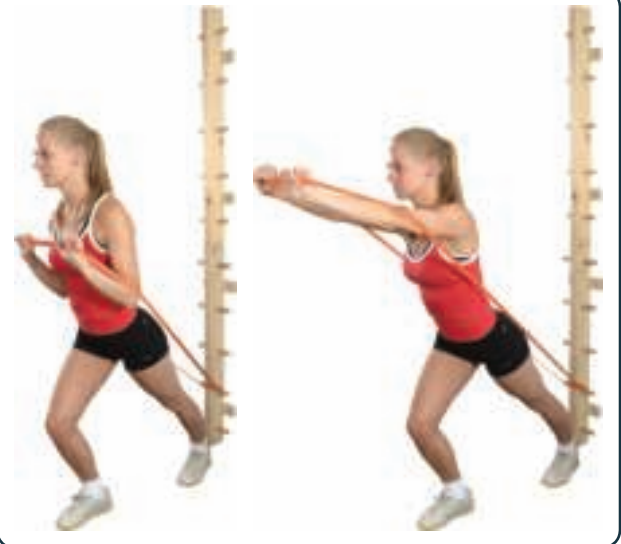
Hold one end of the superloop in your hands and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Pull the superloop towards your body and repeat.

## The Walk



Stand in the superloop and attach one end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Walk away from the fixed end of the superloop and go back.

## Forward Push



Stand inside the superloop while holding one end in your hand and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Hold the superloop at the height of your chest and push the superloop forward by extending your arms.

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## Foot Reach



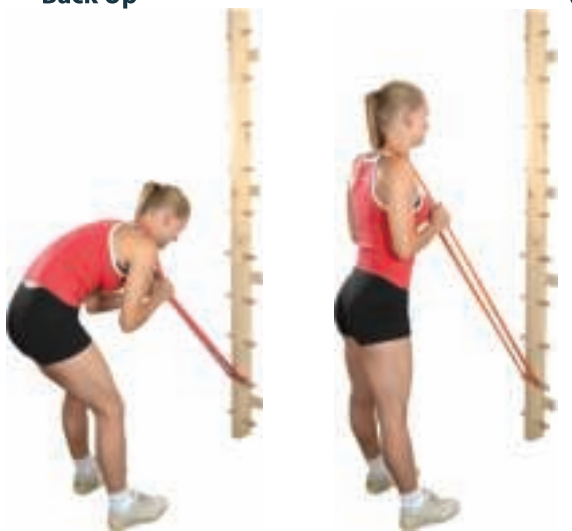
Stand inside the superloop and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). When you're close to the wallmount, reach to your foot at the wallmount's side with both hands. Stand straight and make one or two side steps away from the wallmount.

## Sit Back



Stand inside the superloop and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Step backwards and go through one knee like a sitting movement. Move back up again an step forward.

## Back Up



Put the superloop around your neck and hold it with both hands while the other end is attached to a fixed object (f.e. MSD-Band Superloop Wall Mount). Alternately bend forward and raise your back.

## Bunny Hop



Stand inside the superloop and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Jump as far as possible away from the wallmount, step back and repeat.

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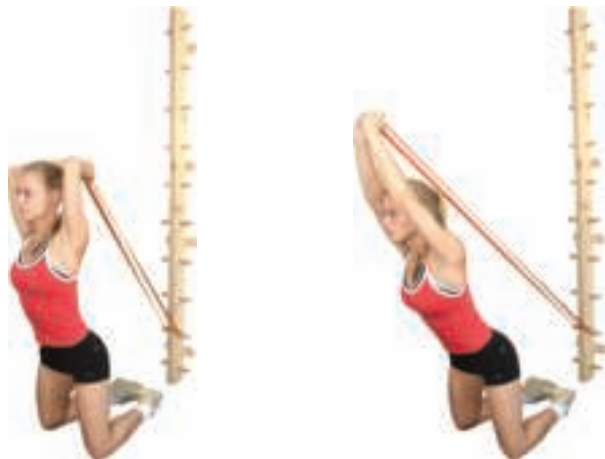
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## Side Steps



Stand inside the superloop and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Stand close to the wallmount and perform two or more side steps. Go back to the wallmount by doing the same amount of side steps.

## Overhead Stretch



Hold one end of the superloop in your hands and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Sit on your knees with your back towards the wallmount. Start with your elbows in a 90° corner and stretch the superloop over your head.

## Pull Back Up



Hold one end of the superloop in your hand and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Pull the superloop towards your body and repeat.

## Laying Arm Curl



Hold one end of the superloop in your hands and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Hold your arms next to your body and make a 90° corner with your elbow, then curl your arms upwards and downwards again.

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## Side Crawl



Put the superloop around your waist and stand on your hands and feet. Attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Stand close to the wallmount and perform two or more side steps. Go back to the wallmount by doing the same amount of side steps and repeat.

## Side Stretch



Hold one end of the superloop in one hand while standing on your feet and your free hand. Attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Start with your elbow bended next to your body and stretch the superloop over your head.

## Sit-Up



Lay on your back and bend your knees in a 90° corner. Put the superloop around your feet and attach the other end to a fixed object (f.e. MSD-Band Superloop Wall Mount). Start with your back flat on the ground (or on a mat, f.e. Mambo Max Exercise Mat). Contract gently the abdominal muscles. Pull up from the floor until your elbows are on, or past, the knees.