



THERABAND CLX

CONSECUTIVE LOOP

CLX FITNESS ROUTINE

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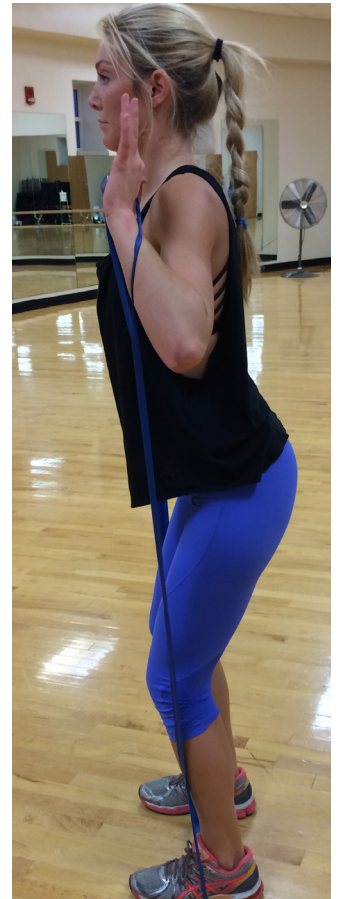
This booklet is a how-to guide to the new CLX band. Listed are different basic exercises that can progress into more complex and multidimensional movements. The different band colors correlate to different strengths. The tougher the band the tougher the exercise. Each movement should be done in a controlled environment.



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CLX GOODMORNINGS

Place middle loops under each foot.
Thumbs in each end loop.
Slight bend at knees and weight on back of heels.
Bend at waist with chest up and slowly return.

CLX STANDING OBLIQUE CRUNCH



Place middle loops under each foot.
Thumbs in each end loop.
Arms bent at least at 90 degrees.



Standing bring right knee out to side and elbow to meet at center.
Bending at side.



Repeat on each side.

CLX PRESSING FAST FEET



Place middle loops under each foot.
Thumbs in each end loop.
Slight bend in knees.
Arms bent and hands at chest height.

Run in place and extend arms forward and back.

CLX TRICEP EXTENSION



Place middle loops under each foot.
Hands in each end loop. Squat position.
Arms bent, elbows back and hands at chest
height.



Extend left arm and return to bent position.
Repeat on opposite arm.

CLX SQUAT TO PRESS

Place both feet
in center loops.
Thumbs in each end
loop.
Knees slightly bent.
Feet at least shoul-
der width apart.
Elbows bent.



Squat with ankles over feet,
knees over ankles and chest
up.



Return to standing position
with arms and hands extend-
ed overhead.



CLX STANDING BICEP CURL



Place both feet in center loop. Knees slightly bent. Hands gripping end loops with arms at side.

Keep elbows at side and palms facing up.



Bend elbows and bring hands all the way to shoulder height while keeping arms and elbows at side.





CLX RUSSIAN SQUAT

Place middle of foot in each center loop.
Cross bands and place each end loop on
each forearm.

Place one hand on top of the other and
keep at shoulder height.

Bend knees.
Keep ankles and knees aligned.
Chest up.
Return to standing position.



CLX STANDING PEC FLY

Place both feet in center loops.
Cross bands.
Thumbs in each end loop.
Knees slightly bent.
Feet at least shoulder width apart.
Hands and elbows bent.
Squeeze shoulder blades together with arms
at 90 degrees.



Return to center with palms facing each other.

CLX BENT OVER ROW



Place both feet in each center loop.
Cross band and grip band in each
end loop.
Slight bend in knees and at hips.

Pull band while keeping hands
together and close to body.
Lead with elbows.

Place both feet in each center loop.
Cross bands and place each end band
around each forearm.
Arms extended straight in front.

While keeping arms in each position step to
left and lunge rotating at side.
Return to center and repeat on each side.



CLX SQUAT AND TWIST

CLX LATERAL WALK



Place middle band around each leg above the knee.
Hold excess band in hands.
Start with feet shoulder width apart in a low squat.



Step laterally with one foot and the other foot follows returning to shoulder width distance.

CLX ABDUCTION AND ADDUCTION



Place middle band around each leg above the knee. Hold excess band in hands. Start with feet shoulder width apart in a low squat.



Carefully internally (adduct) rotate knee. Return to center.



Externally (abduct) rotate knee and return to center. Repeat for each leg.



CLX LATERAL STRAIGHT LEG RAISE

Place both feet in middle loops of CLX.
Each thumb should be in the end loops
respectively.
Start with arms extended overhead.

Laterally drop arm to 90 degrees and lift
the same leg while keeping straight.
Return to center.

CLX SQUAT CHEST FLY

Place hands in each center loop of the CLX.
Palms facing each other.
Slight bend in elbows.
Squeeze shoulder blades in back and keep arms straight.
Remain in squat for entirety of exercise.





CLX BURPEE

Place each leg in center loops with CLX above knees
(Note: band may slide).
Place band around wrists
(2nd loop from end to make more difficult)
Start in plank position on the floor and push up to squatting position.



Extend on toes or jump if desired and extend arms to straight position overhead.
Repeat.

CLX BALANCED RUNNING MAN

Place each leg in center loops with CLX above knees
(*Note: band may slide*).

Place band around wrists
(*2nd loop from end to make more difficult*).

Start jogging in place then pause throughout exercise to test balance.



CLX LATERAL LUNGE

Place each CLX middle loop around legs above knee (*Note: band may slide*).
Place each hand in the 2nd to end CLX loop and extend arms overhead.
Laterally lunge and return to center while keeping arms extended.
Movement can be made in each plane.



Congratulations! You have completed your Theraband CLX Fitness Routine.

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