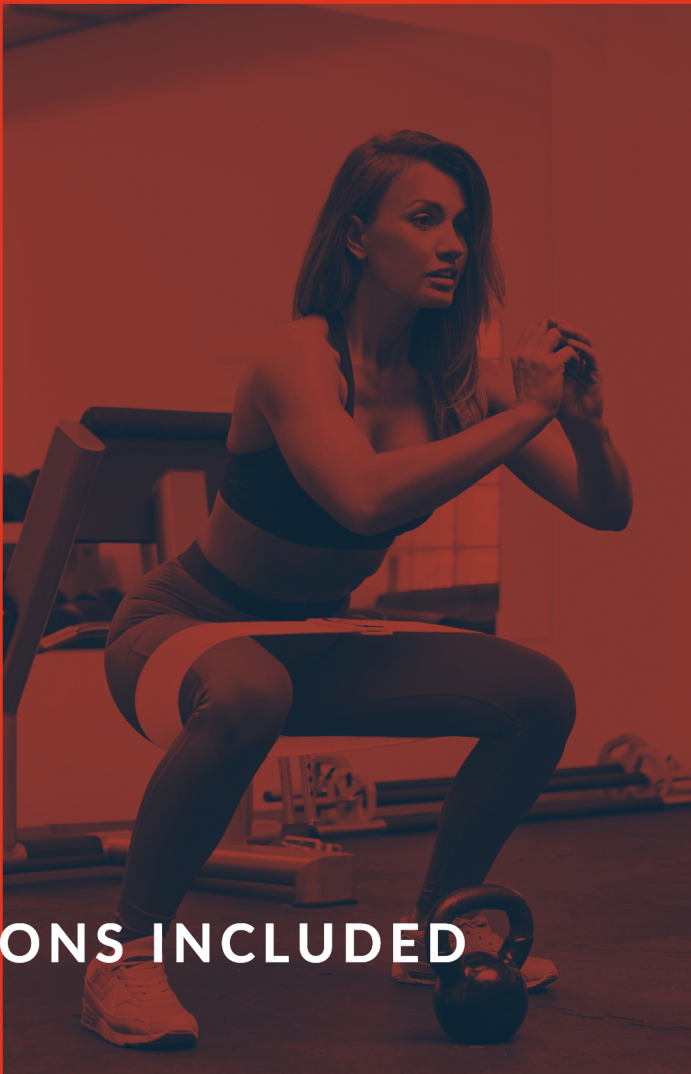




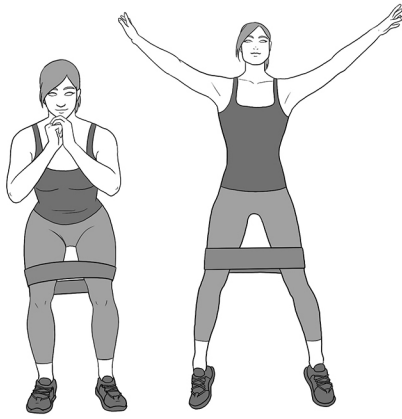
FLEX ONE
FITNESS

HIP RESISTANCE BAND GUIDE

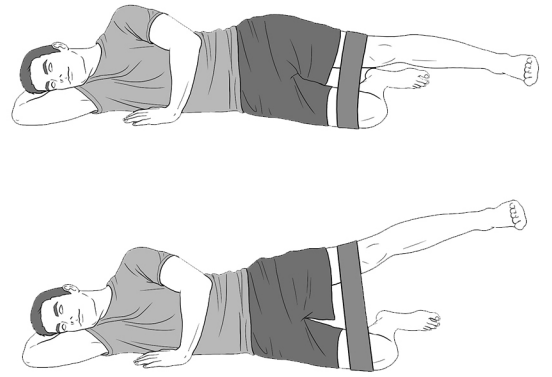


16 INSTRUCTIONS INCLUDED

STAR JUMP



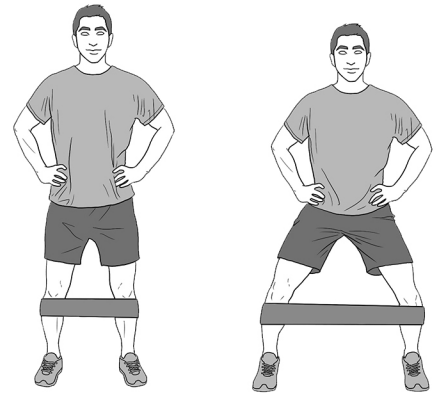
SIDE LYING HIP ABDUCTION



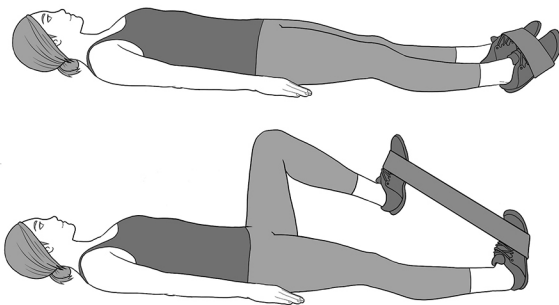
SQUAT TO SIDE KICK



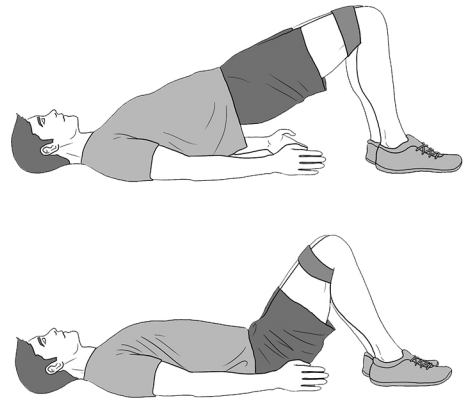
LATERAL SQUAT



LYING HIP FLEXOR



GLUTE BRIDGE



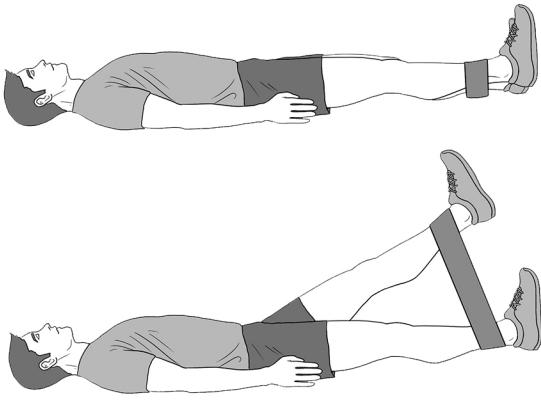
HIGH KNEE WALK



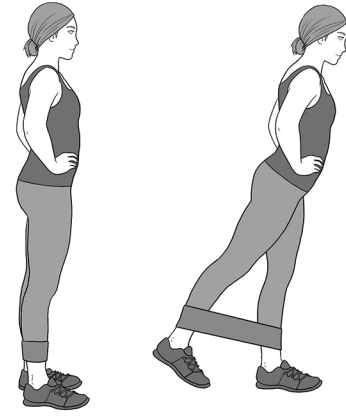
SIDE LYING CLAM



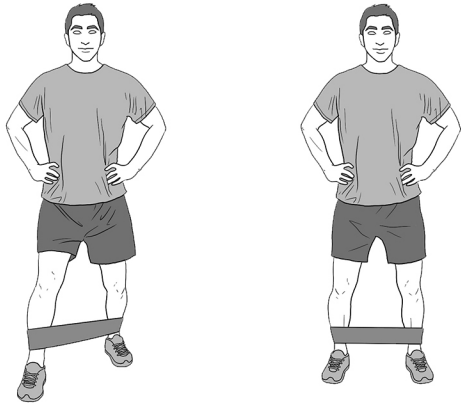
STRAIGHT LEG LIFTS



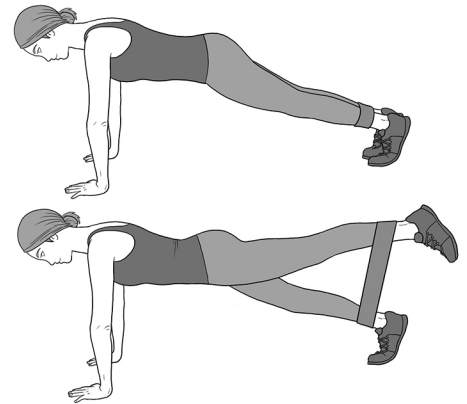
STANDING HIP EXTENSION



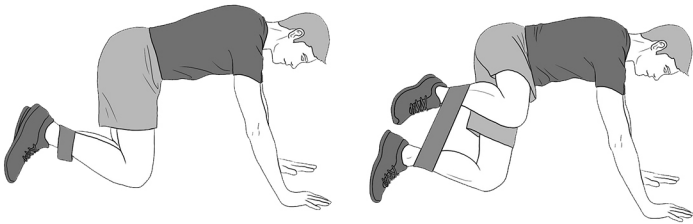
MONSTER WALKS



PLANK LEG EXTENSION



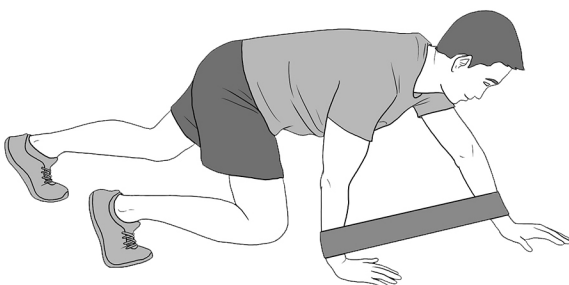
FIRE HYDRANT



LATERAL SIDE STEP



BEAR CRAWL



FOUR POINT EXTENSION

