

1: Over-the-head Forearm Extensions

- **BE SURE** to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle.
- Elbows stay stationary
- Palms extend forward

Exercise 1
Step 1



Exercise 1
Step 2



2: Side Extensions

- **BE SURE** to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (*not round*) the side
- Extend from back hip through fingertips

Exercise 2
Step 1



Exercise 2
Step 2

