THERABAND CLX
CONSECUTIVE LOOP
Jackie Church
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.
Place both feet in center loops. Thumbs in each end loop. Knees slightly bent. Feet at least shoulder width apart. Elbows bent.

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

Return to standing position with arms and hands extended 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.

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.
CLX SQUAT AND TWIST

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 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.
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.