

INNOVEASE SA-13 STRETCH BAND EXERCISER

USER INSTRUCTIONS AND EXERCISE PROGRAM



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Every effort has been made to make this manual as complete and accurate as possible. However, this manual is supplied "as is" and without warranties. All warranties, express or implied, are hereby disclaimed.

Exercise and fitness training can lead to injury if done excessively or if not done properly. Innovease disclaims all liability for any injury or condition suffered as a result of using the SA-13 Stretch Band Exerciser or from doing any of the exercises outlined in this user manual. Please carefully follow the instructions provided and if you experience any pain, stop exercising immediately. If the pain persists, consult with a physician before exercising further.

INTRODUCTION

Thank you for putting your trust in us and purchasing our Hand and Finger Exerciser Bundle with the Innovease SA-13 Stretch Band Exerciser. The SA-13 is a quality exercise device that will give you years of trouble-free service.

We value each and every one of our customers and strive to do everything in our power to ensure you are delighted with your purchase and that you derive the most benefit from it.

This user manual will show you how to use the SA-13 Stretch Band Exerciser and provides a complete exercise program that will help you achieve your exercise goals.

When you succeed, we succeed. And we want you to be extraordinary!

The Perfect Complement to the Innovease MVR5 Hand and Finger Exerciser

We do not market the SA-13 Stretch Band Exerciser as a standalone item. It is only available bundled with the MVR5 Hand and Finger Exerciser.

This is done for a reason.

The MVR5 is a second-generation, premium hand and finger exerciser ideal for athletes, musicians, and for physical therapy of the fingers and hands.

It offers adjustable resistance of 3.0 to 8.5 lb on each finger. This gives you a full range of resistances suitable for all of your hand and finger exercise needs and allows the resistance to be optimized for each finger in every exercise.

Its innovative 5th button is great for musicians, allowing finger extension exercises to strengthen and condition their fingers for playing those difficult chords where their fingers are spread far apart.

Overall, the MVR5 is the ideal exercise device for strengthening and conditioning the flexor muscles of your hands and fingers.

The SA-13 Stretch Band Exerciser compliments the MVR5 by providing the capabilities to strengthen and condition the extensor muscles of your hands and fingers.

Thus, the Innovease Bundle of the MVR5 Hand and Finger Exerciser and the SA-13 Stretch Band Exerciser provides a complete hand and finger exercise system.

INSTRUCTIONS FOR USE

Tips for Getting the Most Out of Your Stretch Band Exerciser

- Use reps to build strength, but never overdo it. Fingers can be easily strained if overstressed. If you ever experience any pain, stop exercising immediately. Excessive use can cause injury.
- To get maximum benefit, perform the exercises slowly and carefully, always using good form. Good form is essential to get the most benefit from any exercise program.

Getting the Exerciser in Position On Your Fingers

- Orient the exerciser so that the finger loops are on the inside of the stretch band, as shown here:



- Press the thumb loop over the tip of the thumb. Then, one by one, press the remaining loops over your finger tips. Once in position on your hands, the exerciser should appear as follows:



- If you have difficulty getting the finger loops to slide onto your fingers, wet your fingers slightly with water. This allows the loops to more easily slide onto each finger.
- The finger loops are designed to fit snugly on your fingers. This provides more precision and control during the exercises. However, if you should find them too difficult to put on, just flip the orientation of the finger loops to the

outside of the band and use the stretch band without the finger loops, as shown below. You will still be able to get a good workout in all of the exercises.



EXERCISE PROGRAM

The following is a series of exercises designed specifically for the Innovease SA-13 Stretch Band Exerciser. Choose the ones you want to use, depending on which muscles you want to condition and strengthen.

The exercise instructions recommend starting with 10-rep sequences. If you find this to be too much, reduce the number of reps to a level that is more comfortable for you. Again, the most important thing is not to get injured. Go slowly at first and build reps as you build strength.

The instructions also recommend completing an exercise on both hands before moving on to another exercise. If you have difficulty getting the finger loops over your fingers, it might be more convenient to complete all the exercises on one hand before switching the stretch band to your other hand.

Finally, feel free to try variations of the exercises to tailor the exercises to your specific needs and goals.

Finger Expansion Exercise



Exercise Objective:

To strengthen the extensor muscles of the thumb, hand and all four fingers

Execution:

- From a relaxed position, slowly extend your thumb and all four fingers outward, opening your hand as far and as wide as comfortable. Don't overdo it.
- Hold for 1-3 seconds and then slowly relax your hand, releasing the tension and returning to the starting position.
- Do 10 times and then repeat with the other hand.

Reverse Finger Curl Exercise



Exercise Objective:

To strengthen the extensor muscles of the fingers, with focus on the muscles from the second joint to the finger tips.

Execution:

- Start with the fingers bent at the second joint and fully relaxed with no tension from the stretch band.
- Holding your thumb steady, slowly uncurl your fingers, lifting and straightening them as far as comfortable.
- Hold for 1-3 seconds and then relax your fingers and allow them to return to the starting position.
- Do 10 times and then repeat with the other hand.

Finger Lift Exercise



Exercise Objective:

To strengthen the extensor muscles of the hands and fingers, focusing on the muscles at the first joint where the fingers join the hand.

Execution:

- Start with your fingers straight and with no tension from the stretch band.
- Holding your thumb steady and your fingers straight, slowly lift your fingers as far as comfortable.
- Hold for 1-3 seconds and then slowly relax your fingers and allow them to return to the starting position, keeping them straight the whole time.
- Do 10 times and then repeat with the other hand.