

Resources

JAEGER SPORTS

J-BANDS™ BASICS



BE PRESENT - COMMIT TO EACH MOVEMENT - FEEL THE BENEFITS

TAKE THE J-BANDS™ SERIOUSLY

The 11 Exercise Routine is essential for proper Arm Care. Commit to the movements and Be Present in Each Exercise.

FOCUS ON YOUR BASE AND POSTURE

Be an athlete during the J-Bands™ Routine. Athletic base, powerful posture and a purpose to what you are doing.

WRIST CUFFS ON

The Wrist Cuffs around your wrists during the first 10 exercises ensure you stay relaxed and get the maximum benefits of the routine.