



**8 LOOP
RESISTANCE
BAND
EXERCISES TO
GET LEAN**

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GOOD TO SEE YOU!

My name is Merel and in this guide I will show you my **8 Loop Resistance Band Exercises to get Lean**. After reading this guide you should be able to do a variety of Loop Band exercises! I hope you enjoy!
P.S. The pictures/videos are shot at the beautiful beaches of Bali!



Visit our youtube channel 'FFEXS' to see all the exercises in video format!



SQUAT



Starting Position: Stand up straight with feet at shoulder width apart. The band is placed just above the knees. Your natural squatting position!



Movement: Lower your body by slowly bending your knees. Keep your back straight, booty backwards and move the knees in a slightly outward direction. Your hands can be used for balance.

LEG ABDUCTION



Starting Position: Place the band a little above the ankles and lay on your side. Use one arm to lean on by putting your elbow and hand flat on the ground.



Movement: Push out the upper leg with moderate power. Move back in a controlled way and start a new rep.

STANDING LEG ABDUCTION

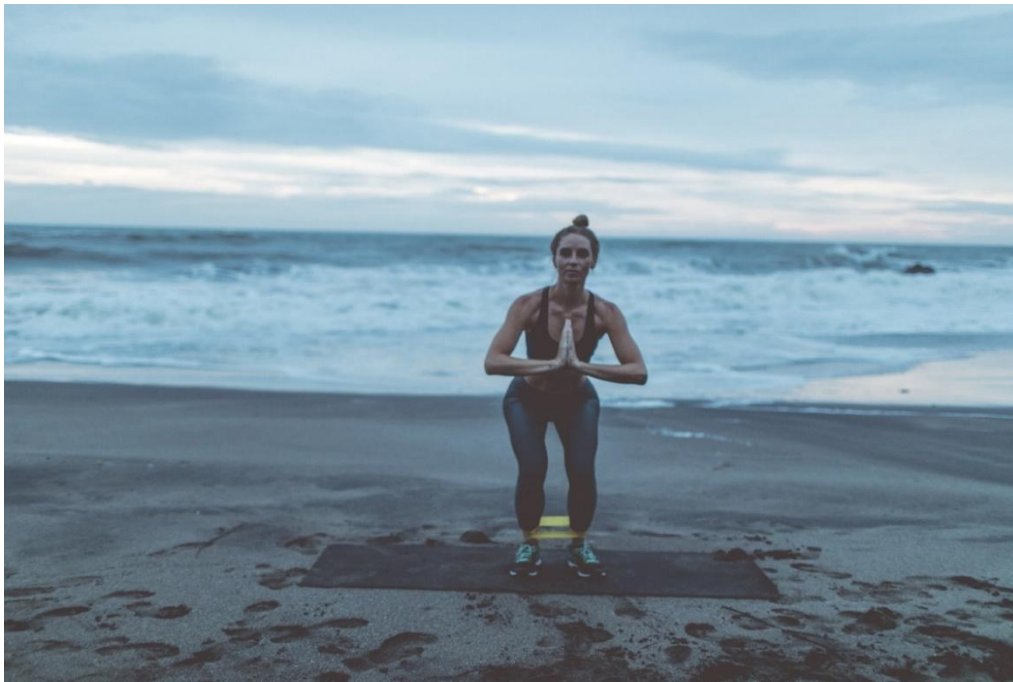


Starting Position: Stand up straight with your knees together and the band above the ankles. Basic!



Movement: Push away one leg and stand on the other one. I really like this exercise a lot because it also improves your balance. Control the movement and feel the tension of your muscles while maintaining your posture.

MONSTER WALKS



Starting Position: Hinge your hips, bend your knees and take an athletic stance. Back straight, booty back, toes pointing forward.



Movement: Move one leg to the side and close the gap to your starting position with the other one. You can choose to take small steps or slightly bigger ones. The most important thing is to keep the posture of the athletic beginning position. Don't move your body up and down too much.

HAMSTRING CURLS



Starting Position: Straight up, feet close together. Basic!



Movement: Move the heel of one leg towards your butt till you feel sufficient power and move it back slowly and controlled.

STANDING HIP EXTENSIONS

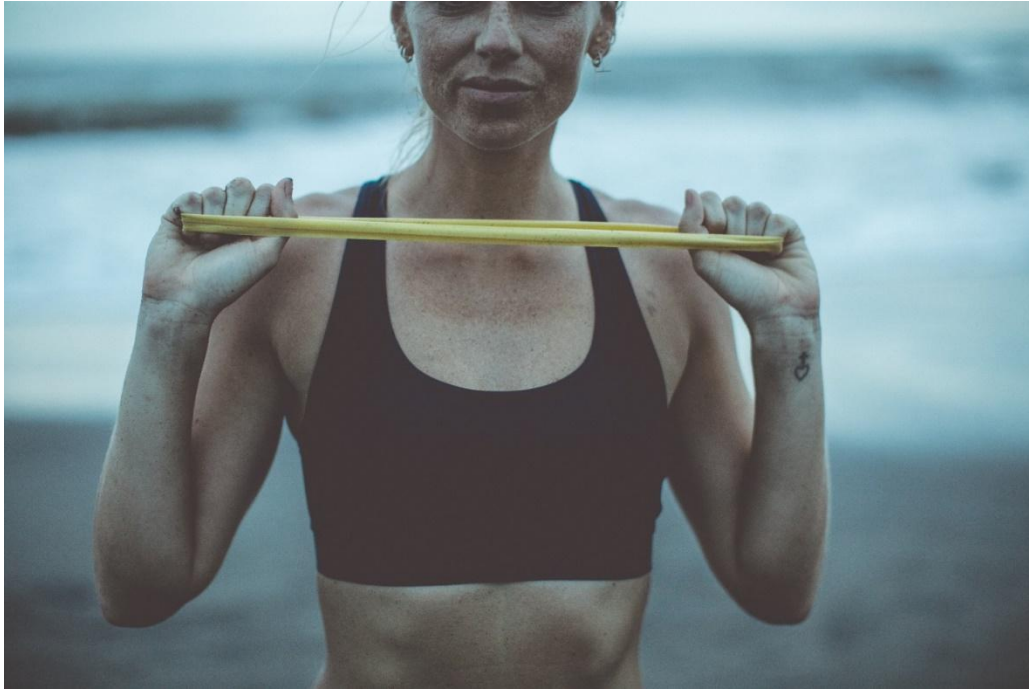


Starting Position: Same starting position as the hamstring curls. Straight up, feet close together. Basic!



Movement: Move one leg backwards by hinging your hips. Use both legs straightened. Move back in controlled fashion.

LAT PULLDOWN



Starting Position: Hold the band with two hands at shoulder width. There should be a decent amount of tension on the band.

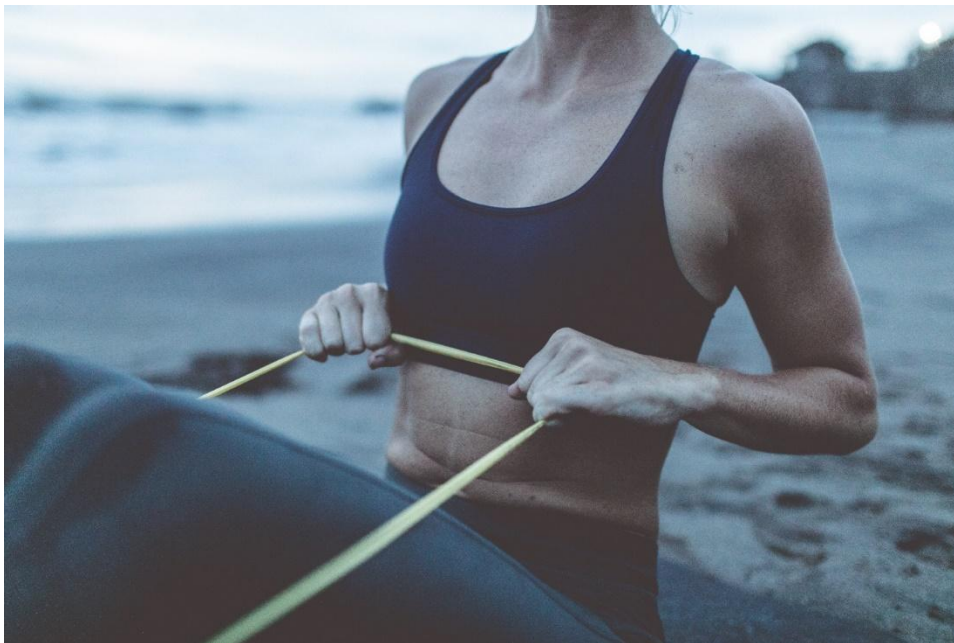


Movement: Keep the same tension on the band while slowly stretching your arms to the highest point. After that, move back to your starting position.

SEATED ROW



Starting Position: Don't look at the picture above, it is not the starting position. □ Put the band around your toes and hold the band with both hands. At this point your arms should be stretched. Make sure to keep your back straight during the whole exercise.



Movement: Now pull back the band to your chest. Return to the starting position to get ready for the next rep.

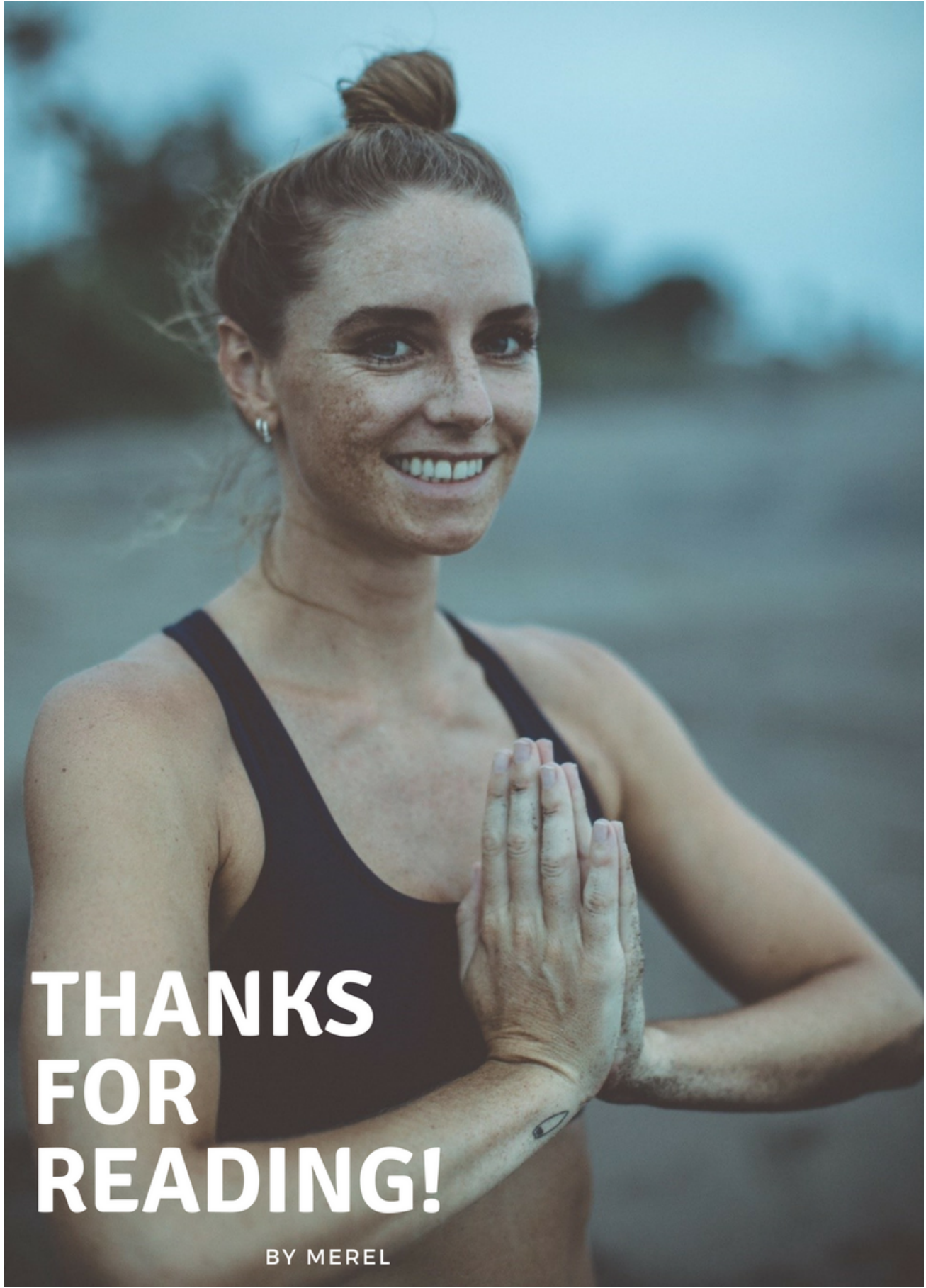
EXTRA TIPS

Level of resistance: You can vary the intensity of the exercise by choosing Loop Resistance Bands of different levels. If you aim to do many reps choose a lighter band. If you want a lower amount of reps with higher intensity, go for the heavier band.

Form and Posture: This is the most important. Keep the movements controlled. Also maintain the right posture. In the beginning it is always preferable to focus on form and posture instead of focusing on the intensity of the exercise.

Stretch of the product: These bands are made of natural latex. The highest quality on the market to date. That being said, the band has a stretching limit. At the point that the Loop Resistance Band can't barely stretch more this limit is reached. Avoid to overstretch this item and you will benefit from the bands for years.

More exercises: With this guide you should be able to get a good start with the Bands. That being said, it is advisable to look for more exercises that fit your specific goals and needs. It could for example be that you are recovering from an arm injury. Or maybe you want get stronger legs. There are a lot of exercises you can do with Loop Resistance Bands and they can be done anywhere, anytime because the bands are very compact. That's the beauty of this product!



**THANKS
FOR
READING!**

BY MEREL

YOU MIGHT ALSO LIKE

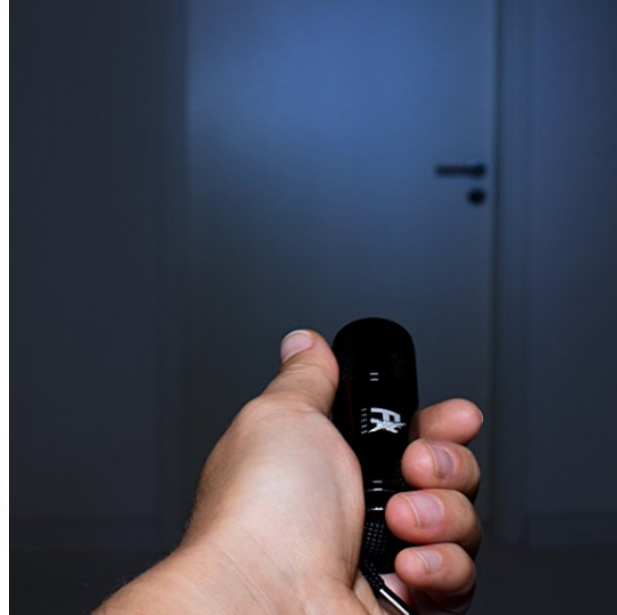
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Pull up bands



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