



## RESISTANCE TUBES

Instruction Manual & Exercise Guide



## Disclaimer, Terms and Conditions

### IMPORTANT

Please read this entire manual before using the ProSource Resistance Tubes. Failure to follow these instructions can lead to significant injury and/or property damage.

ProSource recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProSource Resistance Tubes, discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Resistance Tubes. Always modify exercises as needed for your fitness level.

If you have any questions, concerns or comments about ProSource Resistance Tubes, please contact Customer Service before using at 1 (800) 552-2637 and we will be happy to help you.

### THIS INSTRUCTION MANUAL & EXERCISE GUIDE APPLIES TO THE FOLLOWING PRODUCTS:

Single Stackable Resistance Bands, Xtreme Power Resistance Bands Set, Stackable Resistance Bands Set, and Tube Resistance Bands Set with Attached Handles.

## Use & Safety Instructions

1. Inspect tubes and handles before and after every use for scratches, holes, tears, worn areas, stretch marks, discoloration, or loose stitching. If you find any defect, **DO NOT USE** the resistance tube, and contact ProSource Customer Service for a replacement.
2. Do not use resistance tubes on concrete or other rough surfaces, which may weaken or scratch the latex. Ensure that all obstructions and sharp objects are removed from the workout area.
3. Only use resistance tubes as intended and demonstrated in this guide for exercise purposes. Inappropriate use of resistance bands may lead to serious injury, disfigurement or property damage. **ProSource is not responsible for any problems that arise from the misuse of this product.**
4. Resistance tubes are not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
5. Before each use, ensure that the tube is securely attached to the handles to avoid injury from a tube slipping or snapping. Always use extreme caution to protect your eyes when using the resistance tubes.

## Use & Safety Instructions (Cont'd)

- 6. NEVER RELEASE THE RESISTANCE TUBES** or handles while under tension. Sudden release will cause the tube to snap and can cause significant injury, disfigurement, or death.
- 7.** Do not stretch the tubes to more than 3 times their original length. Carefully return back to their original length before releasing.
- 8.** Never wrap the tubes around your neck, mouth, head, shoulders, or torso.
- 9.** Always use a strong anchor point such as a closed door or sturdy piece of equipment.
- 10.** Begin all exercises slowly and use smooth, controlled movements and tension when pulling and releasing the resistance tube. Test out each exercise slowly before performing a series to ensure the tension is correct and handles are securely attached.
- 11.** Begin your workout slowly to build strength and stamina, especially if you are new to exercise. Do not perform exercises that are beyond your ability to maintain control.
- 12.** Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

## Care Instructions

- 1.** Wipe with a damp cloth to clean. Do not use soap or other cleaning products on bands, as it may damage and/or weaken latex.
- 2.** Store in a cool, dry place away from moisture, heat, and direct sunlight.

### Resistance Levels:



2-5 lbs



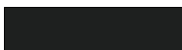
5-8 lbs



8-12 lbs



12-16 lbs



16-20 lbs



20-30 lbs



30-40 lbs



40-50 lbs

## Assembly & Use Instructions

- 1. For stackable bands only:** To attach band(s) to handles, press the carabiner to open, then clip onto the metal D-ring clip on the handle. Follow the same procedure to add more stackable bands for more resistance.
- 2. Door Anchor** (for all bands and band sets):

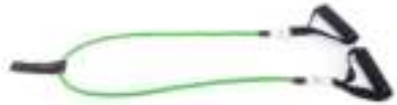
### STEP 1

Slip one end of the band through the loop portion of the door anchor piece.



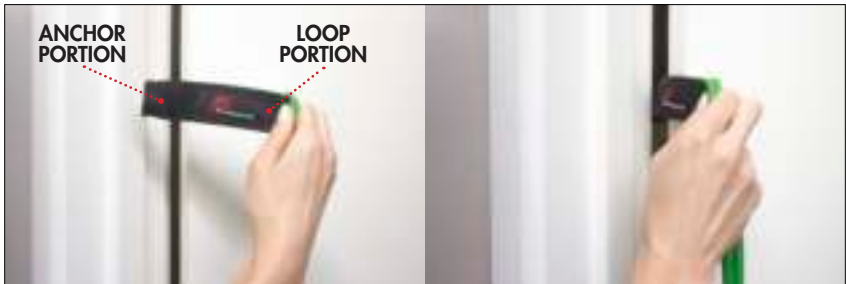
### STEP 2

Slide the anchor piece to the middle of the band.



### STEP 3

Open the door and insert the anchor portion with the ball into the crack in the hinge side of the door.



### STEP 4

Once it is all the way behind the door with the loop portion still in front of the door, close the door securely.



# EXERCISE GUIDE

## LUNGE



- 1** Start with one foot on the middle of the tube & hold handles at shoulder height.
- 2.** Extend the other leg back behind you about 2-3 feet. Both toes should be pointing forward with feet, knees and hips aligned.
- 3.** Bend your knees and lower toward the floor, stopping just before your back knee touches the floor. Both legs should be bent at 90 degrees, and torso straight and tall.
- 4.** Do not let your front foot extend past your toe. If this happens, step your back foot further behind you.
- 5.** Pause at the bottom for one second, then press back up to the start position. Switch sides after completing all reps on the first side.

# SQUAT



1. Stand on the middle of the tube with feet about shoulder distance apart, and hold handles so they are at the same height by your sides.
2. Pull the resistance tube up so handles are just above your shoulders with palms facing forward.
3. To start, brace your core, then bend your knees and lower toward the ground as you push your buttocks backward, until thighs are parallel to the floor. Keep chest lifted and head up.
4. Pause for one second, then press up through your heels to the starting position.

**Optional:** You can add in a shoulder press at the end of the movement to make this a full body exercise.

# BENT-OVER ROW



1. Stand on the middle of the tube with feet about shoulder distance apart, and hold handles so they are at the same height on either side of your body.
2. Cross the bands in front of you to form an "X", which will help to create more tension. Palms should be facing behind you.
3. Bend at the hips and push them backward slightly to lower your torso to almost 90 degrees. Keep a small bend in your knees.
4. Keep core engaged to protect your lower back, & DO NOT let your back round.
5. Pull bands upward and squeeze your shoulder blades together, keeping arms bent at a 90-degree angle.
6. Slowly return to the start position, controlling the tube on the way down.

# KNEELING LAT PULL DOWN



- 1.** Secure the door anchor with tube at the top of a door, and hold one handle in each hand. Kneel on the floor about one foot away from the door.
- 2.** Start with arms straight above and in front of you with palms facing the door. Pull the tube back and down until hands are at shoulder height. Maintain a flat back and keep chest and head lifted.
- 3.** Pause for one second, then slowly return to the start position.



# STANDING BACK ROW



- 1.** Secure the door anchor with tube in the middle of a door.
- 2.** Hold handles with palms facing each other, then step back about 3-4 feet. Engage core and keep a slight bend in your knees.
- 3.** Pull handles back as far as you can while maintaining a straight back. Squeeze shoulder blades together and keep elbows by your sides. Be careful not to hunch your shoulders.
- 4.** Slowly return to the start position.

# CHEST PRESS



- 1.** Secure the door anchor with tube near the top of the door.
- 2.** Turn your body away from the door so anchor and tube are behind you, and hold one handle in each hand with palms facing the floor. Step forward a few feet in a staggered stance.
- 3.** Bend both arms at 90 degrees parallel to the floor.
- 4.** Press both arms straight in front of your chest, squeezing your chest as your hands meet in front of you.
- 5.** Carefully return to the start position, being careful not to let elbows go past your shoulders.

# CHEST FLY



- 1.** Secure the door anchor with tube near the middle of the door, slightly higher than shoulder height.
- 2.** Turn your body away from the door so anchor and tube are behind you, and hold one handle in each hand with palms facing the floor. Step forward a few feet in a staggered stance.
- 3.** Start with your arms straight out to the sides at shoulder height with a slight bend in elbows and palms facing each other.
- 4.** Bring hands together in front of your chest. Squeeze for one second, then slowly release back to the start position.

# SHOULDER RAISE

(Lateral & Anterior)



1. Stand on the middle of the tube with feet hip-distance apart, gripping one handle each hand. Make sure each end of the band is at the same height.
2. Stand up straight and engage your core, with palms facing in by your sides.
3. Lateral: Raise your arms up and out to the sides, keeping your elbows slightly bent and letting your elbows lead the movement.
4. Anterior: To perform an anterior raise, raise arms straight out in front of you with palms facing the ground, maintaining a slight bend in the elbows.
5. Slowly return to the starting position.

# SHOULDER PRESS



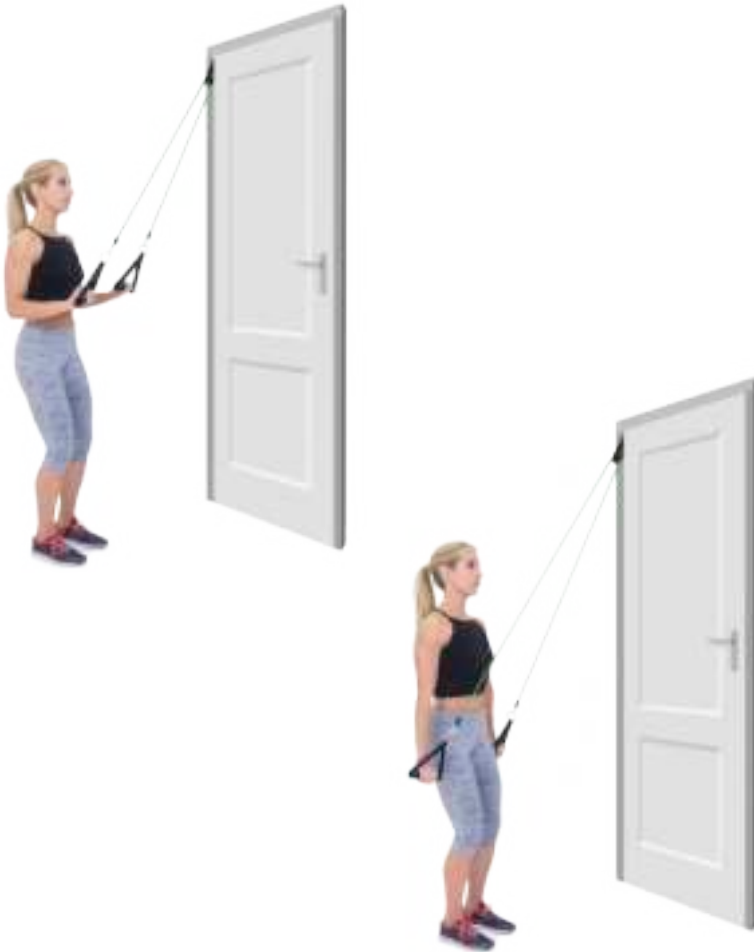
- 1.** Stand on the middle of a resistance tube with one handle in each hand near your shoulders, palms facing forward.
- 2.** Bend both arms at a 90-degree angle with elbows aligned with shoulders.
- 3.** Keeping your shoulder blades down and squeezed together, press the band straight up overhead until arms are straight but not locked out.
- 4.** Slowly lower it back to the starting point with control.

# BICEP CURL



- 1.** Stand on the middle of the tube with one handle in each hand. Make sure handles are at the same height by your sides.
- 2.** Keep elbows in by your side with palms facing up. Bend elbows & curl hands towards shoulders, squeezing your biceps at the top.
- 3.** Slowly lower the tube down to the starting point with control.

# TRICEPS PUSH-DOWNS



- 1.** Secure the door anchor with tube inserted near the top of a door.
- 2.** Grip one handle in each hand, then step back 3 to 4 feet away, facing the door.
- 3.** Stand with feet hip-distance apart with a slight bend in the knee. Keep back flat and chest up, and bend just slightly at the hips. Draw elbows in to your side and bend arms.
- 4.** Keep elbows tight by your sides with palms facing down, then straighten arms as you press tube toward the floor. Squeeze your triceps when arms are straight and hands by your sides, then return to the start position.

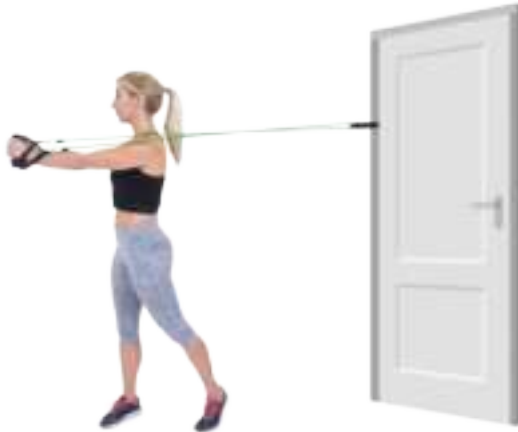
# KNEELING CRUNCH



1. Secure the door anchor with a resistance tube near the top of a door.
2. Hold one handle in each hand and kneel about two feet away from the door.
3. Pull the handles in toward your ears and extend elbows out at shoulder-height. Engage your abdominals, then bend at the hips as you draw your elbows toward your knees and contract your abs.
4. Do not move your arms or hands throughout the movement. Slowly return to start position.



# CORE ROTATIONS



1. Secure the door anchor with tube near the middle of the door at shoulder height.
2. Hold handles together with both hands and step away from door (about 3-4 feet) so body is perpendicular to the door. Straighten your arms in front of you, so handles form a straight line from anchor to hands.
3. Maintain straight arms directly in front of you, then rotate to the opposite side of the door, using your obliques to turn.
4. Slowly return to the start position, then repeat all reps on one side before switching.

# BUTT BLASTER



- 1.** Position yourself on all fours on the floor with one handle in each hand, and the middle of the tube around the bottom of one foot. Wrists should be under shoulders and knees under hips. Maintain a neutral spine and engaged core throughout the exercise.
- 2.** Keeping your foot flexed, press the tube back and slightly upwards with your leg until leg is straight and parallel with the floor.
- 3.** Squeeze your buttocks at the top of the movement, then slowly return to the start position. Switch sides after completing all reps on the first side.

## **WARNING**

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProSource™ products for anything other than their intended use. ProSource™ is not responsible for any problems that arise from the misuse of this product.

## **LIMITED LIFETIME WARRANTY**

Covers manufacturing defects including any defects in materials and workmanship. ProSource has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

## **QUESTIONS?**

Contact Customer Support by email: [support@prosourcefit.com](mailto:support@prosourcefit.com)



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