

**PREMIUM PERSISTANCE BANDS
USE AND
MAINTENANCE
GUIDE**



**BICEP CURLS
0-12 REPS PER ARM**

Loop the resistance band around your left knee, and hold the other end in your left hand.
Kneel down on the right knee and grab the loop band with palms up grip.
Keeping your lower back arched, curl the band up to your chest level. Squeeze the biceps tightly in the fully contracted position.
Slowly lower to the start position.

LOWER BODY EXERCISES



**BRIDGE THRUSTS
10-12 REPS PER LEG**

- Loop the resistance band around your lower thighs, just above the knees.
- Lie face up on the floor with knees bent and arms by your sides.
- Lift your hips as high as you can while keeping hands and feet firmly on the floor.
- Hold the top position for 3 seconds.
- Slowly lower to the start position.



**SIDE STEP SQUATS
10-12 REPS PER LEG**

- Loop the resistance band around your lower thighs, just above the knees.
- Stand with your legs shoulder width apart.
- Move the right leg out horizontally as if doing a side step. At the same time go down into a squat position.
- Hold the bottom position for 3 seconds.
- Return to the start position.



**LYING HIP ABDUCTIONS
10-12 REPS PER LEG**

- Loop the resistance band around your ankles.
- Lie down on your right side, supporting your torso with your right arm on the floor. Your legs should be stacked on top of each other.
- Spread your legs so that they are shoulder width apart. Now lift the top leg to as far as an extension is possible. Hold the top position for 3 seconds.
- Slowly lower to the start position.



**LYING LEG RAISES
10-12 REPS PER LEG**

- Lie on your back with the band around your ankles.
- Brace your abs and stabilize your body with your hands.
- Squeeze your butt and lift your left leg up, keeping both legs straight. Concentrate on contracting the glutes, keeping the hips stacked and the body in a straight line.
- Lower your leg and repeat.



**HIP ABDUCTIONS
10-12 REPS PER LEG**

- Stand between two poles. Loop the resistance band around your ankles and your feet on the right. Spread your feet to shoulder width.
- Extend your right foot out horizontally, keeping the leg straight. Squeeze and contract the glutes throughout the movement.
- Hold the position for 3 seconds then return to the start position.

Dear Valued Customer,

Thank you for purchasing our resistance loop band set.

We would appreciate it if you could take the time to review your purchase on Amazon.com.

Your positive feedback and review will help us to provide better service for our customers

If there is any reason that you would not rate this as a 5-star experience, please email us at first before leaving a review.

We will spare no effort to make it right for you

THANK YOU



Resistance Loop Band Use and Maintenance Guide

Safety First

Before beginning an exercise program you should consult your general medical practitioner and follow the guidelines provided cannot be held responsible for any harm caused by the use of this product.

In the event of sustained loss of breath, sharp pain, nausea, dizziness or prolonged muscular pain you should immediately stop exercising and contact your healthcare professional.

The resistance loop bands should be kept away from any person who is allergic to latex.

All exercise routines involve a measure of muscular discomfort during the first few sessions as the exerciser's body gets used to the movements. However, if this muscular soreness persists, you should stop your routine and consult your healthcare professional.

Use of the bands in an improper way can lead to serious injury. Your resistance loop bands are serious pieces of resistance training equipment. They are not toys. Children should not use resistance loop bands.

Resistance Loop Band Care

prior to every workout you should carefully examine all of your resistance bands to ensure that they do not contain tears or punctures. Do not use bands that have any signs of wear or tear.

When in storage, your bands should be kept out of direct sunlight, extreme heat or cold. If the bands are ever used in chlorinated water, you should thoroughly rinse them with tap water and dry them in a flat position.

COLOR	STRENGTH	ESTIMATED LBS
Green	Extra Light	5-10lbs
Blue	Light	10-15lbs
Yellow	Medium	15-20lbs
Red	Heavy	25-30lbs
Black	Extra Heavy	30-40lbs

UPPER BODY EXERCISES



TRICEPS EXTENSIONS 10-12 REPS PER ARM

- Hold one end of the band in your left hand and stretch it against your collar bone, hold the other end in your right hand and hold it at chest level.
- Keeping your right elbow in and down, extend your right arm to full extension. Make sure that the left arm hand stayed in a braced position at your mid chest.
- *and repeat.*



HORIZONTAL ARM EXTENSIONS 10-12 REPS PER ARM

- While maintaining a straight back, place the resistance band around your wrists and put your arms in front of you.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms.
- Your arms should move in a horizontal plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.



VERTICAL ARM EXTENSIONS 10-12 REPS PER ARM

- Stand with your feet shoulder width apart, and place the resistance band around your wrists. Put your arms in front of you, with one above the other.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms.
- Your arms should move in a vertical plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.



REAR ARM EXTENSIONS 10-12 REPS PER ARM

- With feet shoulder width apart, place the resistance band around your wrist and hold your arms behind you.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms.
- Your arms should move in a horizontal plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.