

U-FIT ONE®

Complete Resistance Band Set



INSTRUCTION

Our Complete Resistance Set

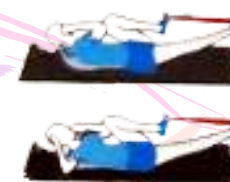
Attention! Introducing our NEW complete resistance band set, containing all the tools you will need for a full body high intensity workout. The different resistance strengths are appropriate for beginners to advanced users. To help you on the way, we have assembled a collection of workout to help you get started. From high intensity workouts, toning and strengthening workouts.

In these instructions you will also find information on each of the products in the set and how to maintain and clean them when necessary.

U-Fit One wishes you a happy workout!
Good Luck.

01 Loop Band Bicycle

Main Muscles: Core



1. Place the loop band around your feet. Lay flat on your back. Hands supporting your head, Keep your feet hip-width apart.
2. Pull your knees up to your waist.
3. Curl body, raise your left leg to touch your right elbow, and at the same time extend your right knee out. Slowly return and switch legs.
4. The farther you extend your knees out while doing this movement, the harder it will be.

Loop Bands

Our Loop Bands come in five different resistance strengths, starting from extra light to extra heavy. Their slim design makes them perfect for many different movements, However, we recommend you to use them for movements where you require to place to loop bands on your feet, ankles or below the knees. As well as hands and wrists. For the most comfortable use.



02 Plank with Knee Drive

Main Muscles: Core



1. Plank position, face down with both hands shoulder width apart supporting your body.
2. Place loop band around your feet, fully extend legs and left heel touch right heel.
3. Raise right leg towards your chest, keep left leg straight, and then slowly return it. Switch legs and raise legs in sequence.
4. Planks are one of the ultimate exercises for building a solid core due to their

03 Lateral Arm Extension

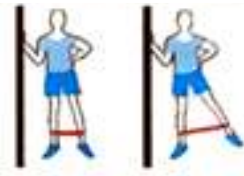
Main Muscles: Lateral Arms, Chest



1. Stand with your feet hip-width apart, chest up and abs tight.
2. Place the loop band around your wrists. Extend your arms straight in front of your body and keep arms shoulder-height and shoulder width apart. Fists clenched.
3. Open your arms extending outwards and slowly go back to the original position.

05 Standing Hip Abduction

Main Muscles: Glutes, Hamstrings, Inner, Outer Thighs



1. Place the loop around your ankles.
2. Put right hand on the wall to help keep balance.
3. Stand with your feet hip-width apart and keep abs tight.
4. Stand on right leg and raise your left leg straight out to the side.
5. Slowly return the leg. Try not to lower it all the way down. Alternate legs after repetitions for equal exercise.

07 Seated Hip Abduction

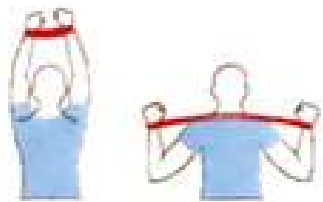
Main Muscles: Inner and Outer Thighs



1. Place loop band around your knees and sit with your feet hip width apart.
2. Keep your back straight and abs tight. Cross your arms and put hands on your shoulders.
3. Open and extend your legs outwards and slowly return to hip-width.
4. The seated hip abduction takes the burn to your inner and outer thighs. It's an easy exercise to do anywhere you have access to a chair or bench.

04 Loop Band Lat Pull

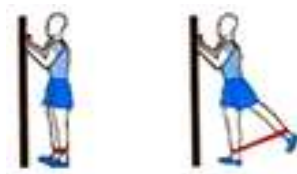
Main Muscles: Lats, Shoulders



1. Stand straight. Chest Up. Relax the shoulders and back muscles.
2. Place the loop band around your wrists.
3. Position your arms straight and up towards the ceiling.
4. Slowly pull down until the band rests on you back. Feel using your back muscles. Lift slowly until arms are again straight up towards the ceiling.
5. To make it harder: Grip the band with a shorter distance between your hands while pulling down.

06 Standing Hip Extension

Main Muscles: Hip, Hamstrings, Quadriceps



1. Place your loop band around your ankles.
2. Put your hands flat on the wall to help keep balance and stand with your feet hip-width apart and keep abs tight.
3. Stand on one leg, extend the opposite leg back from the hips and slowly return it. Alternate legs after repetition for equal exercise.

08 Loop Band Side Lunges

Main Muscles: Glutes, Hamstrings, Quadriceps, Thighs



1. Place loop band around your ankles. Stand with your feet hip-width apart, Chest up. Abs tight.
2. Mini band side lunges give you all the side-lunge benefits of inner and outer sculpting.
3. Hands under your chin. Move a large step to the right and squat. Put your body weight on the right leg.
4. Chest up. Fully extend your left leg and return to stance. Alternate legs after repetitions for equal exercise.

Polyester Bands

Best for upper leg usage, as they provide a more comfortable wear on the thighs than latex bands. The broader size and polyester, prevent the bands from curling.



09 Glute Bridge

Main Muscles: Glutes

1. Tie the polyester band around your legs, right above the knees.
2. Lie face up with your feet flat on the floor, bending your knees to 90 degrees.
3. Raise your hips until your shoulders, hips and knees align, contracting your glutes through the entire movement.
4. Repeat several rounds of the movement.

10 Lateral Walk

Main Muscles: Hip, Hamstrings, Quadriceps

1. Wrap the polyester band around your thighs, and slowly sink seat into a half-squad position.
2. Lift right foot and take one step to the right, followed by the left foot.
3. Reverse the movement to return to starting position.

11 Clamshell

Main Muscles: Hamstrings, Inner and Outer Thighs

1. Start lying on your left side with a resistance band wrapped around your thighs, and upper body propped on left forearm.
2. Bend legs so knees face forward while feet line up with glutes.
3. Keep hips and feet still while lifting top knee as far as you can toward the ceiling, then lower back to start.
4. Alternate legs after repetition for equal exercise.

Long Bands

Our Long Resistance Band are great for upper body and full body workouts. The length of these bands will assist you in movement that require reaching movements and so much more.



12 Standing Triceps Extension

Main Muscles: Triceps

1. To start, stand with knees slightly bent, feet staggered, right foot forward and flat on the floor, left back (high heel), with your foot on the right length for you.
2. With both hands holding the loop of the resistance band, extend your arms straight overhead, palms facing each other.
3. Keep upper arms still, bend at elbows and lower hands to just behind the head.
4. Reverse movement to return to start.

13 Bicep Lift

Main Muscles: Biceps

1. Wrap the polyester band around your thighs, and slowly sink seat into a half-squad position.
2. Lift right foot and take one step to the right, followed by the left foot.
3. Reverse the movement to return to starting position.

11 Clamshell

Main Muscles: Hamstrings, Inner and Outer Thighs

1. Start lying on your left side with a resistance band wrapped around your thighs, and upper body propped on left forearm.
2. Bend legs so knees face forward while feet line up with glutes.
3. Keep hips and feet still while lifting top knee as far as you can toward the ceiling, then lower back to start.
4. Alternate legs after repetition for equal exercise.

ATTENTION

1. The present instruction is for daily relaxation and exercise. Before starting a body recovery or professional fitness program, consult your doctor or fitness instructor for advice.
2. If you experience sharp pain, shortness of breath, dizziness or feel lightheaded with any of these exercises, stop immediately and contact your healthcare providers.

STORAGE & CARE

1. Keep these bands away from both extreme temperatures (too hot or too cold) and sharp and abrasive surfaces to keep the quality.
2. If the loop bands become sticky: clean (wipe with a damp cloth), let dry, and then dust with chalk powder, baby powder or cornstarch.

More from U-Fit One

