



U-FITONE[®]

Resistance
Band Set

INSTRUCTION

Resistance Band Set

Our resistance bands will work your muscles like other halters can't. In this instruction your will find examples on how your can use resistance bands in workouts and get that gym intensity workout from your own home.

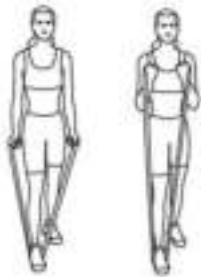
If you are new to resistance workout, start with our lightest resistance and work your way up as you seem fit.

Pink - Extra Light
Green - Light
Blue - Medium
Yellow - Heavy
Purple - Extra Heavy

Upper Body

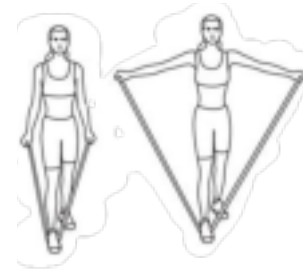
Our resistance bands are a great addition for your upper body workouts. Here are some workout movements that work great with added resistance.

Bicep Curl



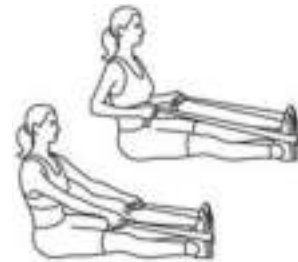
Put your preferred foot half way on the resistance band and wrap your hands in the ends of the band. The shorter the band the harder the exercise will be. Then hold your arms along de sides of your body and lift only the underarms towards your chest.

Lateral Raise



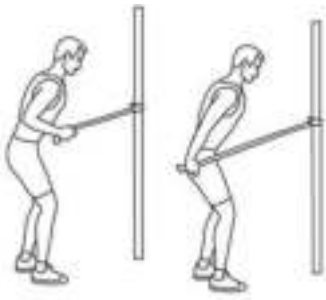
Stand in the same position as the bicep curl, however for a lateral raise you will bring your arm up until horizontal. With slow movements lift your arms up from your sides, until you feel comfortable but do not lift above the shoulders.

Seated Row



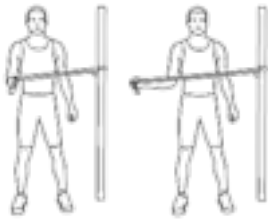
Sit down, legs stretched with the resistance band around the bottom of your feet. While holding the ends of the resistance band, you will pull the resistance band towards your sides. Make sure you keep sitting up straight and remain having a stable posture.

Tricep Kickback



For this exercise you will need an object to wrap your resistance band around. Stand with your feet shoulder-width apart. Hold the ends of the band and keep your arm along side the sides of your body. For this exercise you will only pull the resistance band towards you while moving your underarms.

Shoulder Stabilizer



This exercise is fairly similar to the tricep kickback. However for this move you will turn your body to the side and pull the resistance band in an outwards motion, away from your body. Make sure you keep a good posture during this exercise.

Difficulties with good posture?

Resistance training is a great way to work on your posture. We all slouch, however this eventually will aid into having a bad posture. Training with resistance bands helps to build up the bones, muscles, and all other supporting tissues of the body, including the lower back. This helps to improve your posture and keep you in better alignment throughout the day.

The key is consistency, fixing your posture is not an overnight activity. However, consistently targeting these areas in combination with resistance bands will help you achieve your goal.

Standing Row



Start by putting one foot forward, onto the resistance band. Determine where to hold the band, the lower you hold it, the tougher the exercise becomes. Then pull your arm up, hands towards the sides of your chest. Try to align your elbows with your shoulders and do not press your shoulderblades further than that.

Glute Kickbacks



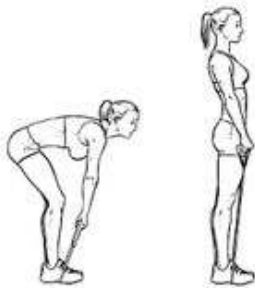
For this exercise position yourself on elbows and knees while firmly holding onto the ends of the resistance band. Hook one of your feet in the loop you have created and start stretching your leg in an upwards motion, aligning your body. After each rep, switch foot and repeat.

Resistance Squats



While standing on the resistance band with both feet, perform a regular squat while holding the ends of the resistance band shoulder height. You can increase the resistance by holding onto the band lower.

Deadlift



Stand feet aligned and hold the resistance band near the middle of the band. You can roll the ends around your hand for more comfort. Then simply position yourself upright while holding on the resistance band, this will mimic the same movement of a deadlift.



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