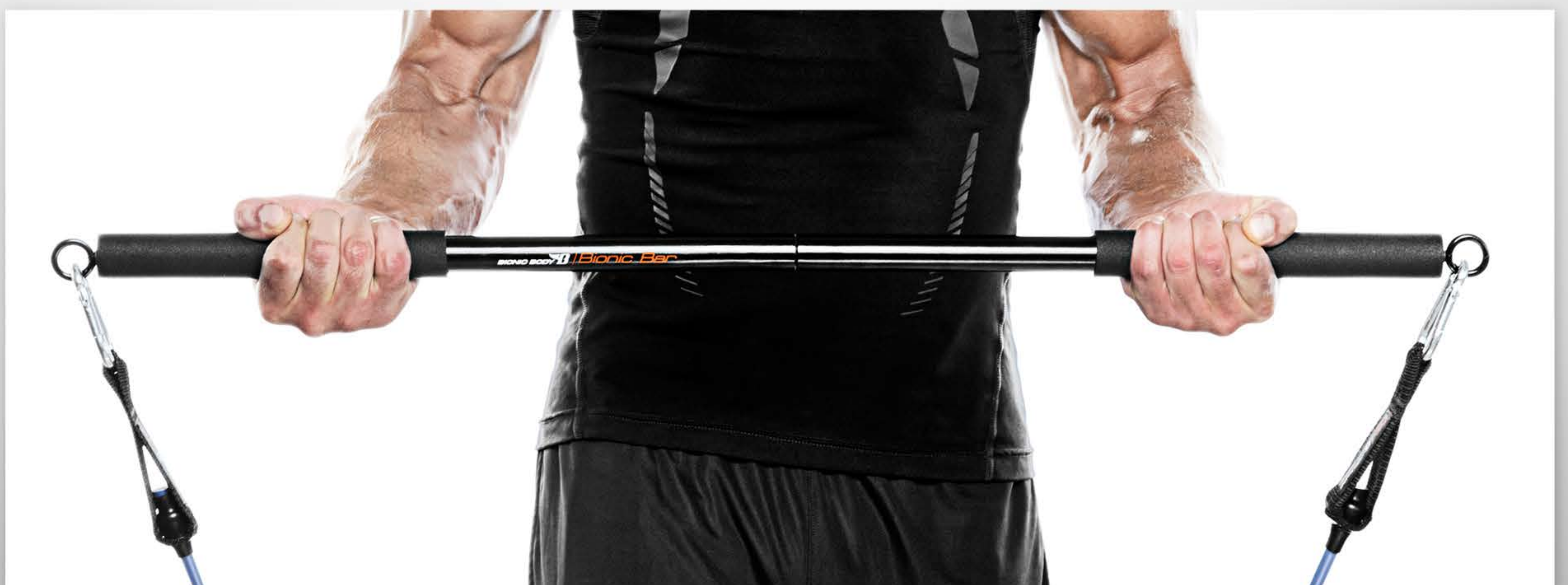
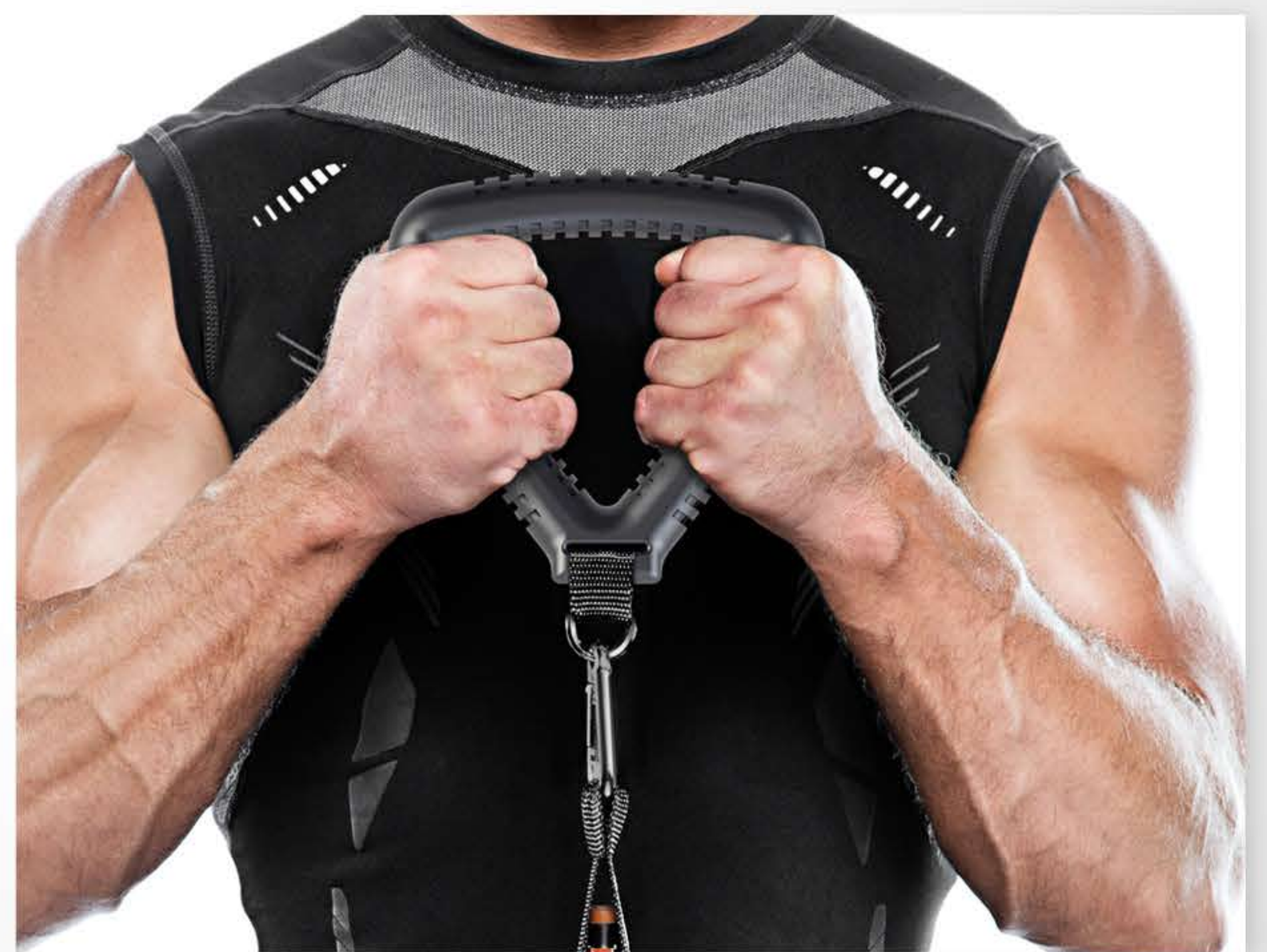
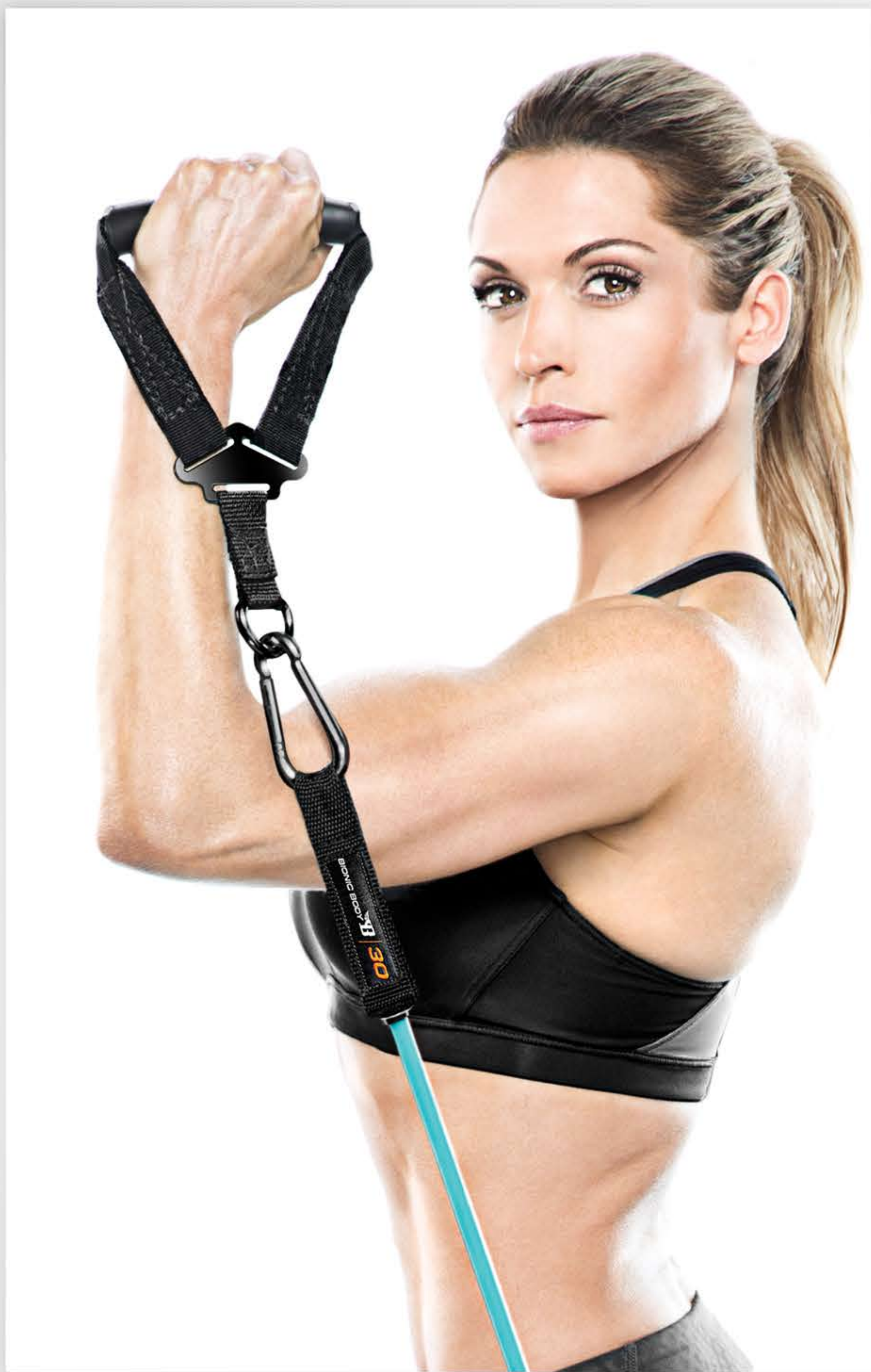


RESISTANCE BAND BASICS

Congratulations on getting started with your resistance bands! If you are new to resistance band training be sure to read this very carefully so you get the most from your resistance. If you have used resistance bands in the past, it's important to review these basic safety reminders, set up tips, and maintenance rules.

PRE-WORKOUT CHECK

Before every workout, make sure you inspect all your gear. Check for cuts, tears, nicks on the latex. **DO NOT** use the resistance tube if there are any cracks or tears. Check the nylon straps on the handles and metal grommets as well.



SECURE THE ATTACHMENTS

Check that the handles are securely connected to the bands and the clips are locked in place. We've made multiple attachments for you to add variety to your workouts. Be sure the carabineers are closed securely.



STAND ON A SOFT/SMOOTH SURFACE

Protect your band from cuts, tears, and nicks by standing on a smooth soft surface such as a mat. Check your shoes for rocks or other things that can damage the latex.

DO NOT OVER STRETCH

It is critical to refrain from over stretching the bands. They should never be stretched more than 2x the length of the band. As you get stronger, use a band with higher resistance rather than over stretching the lighter band. Think of them as you would a rubber band. They are strong, and will hold a lot if they are not stretched too far. A resistance tube will snap just as a rubber band does if it is over stretched or used on a rough surface.

DOOR ANCHOR TIPS

Always use the hinge side of the door as shown below. Place the nylon strap through the small opening in your door at the chosen height. Close the door completely. Let other people in the house know not to open the door when you are using the anchor and keep children from opening the door to avoid injury.



Anchor Positions



Back of the Door



Front of the Door





ATTACHING THE CUFF

When using the cuff, loop the end through the first loop only. Leave the second loop free to secure to the carabineer.

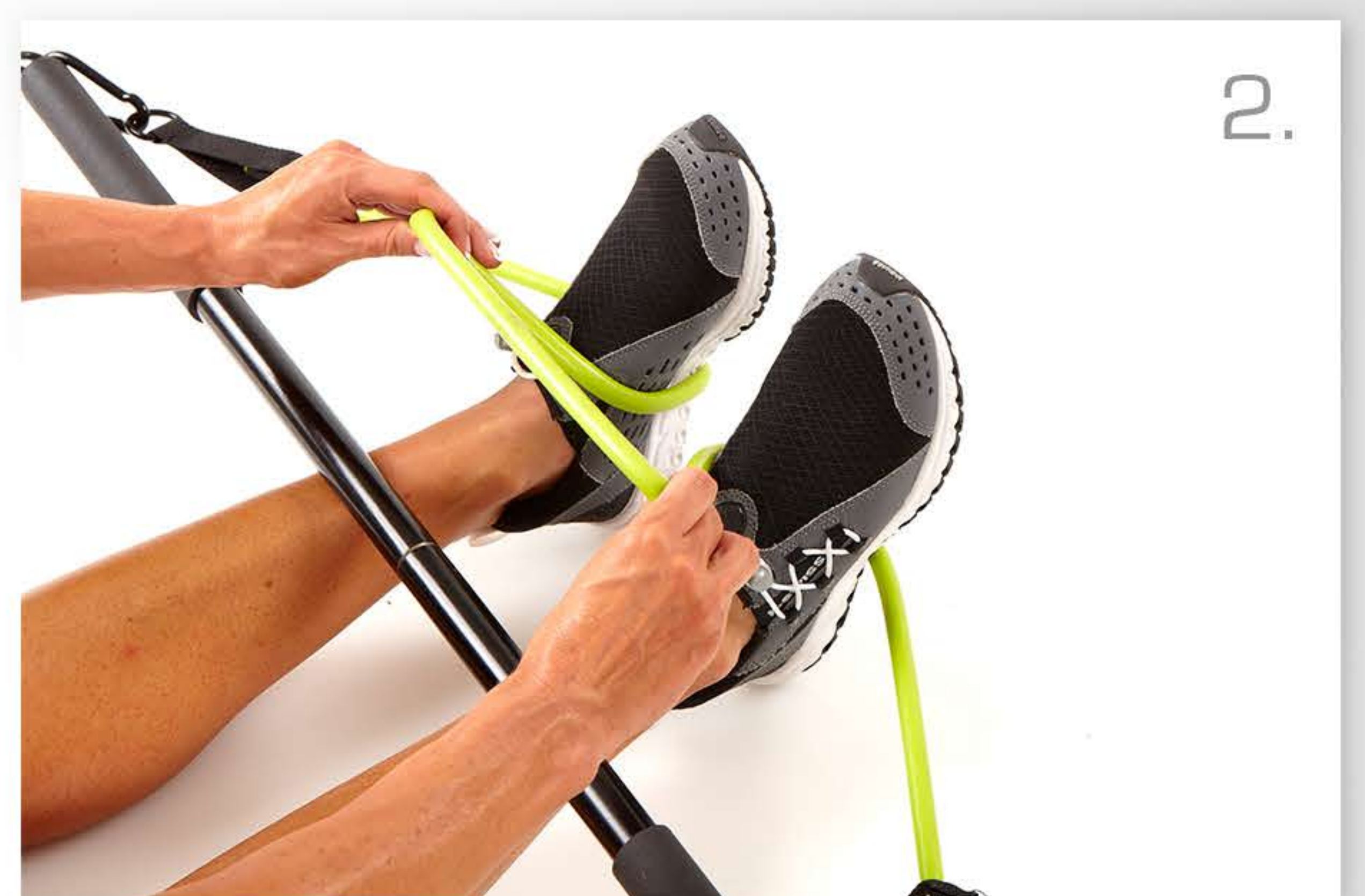


PROPER FOOT PLACEMENT AND WRAP

Take time to set the resistance tube tightly under the arches of your shoes and maintain full bodyweight on the tube. (cont. next page)



You may also use the foot wrap illustrated in the photo above for added security or to increase the resistance.



Use the double foot wrap when performing seated exercises.



Decreased Resistance



Increased Resistance

INCREASE OR DECREASE RESISTANCE WITH FOOT PLACEMENT

To decrease your resistance place one foot or both feet together on the band. To increase the resistance stand with your feet wider or use the foot wrap as illustrated above.



PROPER BAND ALIGNMENT

The resistance bands, carabineers, and handles should never drag over your arm. Adjust your anchor or angle to create a gap between your body and the gear.

PROPER STORAGE

Keep your bands dry. Exposure to water might cause chemical changes on the surface of the bands and attachments. Pat dry and wipe them down and allow the bands to air dry after a sweaty workout.

Keep bands out of direct sunlight and extreme heat. It's normal for the surface color to fade or oxidize and the band may have white tinge. If the band is not cracked or torn it is fine. You can clean the white with a soft cloth and a silicone spray, but this is not necessary for the performance of the resistance band.

BEGINNERS, FOCUS ON BASICS

Sounds pretty cliché but it is important for beginners to focus on simple movements that build muscle and increase definition. Getting your form right is essential and will help build the foundation for more complex exercises. Once you are comfortable with the basic movements you can increase the difficulty with tempo, intensity, reps, sets and range of motion.

Chest Press



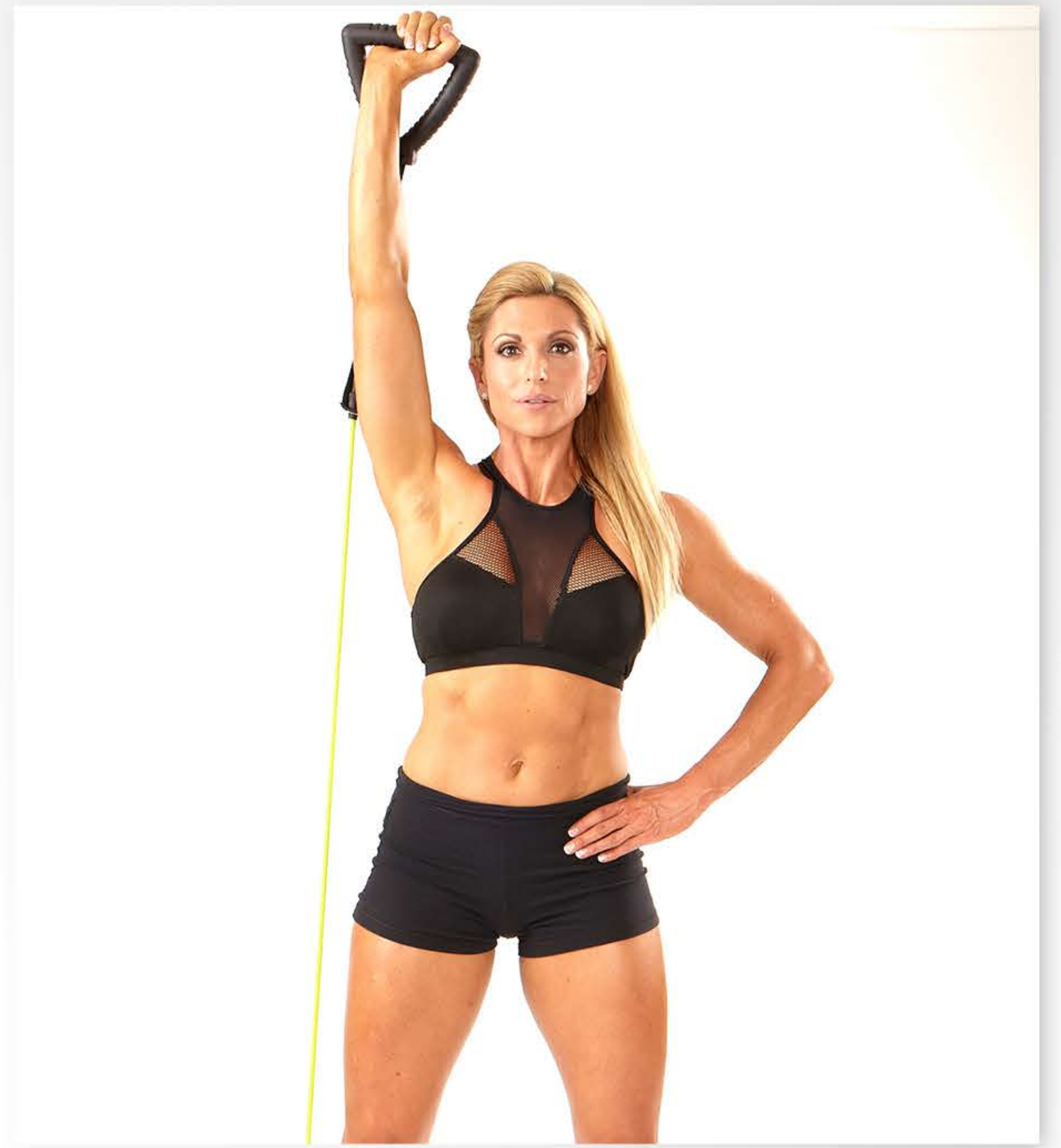
Row



Curl



Shoulder Press



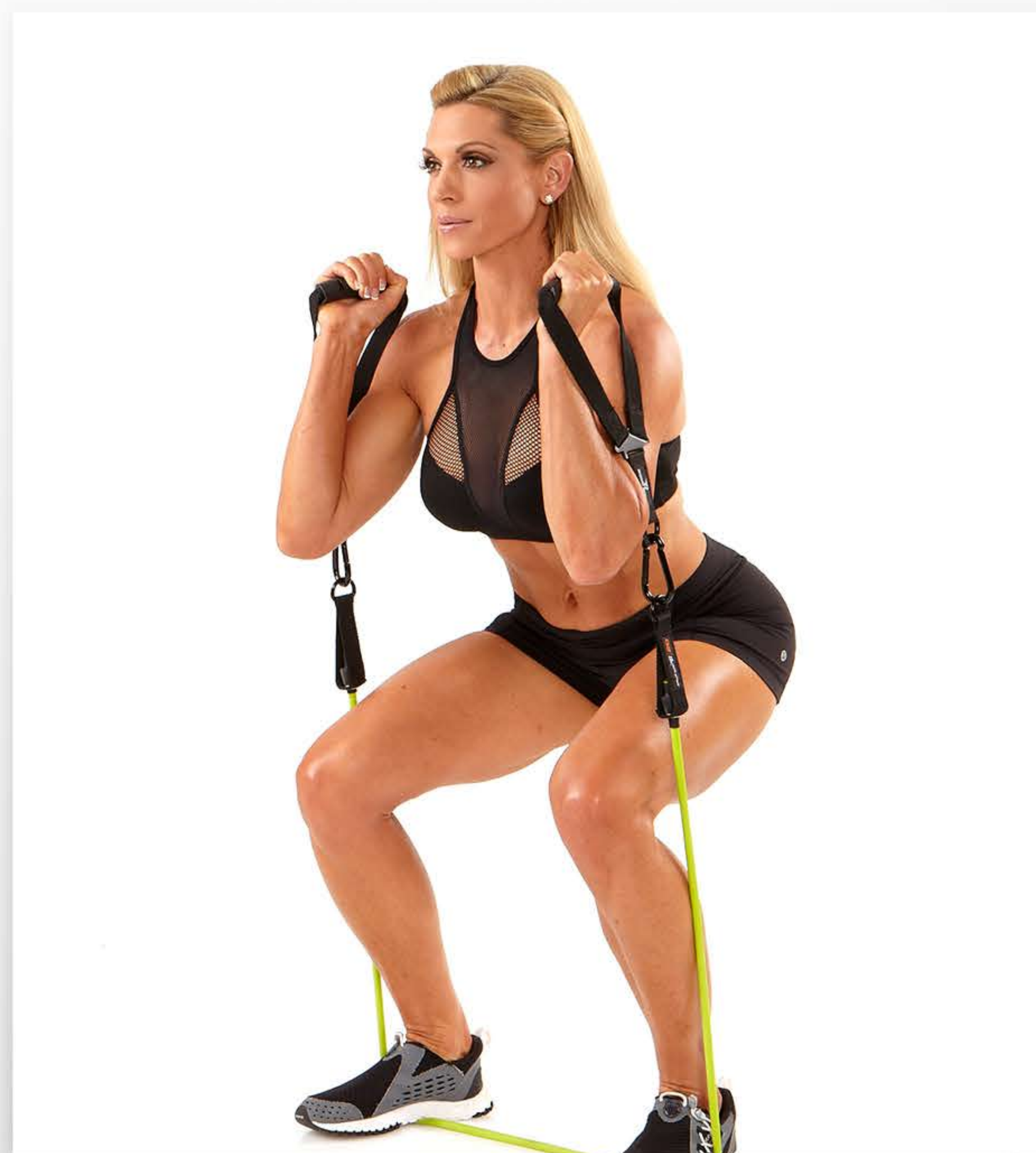
Tricep Press Down



Lunge



Squat



ADVANCED USERS

We've made some seriously strong resistance bands for you! You may also double up the bands, but it is important to understand that they are not made of iron and cannot be treated like a dumbbell! For your safety, do not take risks beyond your level of experience, aptitude, training, and comfort level. Most importantly, have fun, work hard, and get great results!

Love and Lunges,

Kim Lyons

Kim