

MINI LOOP BANDS

USER MANUAL

Material : 100% Natural Latex bands



The package Includes:
 1 x Light Resistance Band Loop
 1 x Regular Resistance Band Loop
 1 x Slightly Heavy Resistance Band Loop
 1 x Heavy Resistance Band Loop
 1 x Extra Heavy Black Resistance Band Loop

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SAFETY INSTRUCTIONS

- * As with all exercise equipment, there is risk of injury when not used correctly.
- * Tubes are designed for use with adults and should be not used by children under the age of 16 without supervision.
- * Please ensure that the bands are not stored in direct sunlight / in hot conditions. This can weaken the bands and cause them to crack and split over time.
- * Please ensure bands are gently stretched and tested before use.
- * Please ensure that the bands are not overstretched by more than 2 times their original length.
- * These guidelines are here to protect you. By not adhering to them we accept no liability from injury due to the use or misuse of this product.

Thank your for taking the time to read this safety infomation.

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WORKOUT OPTIONS

Triceps Extension

The triceps exercise works the Triceps Brachii muscle at the back of the upper arm . Use this loop band exercise to strengthen the tricep muscle.

Chest Press

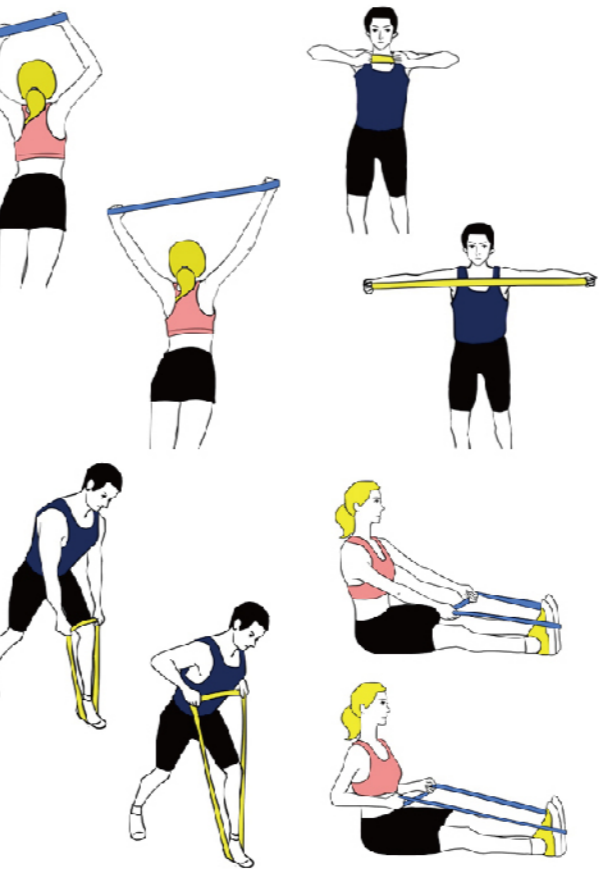
The standing chest press strengthens the chest muscles and shoulder muscles.

Bend over Row Exercise

The Loop band upright row exercise strengthens the upper back muscles which is Great to improve posture ,especially in overuse shoulder injuries.

Seated Row

The seated row is a great exercise to begin to strengthen the upper back muscles such as the Rhomboids.



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Lateral Leg Raises

PLace the mini band around your ankles. Lay on your side with legs straight and directly on top of one another. To strengthen the thigh muscles.

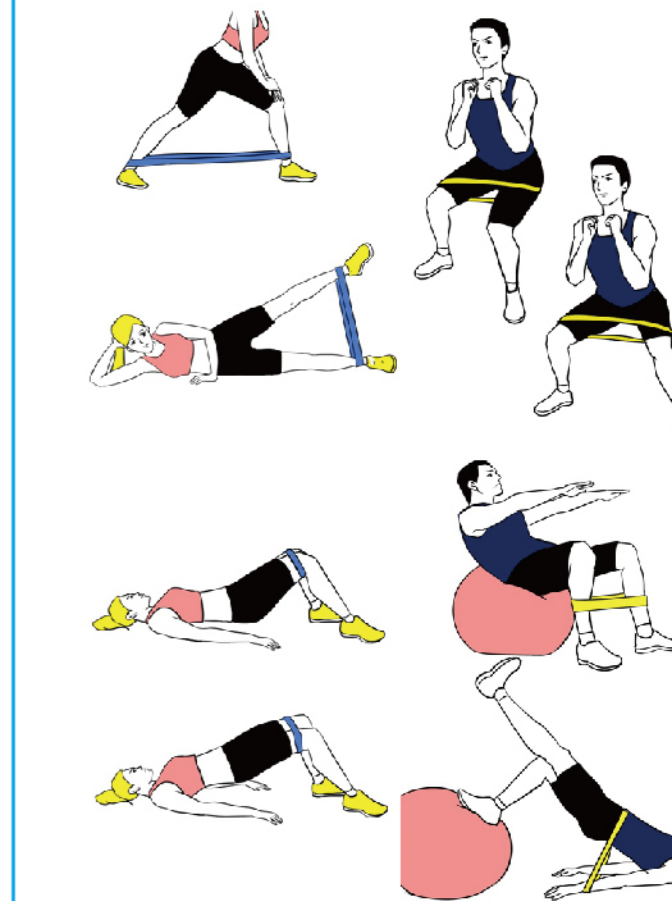
Squats

Place the mini band above your knees. Have your feet shoulder width apart with head and chest up. The Squat is a common exercise that works out the upper legs which means quads, Hamstrings and glutes.

Glutes Bridge1.Place the mini band around booth legs just above the knees. Lay on your back with your knees bent at a 90 degree angle, feet flat on the floor and arms at your side. Push your knees so that there is tension on the band. This exercise works out the upper legs, which means quads ,strengthen gluteus muscles and back muscles.

Multi-functional

We can do the exercise with yoga ball to strengthen the waist ,back muscle ,and thigh muscles, also help to keep the body balance .



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