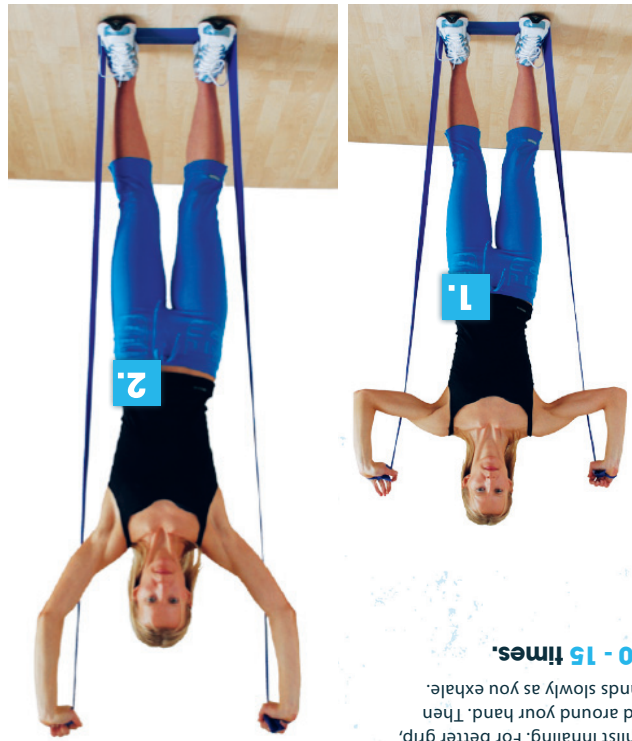


Stand on the centre of the band with one foot in front of the other.  
Hold both hands up towards your shoulders. Hold briefly and then slowly return to the start position.  
**Repeat 10 - 15 times.**

### ARM CURLS - BICEPS



Stand on the band with your feet shoulder width apart.  
Then raise your hands above your head, as illustrated, whilst inhaling. For better grip, wind the band around your hand. Then lower your hands slowly as you exhale.  
**Repeat 10 - 15 times.**

### SHOULDER PRESS - DELTOIDS

Lie on your back, knees bent with the centre of the band looped around the sole of one foot.  
Extend this same leg until straight. Pause for a moment and then return slowly to the start position.  
**Repeat 10 - 15 times, then switch sides.**



Fitness-Mad®

Kneel on the floor and secure the band under the arch of one of your feet and the band under your hands, as illustrated.  
Straighten your leg against the resistance of the band, pause briefly and then slowly return to the start position.  
**Repeat 10 - 15 times, then switch sides.**



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### SAFETY WHILST EXERCISING:

- Ensure the band is secured safely under the arch of your foot or your hand or buy some special fastened properly to an attachment point before starting each exercise.
- If you have difficulty gripping the band, wind the band round your hand or buy some special resistance band handles or clips.
- Perform 10-15 repetitions of each exercise, then move to the next stretch the band more than 4 times
- Do not over stretch bands; never directly away from your face.
- Never pull the band towards or do not sure if allergic.
- This resistance band is 100% latex, may cause damage to the band.

### BEFORE EXERCISING:

- We recommend that you consult your Doctor before taking up a new exercise regime and that you warm your muscles up and stretch for 15 minutes before starting your Resistance Band training.
- Always check the band before using for nicks or tears and replace if there is any sign of damage.

### WARNINGS:

Follow the Fitness-Mad safety guide to enjoy your resistance band safely.

- The band may be washed with mild soap and water. Lie flat to dry.
- Keep band away from heat, sharp objects and prolonged exposure to water or direct sunlight.
- Keep bands out of children's reach.

### CARE & STORAGE:

- Wear trainers when exercising & do not exercise on rough surfaces as this may cause damage to the band.
- Do not over stretch bands; never stretch the band more than 4 times its resting length.
- When exercising stop immediately if you feel any chest pain, feel faint, dizzy or shortness of breath.

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# IMPORTANT SAFETY ADVICE

# RESISTANCE BAND WORKOUT GUIDE

FOR PEOPLE WHO TAKE FITNESS SERIOUSLY



PILATES STRENGTH TRAINING REHABILITATION

STUDIO FITNESS EQUIPMENT



## ARM RAISES - SHOULDERS

Stand with the band underneath the arch of your foot with your arms down by your sides.

Lift both arms out to the side, keeping arms straight and palms facing down to the floor. Hold briefly with arms at shoulder height then slowly return to the start position.

Repeat 10 - 15 times.



## LUNGE - GLUTES & QUADS

Stand with one foot in the centre of the band.

Hold the handles keeping your hands by your hips, with your elbows bent. Place the other leg behind with your knee bent, adopt the lunge position. Keep your back straight when lowering your body. Return slowly and deliberately to the start position.

Repeat 10 - 15 times, then switch sides.

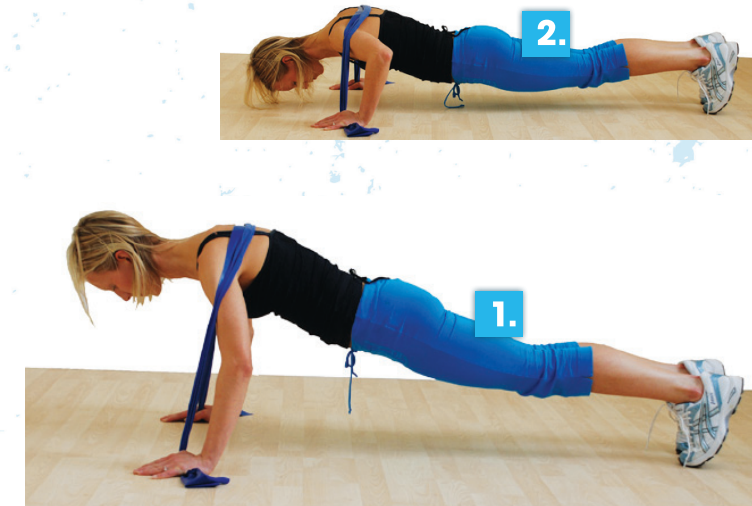


## PUSH UPS - PECS & TRICEPS

Lie flat on the floor & trap the end of each band between your palm and the floor, so that the band is stretched across your shoulder blades and just under tension in the lower position.

Perform press ups, resisting against the band. For an easier position put your knees on the floor. To make it harder double up the band!

Repeat 10 - 15 times.



## SQUATS - LEGS & GLUTES

Stand on the middle of the band with feet shoulder width apart.

Stretch the band up to hold your hands at shoulder height. Next, move into a squatting position, keeping your head up and your back straight. Once your thighs are parallel to the floor pause briefly before straightening back to a standing position.

Repeat 10 - 15 times.



## CRUNCHES - ABDOMINALS

Lie on your back and raise your feet off the floor, as illustrated.

Holding the band taught with arms shoulder width apart. Press the taught band against your raised thighs and perform a crunch by lifting your upper body off the floor whilst pushing your hands past your legs. Hold briefly then return slowly to the start position.

Repeat 10 - 15 times.



## SIDE RAISES - ABDUCTORS

Stand on the band with your feet shoulder width apart and the ends of the band in your hands.

Raise one foot out to the side, resisting against the band, whilst keeping your leg straight. Pause briefly and return to the start position.

Repeat 10 - 15 times, then switch sides.

