

**FOLLOW THE FITNESS-  
MAD SAFETY GUIDE TO  
ENJOY YOUR RESISTANCE  
BAND SAFELY.**

**WARNINGS:**

- This resistance band is 100% latex, do not use if allergic.
  - Never pull the band towards or directly away from your face.
  - Do not over stretch bands; never stretch the band more than 4 times its resting length.
  - Wear trainers when exercising & do not exercise on rough surfaces as this 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.
- CARE & STORAGE:**
- 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.

**SAFETY WHILST EXERCISING:**

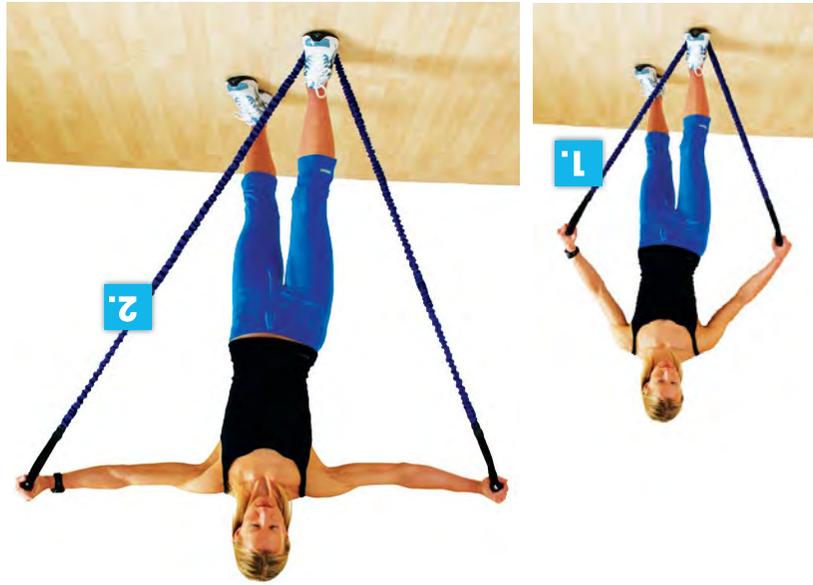
- Ensure the band is secured safely under the arch of your foot or fastened properly to an attachment point before starting each exercise.
- If you have difficulty gripping the band, wind the band round your hand or buy some special resistance band handles or clips.
- Perform 10-15 repetitions of each exercise, then move to the next exercise. Repeat until you have done each exercise three times.
- When exercising stop immediately if you feel any chest pain, feel faint, dizzy or shortness of breath.

**RESISTANCE  
TUBE  
WORKOUT  
GUIDE**



**FITNESS MAD**

**SIDE RAISES - ARMS & SHOULDERS**

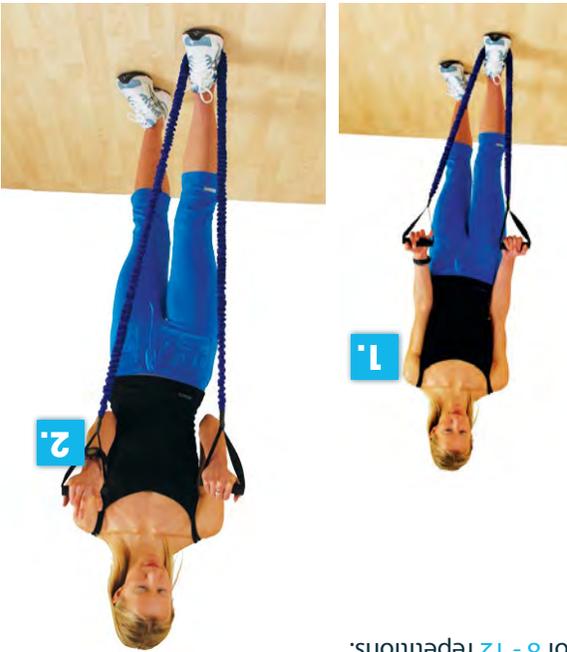


Perform 3 sets of 8 - 12 repetitions.

Stand on the tube with one or both feet on the tube, to suit your preferred resistance.

Holding each handle with your arms straight by your side and the tube of equal length on both sides, slowly raise your arms until they are level with your shoulders, whilst inhaling. Keep your arms straight and your abs contracted during the exercise, which will protect the lower back. Slowly return to the starting position whilst exhaling.

**ARM CURLS - BICEPS**



Perform 3 sets of 8 - 12 repetitions.

Hold both handles with palms facing upwards.

Stand on the tube with your front leg (or with both feet if you wish to increase resistance). Pull your hands up towards your upper body slowly and inhale at the same time. Briefly hold at the top and then slowly lower your hands to the start position, exhaling at the same time.

**PELVIC RAISES - LOWER BACK & BUTTOCKS**

Lie on the floor and raise your knees so your legs approximately form a right angle, keep your feet together and heels on the floor.

Holding both handles in one hand and both tubes in the other are a point where there is a slight resistance on the tube whilst your back is on the floor. Keep both hands pressing down on to the floor whilst raising your hips, resisting against the tube. Hold for a few moments in the upper position and then slowly lower back to the floor. Remember to keep your back straight during the exercise.

Perform 3 sets of 8 - 12 repetitions.



**SEATED LOW ROW - BICEPS, SHOULDERS & BACK**

Sit on the floor and place the tube around one foot or around both feet if you want greater resistance.

Grip the handles with your knees slightly bent and pull your arms back until they reach your abdomen. Hold briefly and then slowly return to the start position. Cross the tube over itself as illustrated if you want to make the exercise more difficult.

Perform 3 sets of 8 - 12 repetitions.



## LEG RAISES - BUTTOCKS

Create a loop by threading part of the tube through one of the handles, then step through the loop you have created and pull the tube until it is safely secured around your foot.

Now step on the tube with the other foot, about shoulder width apart and hold the other handle around chest height. From this position move the rear leg backwards and up, keeping the leg straight. Note: a similar exercise can be done using the door attachment (see page 10).

Perform 3 sets of 8 - 12 repetitions on each leg.



## REVERSE RAISES - BACK

Stand on the tube with your front foot.

Holding each handle with your arms straight by your side, the tube should be equal lengths on each side and your knuckles facing forward, slowly raise your arms behind your hips whilst inhaling. Keep your arms straight and your abs contracted during the exercise. Slowly return to the starting position whilst exhaling.

Perform 3 sets of 8 - 12 repetitions.

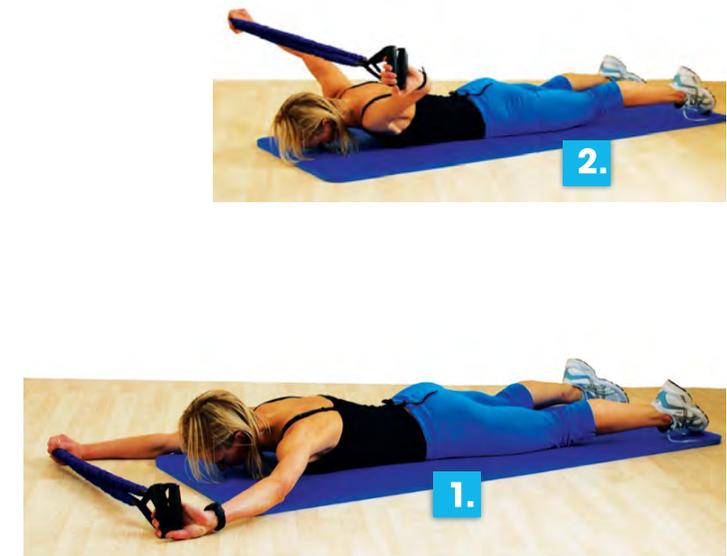


## PRONE SHOULDER - UPPER BACK

Lie face down on the floor.

Holding back both handles in one hand and the centre of the tube in the other hand (hold the tube at a point closer to the handles for greater resistance) slowly raise both hands above the head, keeping the arms straight then open your arms to the side as illustrated. Always keep your face looking down to avoid straining your neck muscles.

Perform 3 sets of 8 - 12 repetitions.



## TWO LEG SQUATS - LEGS & BUTTOCKS

Squat with the tube firmly under the arch of both feet, about shoulder width apart – do not allow your knee to extend beyond 90 degrees.

Holding both handles, stand up as illustrated keeping your palms facing forward. Keep your head up with your eyes looking forward and your back straight during the exercise. Hold briefly in the standing position and then slowly return to the starting position.

Perform 3 sets of 8 - 12 repetitions.



## 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.



## SHOULDER RAISE – SHOULDERS & TRICEPS

Stand on the tube in your preferred stance.

With the tube crossed and your knuckles facing downwards straighten your arms above your shoulders whilst inhaling. Keep your back straight and stomach muscles tensed during the exercise. Next lower your hands slowly to the starting position whilst exhaling.

Perform 3 sets of 8 - 12 repetitions.

