



A GENTLE REMINDER

Please be mindful of how your workout is affecting you.

Be careful not to overtrain your body and muscles during your routine.

Hip Thrusts with Band



Lie on your back with your knees bent, arms and feet flat on the floor. Place the resistance band around both legs above your knees.



Slowly lift your hips as high as possible while ensuring your heels remain flat on the ground.

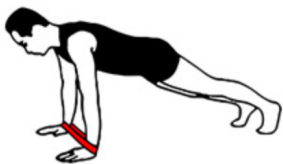
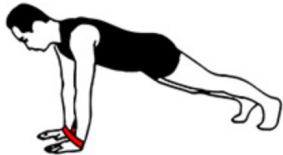
Steadily, lower your hips back to the starting position, then repeat. Be sure to keep the resistance band taut as your move through this exercise.

Lateral Band Walks - Arms

Move to a push-up position with the resistance band around your wrists.

Move your right arm sideways as far as you can, then follow with your left arm so that your arms are back to shoulder-width apart.

Move sideways to the right 3 times, then move sideways to the left 3 times. Be sure to keep your back straight throughout this exercise.

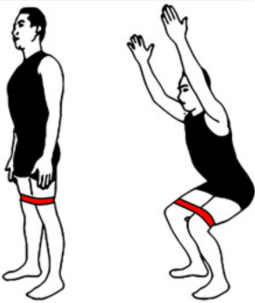
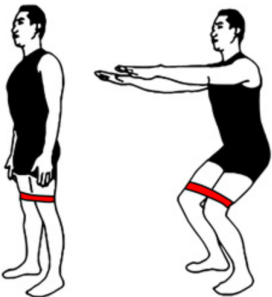


Regular Squats

Stand straight, arms down by your side, with your feet hip-width apart.

Place the resistance band around both legs above your knees. Bring your body down to a squat position, as you extend your arms in front of you.

Move back to your starting position, and repeat. Be sure to keep your back straight throughout this exercise.



Squats with Raised Arms

Stand straight, arms down by your side, with your feet hip-width apart. Place the resistance band around both legs above your knees.

Bring your body down to a squat position, as you bring your arms straight up above your head. Move back to your starting position, and repeat.

Be sure to keep your back straight throughout this exercise.

CAUTION

Always consult your Physician or General Practitioner before performing any physical activity.

No liability or responsibility is assumed by the Manufacturer for any injury incurred as a result of using this product.

We're on a mission to help people all over the world radiate with confidence and inner peace. To guarantee success, our yoga accessories are developed with reliable materials of utmost quality to ensure your journey to inner balance and bodily alignment a gratifying and enlightening experience.

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Tutorial GUIDE

HOW IT WORKS

Our Resistance Band is the perfect tool for shaping and toning your body, while boosting your strength training. It enhances your exercise, lets you build more muscle and lose more fat, all in the comfort of your own home!

It can effectively improve your exercise routine (such as squats, lunges, bench presses), and help you overcome difficult moves so that you can progress through your training smoothly and successfully.

Get pumped and get fit anywhere you'd like with our highly convenient and easily portable Resistance Band!



Sculpt Your Arms

Enhance your arm exercises. Strengthen and tone your arms, keeping them tight and firm.



Correct and Straighten Your Legs

Reinforce strength training for your legs. Build and boost your leg muscles.



Activate Your Glutes

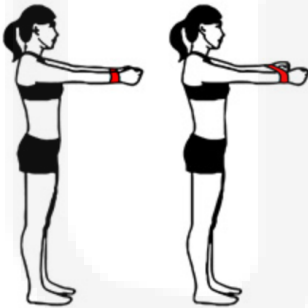
Deepen your squats. Effectively reshape your gluteal muscles.

Scapula Flies

Extend your arms in front of you with the resistance band around your wrists.

Push the band out to the sides as much as you can with both arms at the same time.

Move your arms back to starting position and repeat. Be sure to keep your shoulders down and arms extended throughout the entire movement.



Banded Walks

Place the resistance band around your ankles. Keep your head and chest up, back flat and shoulders back. Stand with your feet hip-width apart, slightly bend your knees and tilt your body forward.

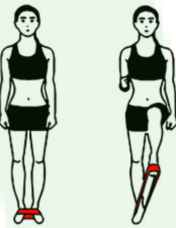
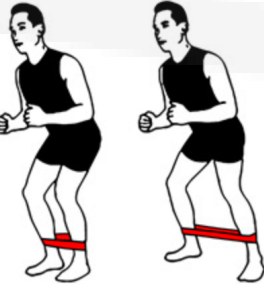
Keep your abs and glutes tight, and take your desired number of steps forward, then the same number of steps backward.

Lateral Band Walks

Place the resistant band around your ankles and stand with your feet about hip-width apart.

Keep your body in a quarter-squat position with your hands out in front of you. Keep your head and chest up, back flat and shoulders back. Take a step to the right with your right foot, so that your feet are shoulder-width apart.

Then, follow with your left foot so that your feet are hip-width apart again. Take your desired number of steps to the left, then the same number of steps to the left, and so on.



Lateral Leg Lifts

Stand straight with your legs and feet close together. Put the resistant band around your ankles. Slowly lift your right leg up, make sure your right thigh is perpendicular to your body, then open your right leg to the side and place it back down firmly on the ground.

Now, do the same movement with your left leg. Be sure to keep your back straight as your move through the exercise.

Clamshells

Lie on one side with your knees bent, feet together and your head resting on your left arm.

Place the resistance band around both legs, just above your knees. Slowly lift your top knee, keeping your feet together and the bottom knee on the ground, then return your top knee to the starting position.

Do your chosen number of reps, then switch sides.

