

RESISTANCE BAND SET

FSRSTBANDSA

INSTRUCTIONS

Important: Before You Begin

Before starting, you should consult your doctor to ensure you are medically fit to begin an exercise program. In the event of chest pain, shortness of breath, nausea, dizziness or pain you should stop exercising immediately and call your doctor. As with all strength training, your muscles may be sore after an intense workout. Most of the time this is normal and can even be a sign that you had a great workout. However, if the pain is prolonged you should take a break from working out and call your doctor.

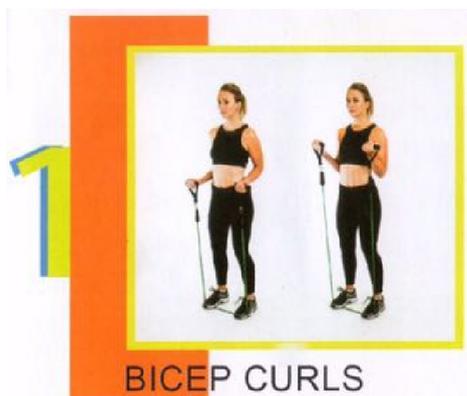
Before starting a workout, make sure that you are dressed appropriately in athletic clothing and footwear. Always ensure movements with Tribe Fitness resistance bands are performed in a controlled manner. Never let go of a resistance band when it has been stretched. These resistance bands are serious pieces of fitness equipment. They are not toys. Always keep resistance bands out of reach of children.

Verify that your set comes with all the following before use

Your Tribe Fitness premium resistance band set comes with a set of handles and ankle straps, 1 door anchor, 1 Storage bag and the following resistance bands:

Colour	Strength	Level of resistance
 Yellow	Extra Light	3 - 5 lbs
 Green	Light	10 - 15 lbs
 Red	Medium	15 - 20 lbs
 Blue	Heavy	25 - 30 lbs
 Black	Extra Heavy	30 - 35 lbs

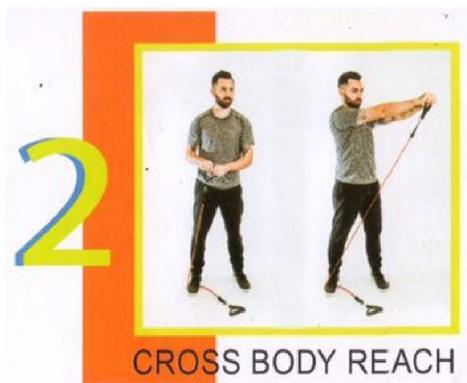
Bicep Curls



Time to get buff! Stand up tall with feet shoulder-width apart and a band placed under both feet. Grip the handles with your hands down at your side and your palms facing forward. Keep your elbows fixed to your sides while slowly curling the handles up toward your shoulders. With the handles up near your shoulders, pause and squeeze before slowly lowering the handles back toward your hips.

Repeat for 8-12 reps and then take a short rest between sets.

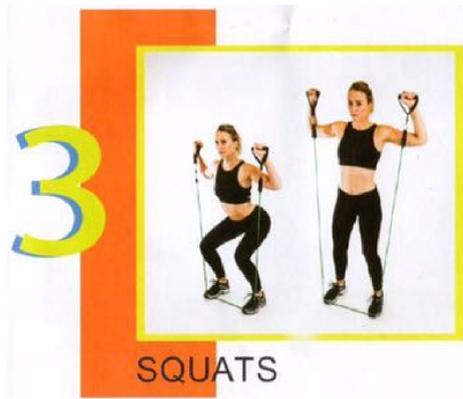
Cross Body Reach



Like a lumberjack swinging an axe! Place a band under your right foot or use a door anchor. Hold the handle with both hands down by your right hip. Slowly lift both arms while rotating your entire body to the left against the resistance. Finish with both arms high on your left side. This exercise will work your shoulders, core and back.

Repeat for 8-12 reps before switching to the other side and performing the exercise in the opposite direction.

Squats



Tone your legs and bum, stand up tall with the band looped under your feet. Hold the handles at shoulder level and keep your arms as fixed as you can. Squat down low, keeping your back straight and push your bum out. Pause before pushing yourself back up slowly using your legs.

Your legs and bum are naturally stronger than your arms, so aim for 16-20 reps when doing squats. As always, take a short rest between sets.

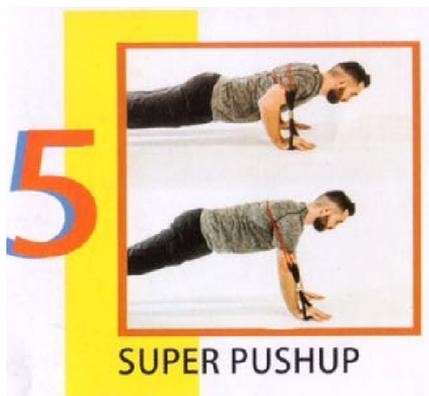
Core Twist



Way better than sit-ups, Use the door anchor to hold one of the bands. Stand with your feet shoulder-width apart or even sit down in a chair. Grip both handles with hands closest to the door and rotates your upper body and hips away from the anchor. You can adjust your distance from the door anchor to change resistance or simply pick a different colour band.

This one gets your obliques! Use this exercise liberally to target those love handles, 16-20 reps per set is an idea.

Super Pushup



Not for the faint of heart! Attach both ends of a single resistance band to one handle. Loop the resistance band through your left hand and hold the handle in your right hand. Assume the pushup position with the band wrapping around your shoulders/upper back.

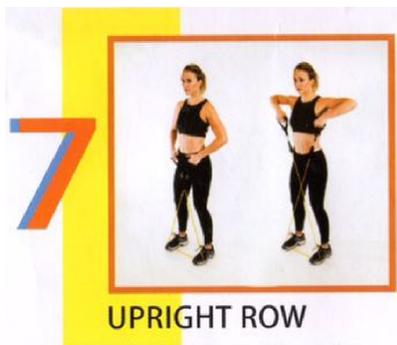
Do as many slow, controlled pushups as you can with added resistance. An excellent chest and triceps workout can be achieved with about 8-10 reps with a short break between sets.

Lunges



More killer bum toning! Nothing can tone your bum like squats and lunges. Place a resistance band under your right foot and hold both handles with your palms facing up. Start with your feet staggered one in front of the other. In a single motion, bend both knees until your left knee nearly touches the ground. Slowly return to the starting position, but as you do, curl your arms, stretching the resistance band and adding more resistance for your legs to overcome.

Upright Row



One of the best shoulder exercises! Place a band under your feet. Cross the handles and grab one handle in each hand. With your hands by your waist, slowly pull your hands up toward your shoulders, while raising your elbows toward the ceiling. At the same time, shrug your shoulders.

8-10 slow and steady reps are best for this one. If you do it slow enough with the right resistance band, you will feel this one working in no time!

Tricep Extensions



Complete your arms workout! Start with your feet shoulder-width apart and loop a resistance band under your feet. Descend to a half-squat, keeping your back straight and grasp on one handle in each hand. With your upper arm fixed, extend your forearms backwards until your arms are straight. You can do triceps extensions with either arm at once or one arm at a time.

8-12 reps with a break between sets are a great starting point to exercise your triceps!

Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**

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