

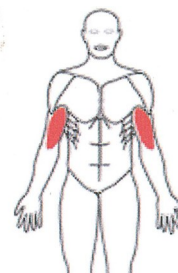
The Resistance Band is a multi-dimensional tool excellent for use at home, in the gym or wherever you choose to work out. With literally hundreds of exercises there is no excuse why you can't work every muscle group in the comfort of your own home!

Disclaimer: Each exercise can be done numerous times depending on how hard you want to push yourself. Always remember, **YOU MUST KEEP YOUR FORM**, losing your form because you are tired can lead to injury and uncomfortable muscle strain! All these exercises are recommendations only, and should only be performed once you are clear of the correct form. T8 Fitness accepts no responsibility for any injury or damage that may occur - you do these exercises at your own risk.



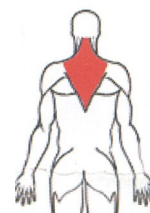
Bicep Curl

Stand with the band under your foot - adjust hand position for preferred tension (the less band you use, the higher the tension). Extend your arms towards the floor with your palms facing up. Keep your elbows by your rib cage and in line with your body. Hinge your elbow, focusing on your biceps and pull the handles up towards your shoulders. Squeeze at the top, and then repeat.



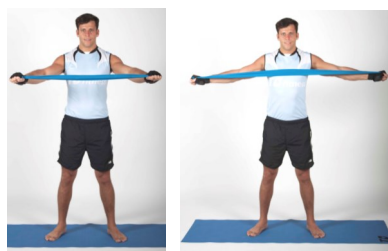
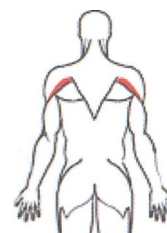
Bent Over Row

Secure the band firmly under both feet, with your knees slightly bent, arms extended towards the floor and hands facing each other. Bend at the hips, so that your back is anywhere between 45 degrees and parallel the ground - different angles will work the back in different ways. Keeping your position secure, pull your hands towards your torso, focusing on squeezing your shoulder blades together. Squeeze hardest at the top.



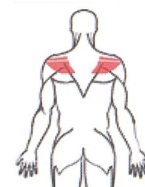
Seated Row

Sitting on the ground, with your legs out in front and back straight, loop the resistance band securely around both feet. Hold your arms straight out in front with the palms facing each other. Keeping your position secure and your shoulders down, contract your back and pull your hands towards your torso, focusing on squeezing your shoulder blades together. In a controlled manner, return to the start.



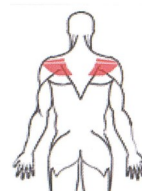
Reverse Flies

Hold the band in your hands with your palms facing down, elbows straight and arms directly out in front. Move your arms away from each other to your sides remembering to keep your shoulders down. Slowly return to the start position.



Scapular Retraction

Holding the ends of the band, place your arms in front of you with your elbows bent and tucked into your body. Squeeze the shoulder blades together and move your hands out to your sides, keeping your elbows stable. Slowly return to the starting position.

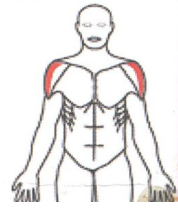


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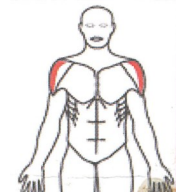
Cross Lateral Raise

Place the band securely under your left foot. Grip the band with your right hand, with your arm across your torso, and your palm facing your left hip. Maintaining a slight bend in your arm, and focusing on the shoulder raise, your arm to the side until your hand is slightly above your shoulder, with your palm facing in front of you. Make sure to keep the shoulder and shoulder blade secure. Repeat on the other side.



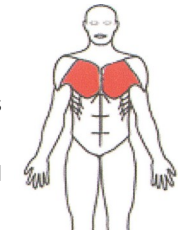
Lateral Raise

Loop the band securely under both feet and hold the ends of the band with both hands. Begin with your arms at your sides and palms facing towards each other. Keep your elbows straight and lift your arms to just above shoulder level, making sure to keep the shoulder and shoulder blade secure. Slowly lower.



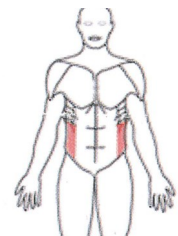
Chest Flies

Wrap the band securely around the middle of your back, and hold the ends in your hands, with your elbows slightly bent. Maintaining the angle of your elbows, bring your arms forward and inward in a hugging motion until they are touching. Return slowly to the start position.



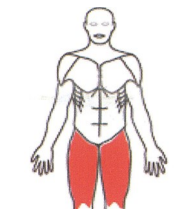
Side Bend

Secure the band underneath your right foot, and grasp the band in your right hand, with your arms straight and by your sides. Bend to the left, keeping your elbows straight and by your sides. Slowly return to the start position and repeat on the other side.



Squats

Loop the band under both feet securely, and bend knees to between 45 and 90 degrees, depending on how comfortable you are with the exercise. Adjust the band to the appropriate tension and grip in both hands. Keeping your back straight and focusing on pushing through your heels, straighten the knees until you are standing upright. Return slowly down.



Lunges

Loop the band securely around your left foot, with your left foot in front and your right foot further behind to provide stability. Bend the left knee to between 45 and 90 degrees, depending on how comfortable you are with the exercise. Adjust the band to the appropriate tension and grip in both hands at chest level. Keeping your back straight, and focusing on pushing through your left heel, straighten your left leg. Slowly return, and repeat on the other leg.

