

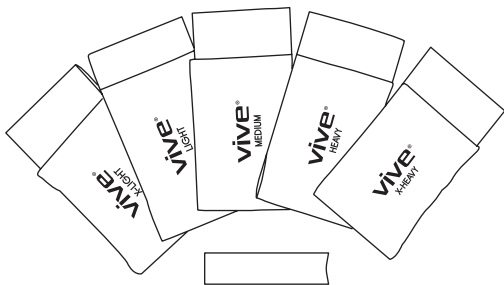
vive®

RESISTANCE BANDS

5PC SET

User Manual

RHB1O27



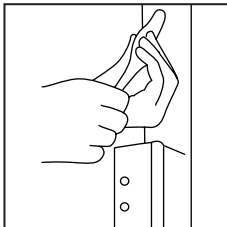
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WHAT'S INCLUDED

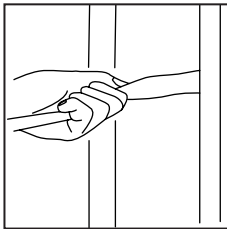
- Vive 6 Foot Resistance Band
- Door anchor
- Carry bag

TO INSTALL DOOR ANCHOR

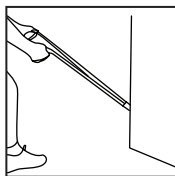
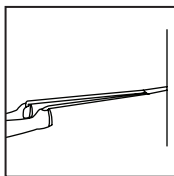
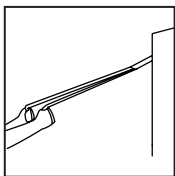
Place the closed end of the loop over the top of the door or through the hinged side of the door and close the door tightly.



Pull on the exposed loop to ensure it is secure before attaching desired resistance bands.



Door attachment can be used at three points of the door frame for various exercises.

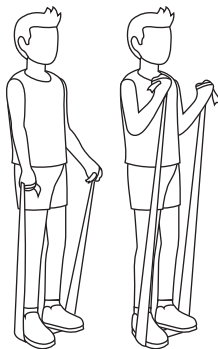


EXAMPLE EXERCISES

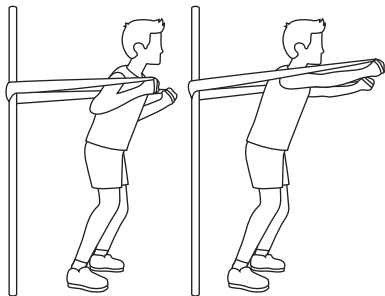
Bicep Curl

Start: Stand on the resistance band with feet shoulder width apart and hands hanging down at your sides firmly holding the ends of the resistance band.

With palms facing forward, slowly curl hands



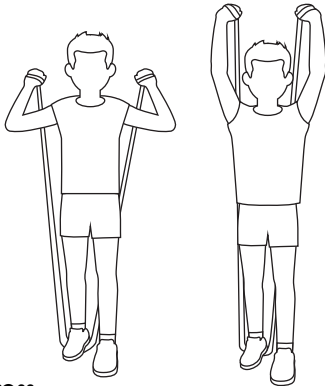
toward each shoulder, keeping elbows tucked into the sides. Release arms back to the starting position.



Chest Press

Start: Attach resistance band to the door anchor at the mid position. With your back to the door, stand with feet hip width apart and bring your hands just below shoulder height with palms facing down, shoulders bent.

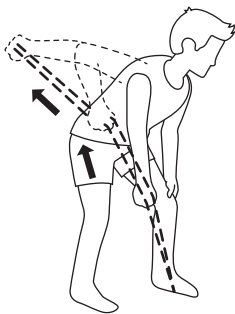
Push forward, straightening elbows while maintaining shoulder height. Slowly return to the starting position.



Shoulder Press

Start: With the resistance band under one foot, securely hold the ends of the resistance band at shoulder height, elbows out, palms forward with the band behind the body.

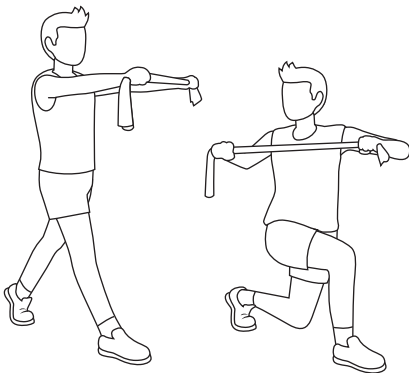
Slowly push hands up, straightening the elbows. Slowly return to the starting position. This exercise can also be done with the resistance band attached to the door anchor at the low position.



Elbow Kick Back

Start: Stand with feet shoulder width apart, one end of the resistance band underneath one foot. Slightly bending, support the upper body by placing your free hand just above the knee, allowing the opposite hand to fall straight down, grasping the opposite end of the resistance band with your palm facing inward.

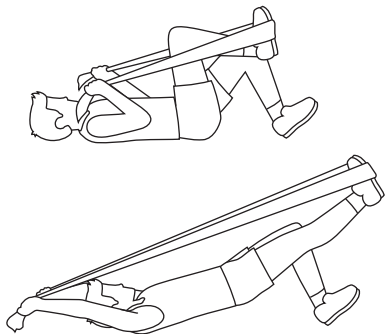
Pull up, raising elbow to shoulder height, then extend the elbow backward, straightening the arm. Slowly return to the starting position. Repeat movements on the opposite side.



Rotating Lunge and Row

Start: Stand in a split stance with the heel of your back foot lifted. Fold your resistance band in half and hold it at shoulder height with palms facing downward and elbows straighten.

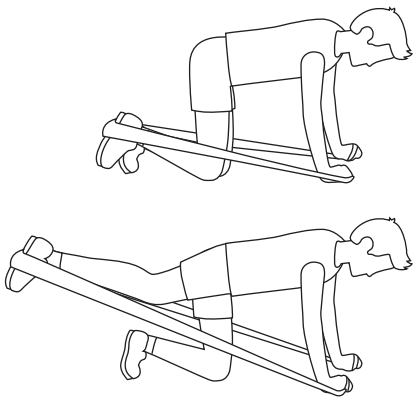
Bend your elbows, pulling the resistance band wider as you near your chest without raising your shoulders. As you pull the resistance band back, rotate your torso to the right while bending the right knee in a lunge motion. Return to the starting position.



Bridge Kick Press

Start: Lie face up with knees bent and feet flexed, allowing heels to rest on the floor. Wrap resistance band around the bottom of one foot, holding the ends in each hand with elbows bent and resting at your sides.

Lifting your hips off of the floor, straighten your leg until fully extended while pressing your arms above your head. Return to the starting position.



Leg Extension

Start: Securely holding the ends of the resistance band, loop the resistance band around the bottom of one foot. Position your body on all fours, hands directly below the shoulders, knees below the hips. Slowly push foot backward, raising the leg parallel to the floor while straightening the knee. Return to the starting position. Repeat movement with the opposite leg.



Squat

Start: Stand on the resistance band with feet shoulder width apart, holding the ends of the resistance band in each hand. Raise hands to shoulder height, elbows close to your sides, palms facing forward.

Bending forward slightly, lower your body by bending the knees pushing them toward the toes. Slowly return to the starting position.

CLEANING

Wipe down with a dry cloth as necessary.
Store in a dry place.

WARNING

Always consult your physician before starting any exercise routine.

Do not allow children to use resistance band unsupervised.

Be sure resistance band is secured to the door anchor before using.

Do not stretch the resistance band to more than three times its resting length.

Store out of direct sunlight and extreme temperatures.

Always inspect the resistance band for small nicks, tears or punctures that may cause the band to break.

SPECIFICATIONS

Available in:

- X-light - 6' x 4" x O.25mm
- Light - 6' x 4" x O.35mm
- Medium - 6' x 4" x O.45mm
- Heavy - 6' x 4" x O.55mm
- X-Heavy - 6' x 4" x O.65mm

ACTIVATE YOUR GUARANTEE



You are protected by Vive Health's industry leading guarantees and customer service:

If you did not purchase through vivehealth.com, please register at vivehealth.com/register to validate your guarantee.

Product Code: RHB1O27



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