

# SERIOUS STEEL®



PULL-UP BAND GUIDE

# TABLE OF CONTENTS

COPYRIGHT.....	2
ABOUT US.....	3
BEFORE USING YOUR BAND.....	4
ABOUT SERIOUS STEEL BANDS.....	5
PULL-UPS.....	6
STRETCHING.....	7
SHOULDER ACTIVATION.....	11
ARMS AND SHOULDERS.....	12
BACK.....	14
CHEST.....	16
LEGS.....	17
SPEED & AGILITY.....	19
BAND SET-UP.....	20
BENCH.....	20
DEADLIFT.....	20
SQUAT.....	21
ADDITIONAL PRODUCTS.....	22



**Author:**

Serious Steel Fitness, LLC.

While every precaution has been taken in the preparation of this guide, the publisher and authors assume no responsibility of errors or omissions, or for damages resulting from the use of the information contained herein. Please consult a physician or medical professional before beginning any fitness program.



Copyright © 2016 Serious Steel Fitness

# ABOUT US

Serious Steel Fitness is located in Roanoke, Virginia. We began Serious Steel in 2009 with the goal of providing high quality exercise and fitness equipment at a great price with great customer service through our website and third-party selling platforms. Prior to starting Serious Steel, we had spent the previous 28 years in the residential and commercial specialty fitness industry. Exercise and Fitness is our passion and we want to provide you with the best possible buying experience.

Customer Service is very important to us. If you have any questions or concerns, do not hesitate to contact us.

# BEFORE USING YOUR BAND...

---

- Inspect band before every use.
  - Always check equipment for wear or damage. If any defects are found, do not use product.
  - Pull-up bands are NOT toys. Keep equipment away from children.
  - Supervision is suggested for any person under the age of 18.
  - Wear shoes as well as appropriate clothing when using pull-up bands.
  - Practice the suggested exercises without a power band to become comfortable with the movements before adding resistance.
  - Bands should not be misused or abused.
  - Warm up and stretch before using equipment.
  - Some metals may cause discoloration of the latex band, especially when wet.
  - Consult with your physician before beginning any exercise regimen.
  - Do not wrap band around sharp edges, wood, or knurled areas on barbells or pull-up bars.
  - If you must wrap around non-ideal areas, wrap a towel around the area to prevent the band from being damaged.
- 

## **WARNING:**

Do not stretch band more than 2.5x its length or over 100'. Never place bands around neck.

## **CAUTION:**

Serious Steel Bands are 100% natural latex and are over 99.9% free of soluble proteins (latex allergens). Latex bands may cause a reaction if you are sensitive to latex. Please be sure to wash your hands before touching face or eyes. If you have a severe reaction, discontinue using the bands.

## **CARE INSTRUCTIONS:**

To clean the band and minimize rubber scent, run the band through a damp paper towel or cloth towel with a small amount of soap. This should minimize any residue and the rubber scent. Do not allow band to come in contact with metal when wet.

**LEAVING BANDS IN HIGHLY HUMID ROOMS CAN PERPETUATE THE AGING PROCESS OF THE LATEX BAND. DO NOT STORE IN EXTREME COLD OR HOT TEMPERATURES AS IT CAN LEAD TO THE DETERIORATION OF THE BAND.**

---

Serious Steel Fitness, LLC assumes no liability for accidents or damage that may occur with the use of Serious Steel Fitness products.

# ABOUT YOUR SERIOUS STEEL FITNESS BANDS

The Serious Steel Fitness 41" Pull-up band can stretch up to 2.5 times its original length (or over 100") These bands are made from 15 continuous layers of rubber latex. Guaranteed from snapping or breaking for 90 days.

**-BANDS SHOULD NOT BE ABUSED OR MISUSED**

**-DO NOT WRAP AROUND SHARP EDGES, WOOD, OR KNURLED AREAS**

**-COMBINING WITH MULTIPLE SIZES GIVES YOU MORE LEVELS OF TENSION**



**-WE HAVE ADDED GUIDELINES TO THE EXERCISES IN THIS GUIDE. THE COLOR OF THE BOX CORRESPONDS TO THE BAND AND THE LETTERS CORRESPOND TO EITHER A BEGINNER, INTERMEDIATE, OR ADVANCED TENSION LEVEL.**

**PLEASE SEE THE EXAMPLES BELOW.**



**INTERPRETING THE BOXES:**



# PULL-UPS



## GETTING SET-UP:

Drape the band over the bar. Pull one end of the band through the other end. Pull the band so that it tightens or is choked against the bar.

## POSITIONING THE BAND:

Secure the band around your knee or shin for less assistance or secure the band around your foot for more assistance.

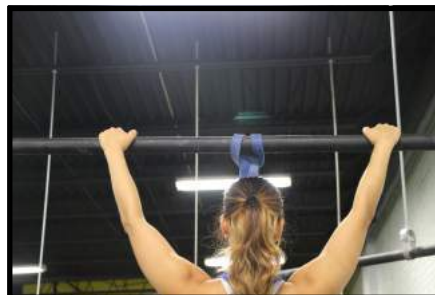
**NOTE:** You may need to use a stool, chair or plyobox in order to use the band to be at a height to secure the band to the body.\*

\*If the band was longer and came to the floor, the amount of assistance it would give you would be less or none.



## HAND POSITION:

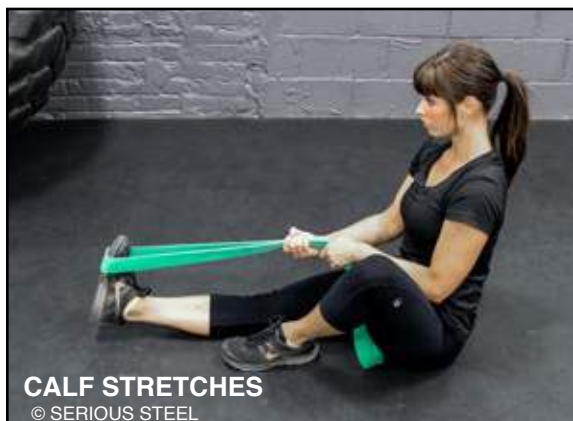
Position your hands facing away (Pronated Grip) to perform the pull-ups. Grip the bar with hands outside of the shoulder.



## -SAMPLE WORKOUT-

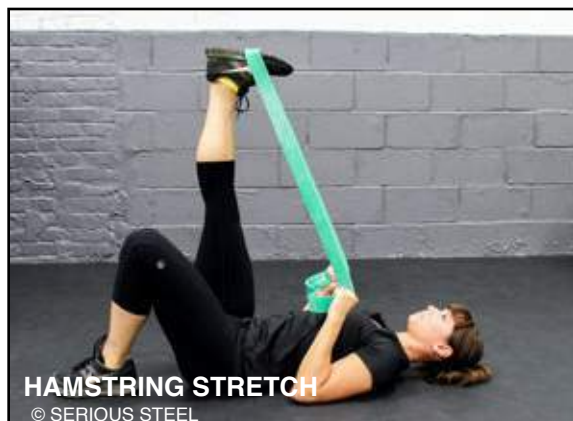
Band assisted pull-ups are a great way to get started on your pull-up journey. Whether you need to start with the most assistance or just a little bit of assistance to get you over your pull-up plateau, we have a band for you. If you are trying to improve the number of pull-ups you can do and you have multiple bands, try this routine. Grab your lowest tension band that you can do pull-ups with and start doing pull-ups. After you reach failure on that band, continue your pull-ups using more assistance with the next band and so on. This is an intense back burning workout!

# STRETCHING: IT'S ESSENTIAL



## CALF:

In a sitting position hold onto one side of the band with your hands and loop the other end around one or both feet. Gently pull, creating tension on the top of your foot. Push your heel away from you to increase the intensity of the stretch.



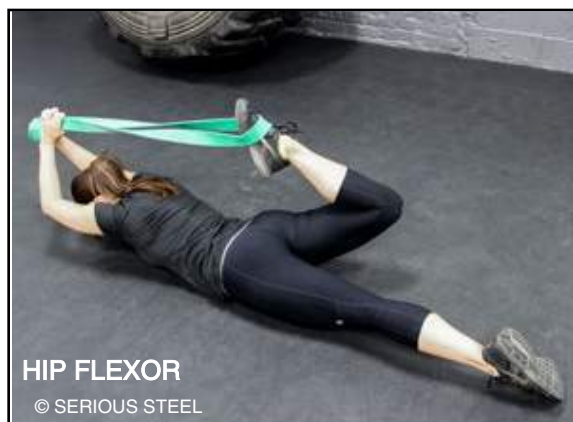
## CALF/HAMSTRING:

Lie on your back (or in a sitting position) and loop the band around one foot, while grabbing the end of the band to create tension. Gently pull the leg towards you, stretching the hamstring. Once finished, repeat with the other leg.



## HIP & GLUTE:

Lie on the floor and loop the band around the left or right foot, grabbing onto the band with the opposite hand. Straighten the right leg out on the floor and gently lower the left leg across the body and to the right as low as you can go feeling a stretch in the right hip and glute. Repeat on the other leg as needed.



## HIP FLEXOR:

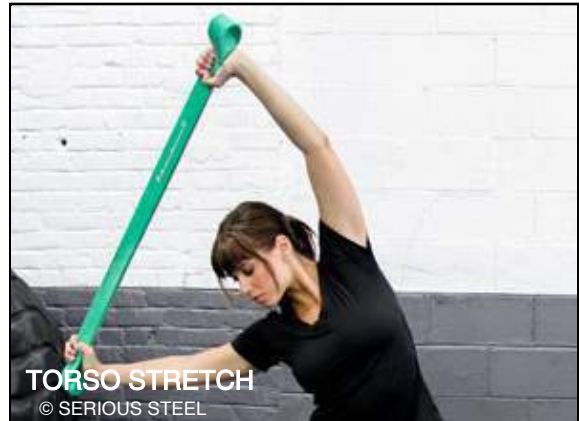
Lay on your stomach with one leg straight out while the other leg is slightly bent to the outside behind you. Loop the band around your bent foot and gently pull your foot towards the glutes to stretch the hip flexor and quads.





## TORSO:

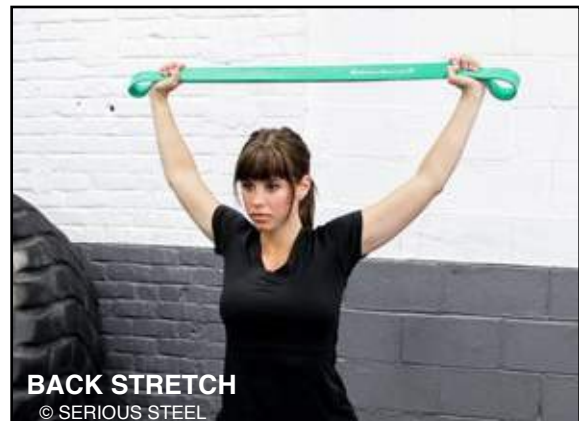
In a sitting or standing position, hold on to each side of the band and pull taut. To stretch the left side of the torso, pull gently with your right hand and lean. Do the same for the left.



**TORSO STRETCH**  
© SERIOUS STEEL

## BACK:

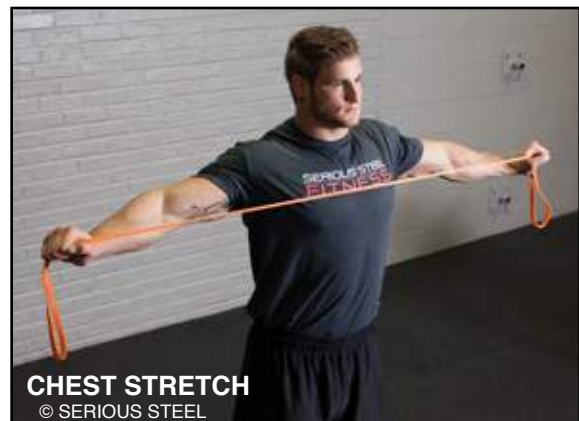
In a standing position, pull on band with both hands while drawing the shoulder blades together and hold position.



**BACK STRETCH**  
© SERIOUS STEEL

## CHEST STRETCH:

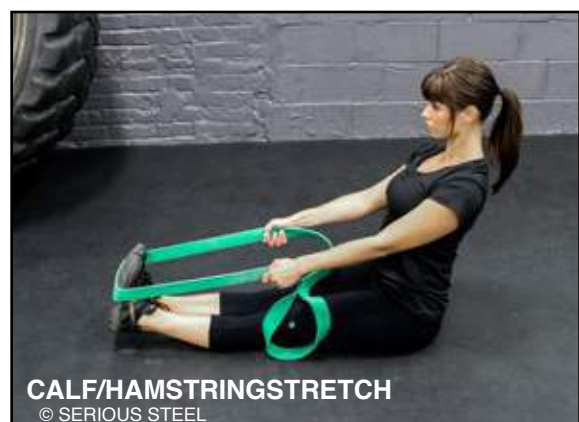
In a sitting or standing position, grip the band with a wide grip up over the head. Gently pull the arms out and down as low as you can to stretch the chest. If you have shoulder problems, you may want to skip this exercise.



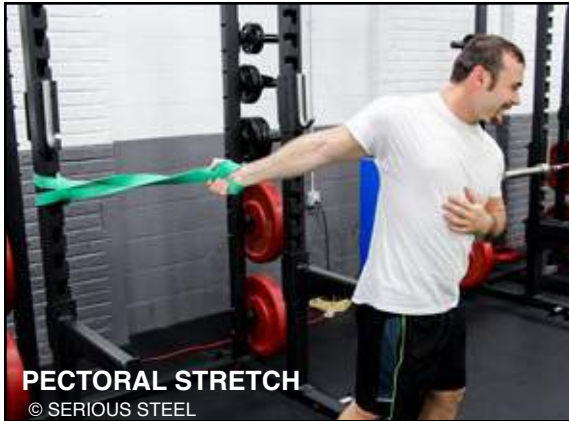
**CHEST STRETCH**  
© SERIOUS STEEL

## CALF/HAMSTRING:

This is a great stretch that tackles the calf and the hamstring muscle. In a seated position, loop the band around your feet and grasp onto the band until you feel the tension. Lean back slightly and push your heels out to stretch the calf.



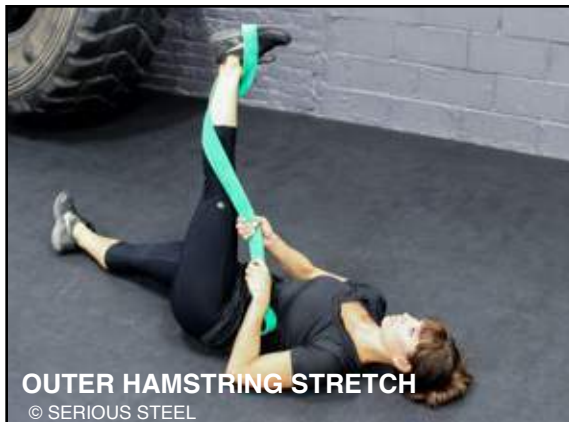
**CALF/HAMSTRINGSTRETCH**  
© SERIOUS STEEL



**PECTORAL STRETCH**  
© SERIOUS STEEL

## PECTORAL:

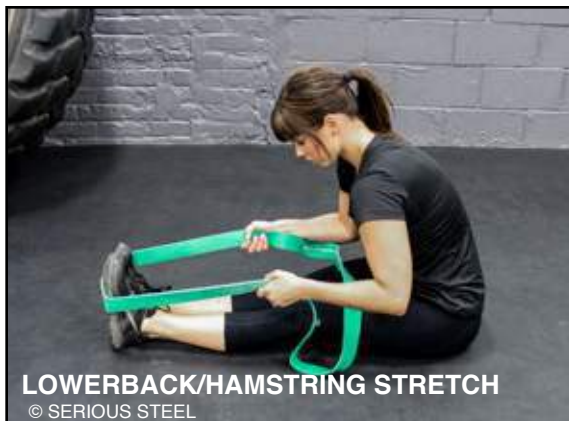
Anchor or choke the band around a stationary pole and grasp the other end of the band with one hand. Position your body at a slight angle away from where the band is anchored and pull gently to stretch the outer muscles of the chest. This is a great stretch after a killer chest workout!



**OUTER HAMSTRING STRETCH**  
© SERIOUS STEEL

## OUTER HAMSTRING:

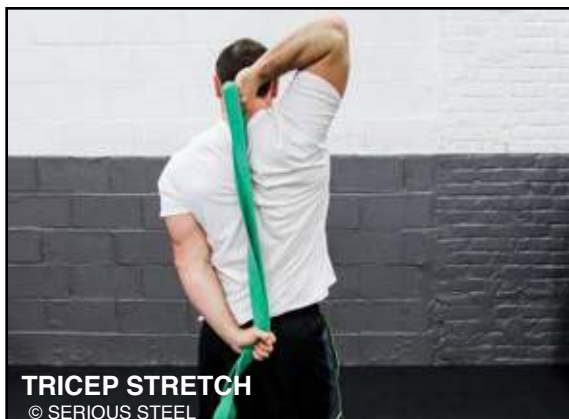
Lie on your back and loop one end of the band around the top of your foot. Wrap the band around the inside of your calf and back around your knee and grasp the other end of the band. While holding tight onto the band, move your leg toward your other leg to stretch out the outer hamstring muscles.



**LOWERBACK/HAMSTRING STRETCH**  
© SERIOUS STEEL

## LOWERBACK/HAMSTRING:

Loop the band around your feet, grasp onto the band and lean forward slightly while pulling the band toward you. You should feel a stretch in the hamstrings and lower back.



**TRICEP STRETCH**  
© SERIOUS STEEL

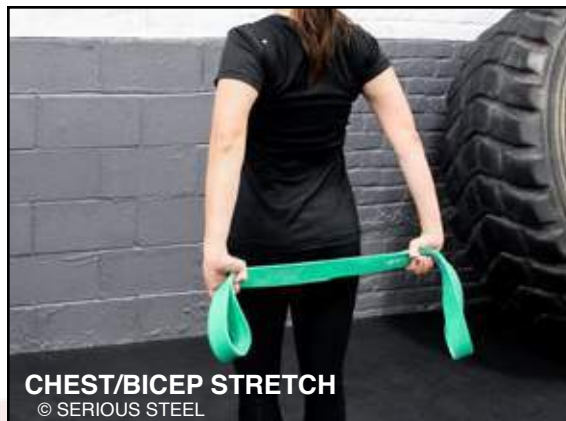
## TRICEP STRETCH:

Position the band behind head so that the band hangs down behind body. Reach behind back or waist with opposite hand and grasp opposite end of the band. Position upper arm close to back side of head and hold onto the band. Now pull down with the opposite hand on the lower arm. Hold the stretch and then repeat or switch to opposite arm.



## CHEST/BICEP:

Grab your favorite Serious Steel band and grip the two ends behind your back. Gently begin pulling the band to increase the tension and hold.



CHEST/BICEP STRETCH  
© SERIOUS STEEL

SERIOUS STEEL FITNESS

# SHOULDER ACTIVATION



## SHOULDER ACTIVATION:

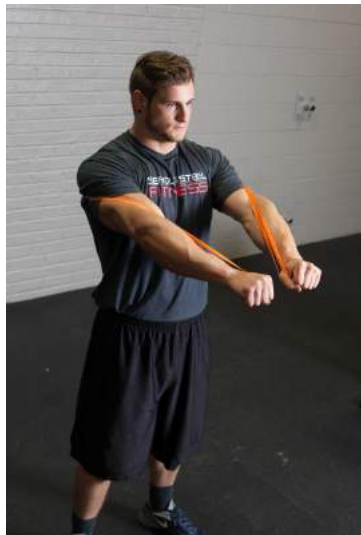
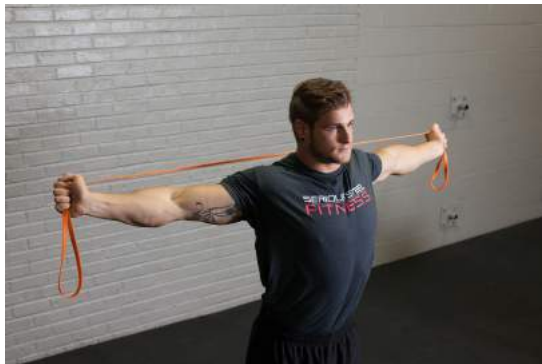
Grab the band about 1 foot in from the end. While keeping the back tight and lat's engaged, begin pulling the band apart slowly. The arms should be slightly bent as you finish the pull-apart. Remember to squeeze the shoulder blades together on each rep.

*NOTE: These exercises are not meant to be strenuous or taxing. They purely meant for warming up your shoulder joints and muscles prior to working out.*

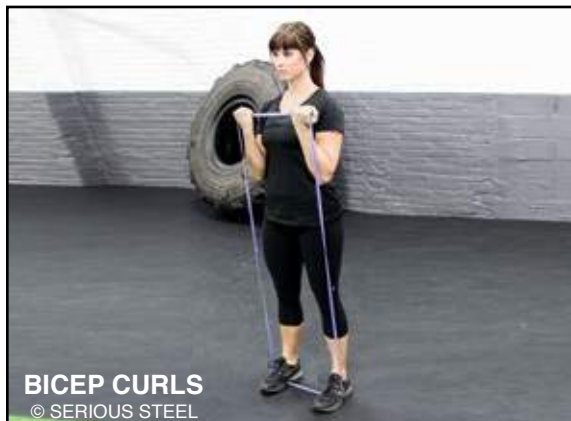
It is recommended that our #0 Orange Mobility Band be used.

*NOTE: To adjust tension, change width of grip on the band.*

Complete 8-12 reps of each exercise.

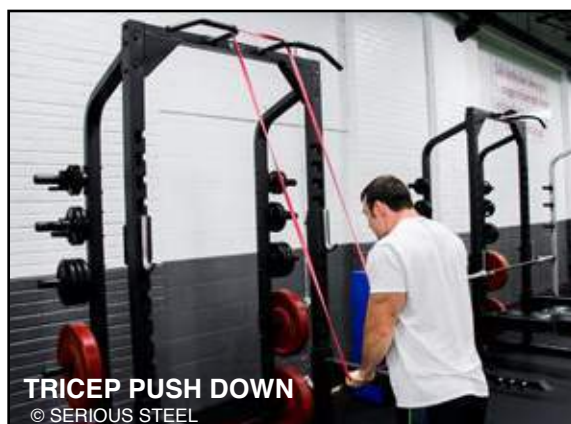


# ARMS AND SHOULDERS



## BICEP CURLS:

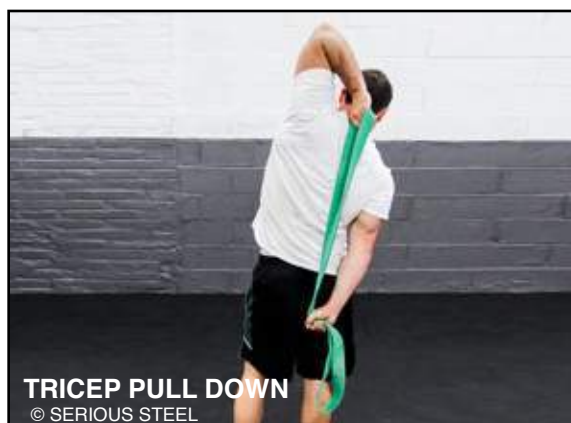
Position your feet shoulder width apart on top of the band. Grasp the band with one or both hands and slowly raise your hands toward your shoulders while bending at the elbow and then slowly lower your arms to the beginning position. Be sure to keep your back straight during the entire exercise. To adjust band tension, adjust feet closer or further apart. Wider stance will add more tension, closer stance, less tension. **B I A**



## TRICEP PUSH DOWN:

Anchor the band to a door or to a pull up bar as pictured. Grasp band with both hands and extend your arms straight down while bending at the elbow. Return your hands to the beginning position. NOTE: Exercise can also be performed with one arm.

**B I A**



## TRICEP PULL DOWN:

Position the band behind head so that the band hangs down behind the body. Reach behind back or waist with opposite hand and grasp opposite end of band. Position upper arm close to the back side of head and hold onto the band. Now pull the opposite hand on the lower arm.

**B I A A**



## WALL WALKS:

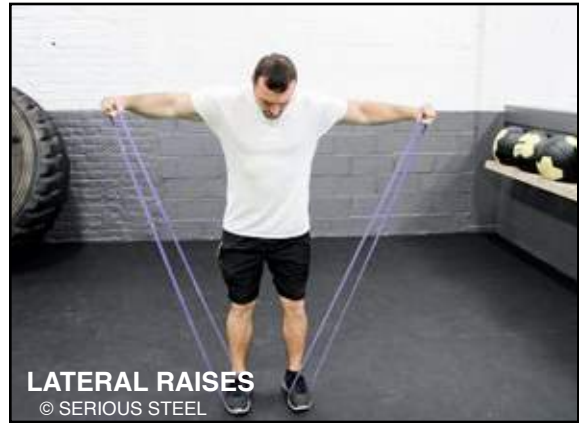
Use the 20" band or wrap the 41" band around your wrists a couple times or fold it so it has a greater amount of tension. Face the wall and move your hands side to side, while walking along the face of the wall.

NOTE: Keep the band taut during movement.

**B A**

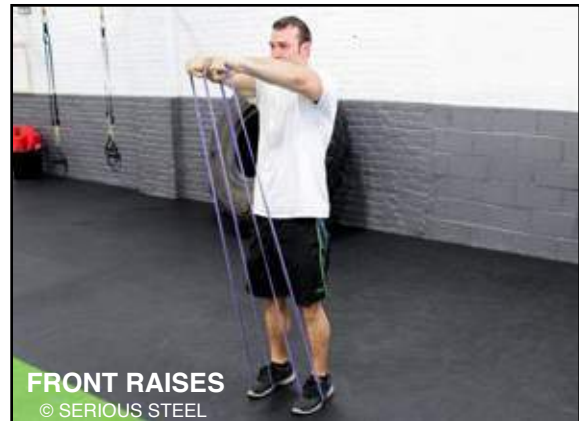
## LATERAL RAISES:

Position feet shoulder width apart and position the bands underneath each foot. Grab the other ends of the bands and raise your arms out until parallel to the floor. Be sure to adjust the band to find the right resistance. Do not strain your shoulders. This can also be completed with a single band. Same standing position but loop the band underneath both feet and raise as if you had two. Please note this will be much more difficult than two bands.



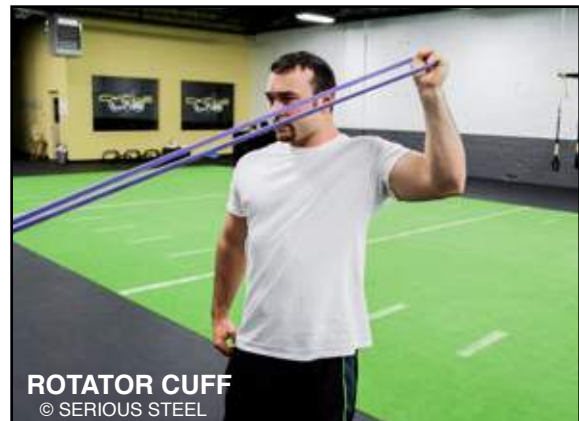
## FRONT RAISES:

With your feet positioned shoulder width apart, place the bands under each foot. Grab each band and raise your arms in front of your body. We suggest using the the #0 Orange Mobility Band. This exercise can also be performed with a single band. Grip one band with both hands. This exercise can also be done with just one hand.



## ROTATOR CUFF:

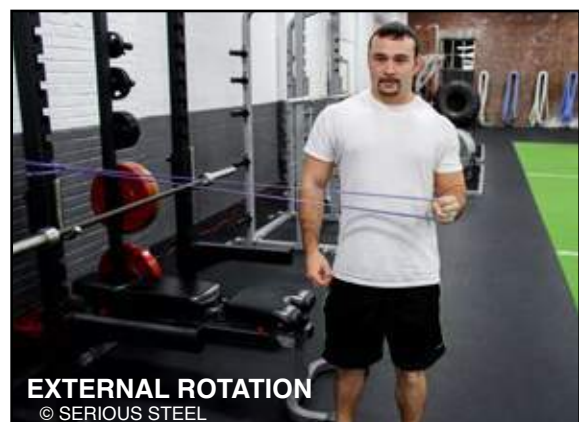
Choke the band around a stationary object such as a power rack. Grab the other end of the band with one hand. With your elbow bent at 90 degrees, go from parallel position to perpendicular position with your arm. We suggest using the #0 Orange Mobility Band for this exercise.



## EXTERNAL ROTATION:

Choke the band around a stationary object such as a power rack. Grab the other end of the band with your outside hand. With your elbow bent at 90 degrees, pull the band away from where it is choked.

Switch hands to perform internal rotation. We suggest using the #0 Orange Mobility Band for this exercise.



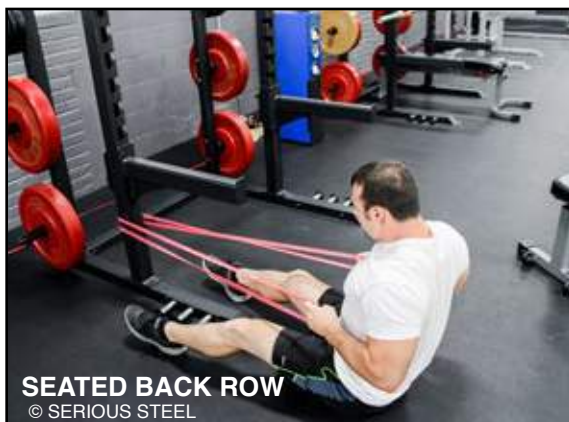
# BACK



## ASSISTED PULL-UP:

Anchor the band around a pull-up bar. Place the other end of the band under your shin or foot. Take your desired grip and slowly descend into the starting position. Pull yourself upward and attempt to get your chin over the bar. Be sure to keep your core tight and avoid any type of swinging or jerking motions. Once at the top, pause briefly and return to the starting position. You may need to stand on a chair or stool to help secure the band to your body.

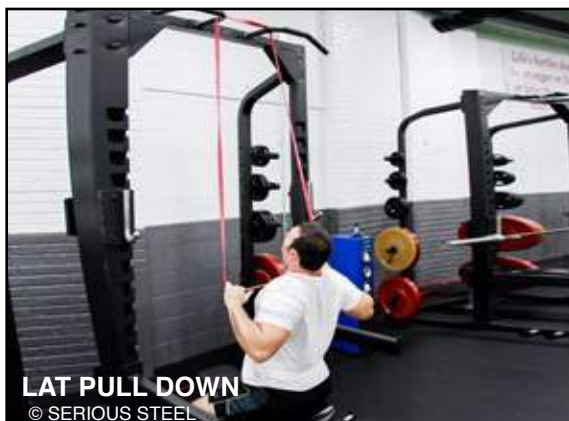
**B B I I A**



## SEATED BACK ROW:

Anchor the band around a pole or a stationary bar such as the side of a work out rack. In a seated position grasp each end of the band. Position yourself so that there is slight tension on the band. Now pull each hand simultaneously toward your body while contracting your lats. Hold position and return slowly to the starting position.

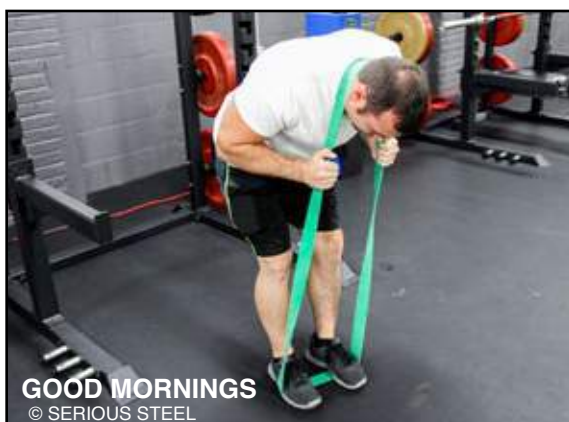
**B I I A**



## LAT PULL DOWN:

Loop one end of the band around a pull up bar or use a door anchor to secure the band in the position needed to complete this exercise. Once the band is secured, assume a seated position and grasp the band with each hand while keeping each hand about shoulder length apart. Slowly pull down the band to about the middle of your chest and slowly return the band to its starting position.

**B I I A**



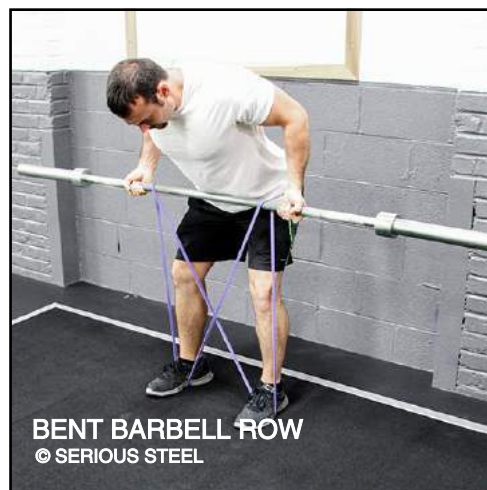
## GOOD MORNINGS:

Position your feet just less than shoulder width and secure the band underneath your feet. Secure the other end of the band behind your neck. Keep your legs straight and bend at the waist until you are close to parallel to the floor. Slowly rise out of the starting position so that your back is almost perpendicular to the floor but not so much that the band will come off your neck. Briefly hold the pose for a second and slowly return to the starting position. **This is an advanced movement. Perform with Caution**

**B I A A**

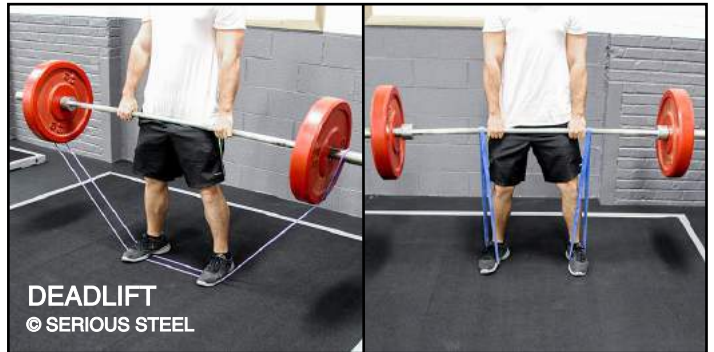
## BENT BARBELL ROW:

While holding the bar with bend your knees slightly and bring the torso forward over top of the bar. Keep the back straight and tight. As you pull the barbell toward your stomach, squeeze the shoulder blades together.



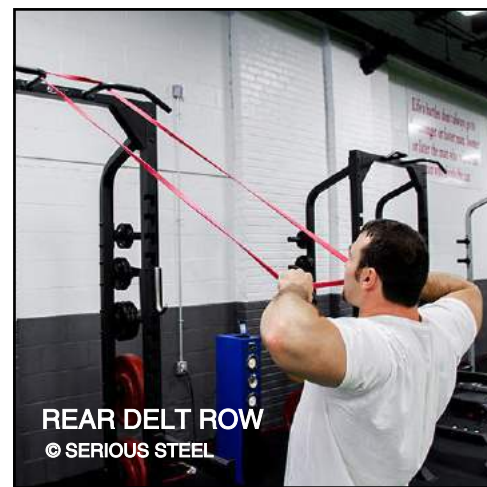
## DEADLIFT:

Take one end of the band and loop it over the sleeve of the barbell. Take the other end of the band and loop it over the other end of the barbell. This exercise can also be done with two 20" bands.



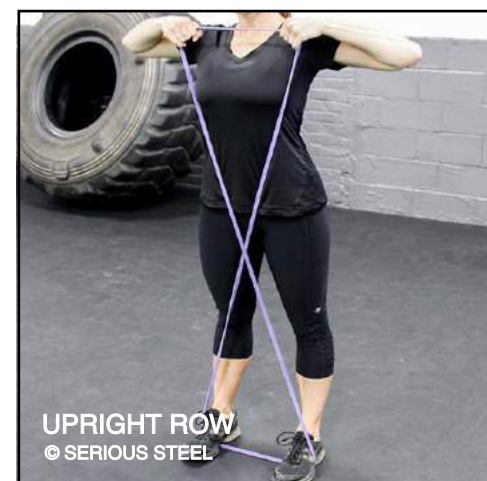
## REAR DELT ROWS:

Secure band around the top of a power rack or stationary object. Grab the band with a shoulder lengths distance and slowly pull the band toward your chin. Remember, keep your head up and squeeze your shoulder blades together.



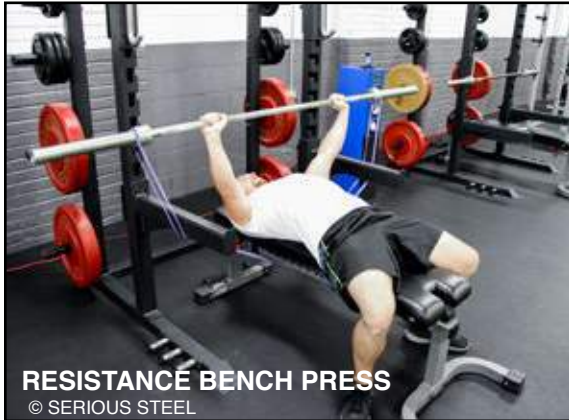
## UPRIGHT ROWS:

To perform this exercise your feet should be shoulder length apart. Stand on the band and pull the left side of the band with your right hand and the right side of the band with your left hand. Pull the band up to the base of chin slowly.





# CHEST EXERCISES



## BENCH PRESS:

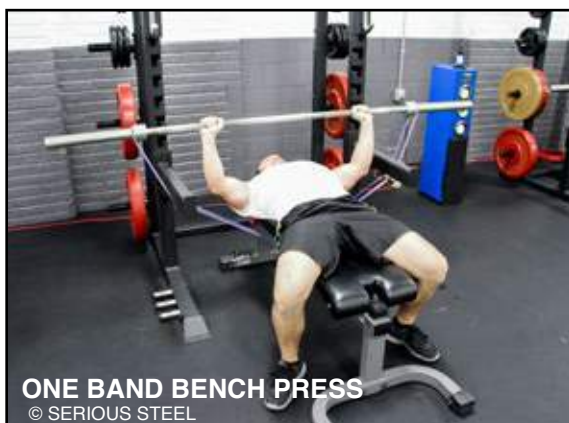
Position yourself on a flat bench and loop bands on each side of the barbell. Loop the other end around the band pegs or wrap them around dumbbells as pictured in the following bench press picture. Slowly press the barbell away from you, then slowly return to the starting position. This can also be done by sitting in any household chair. Just wrap the band around the back of the chair, and grab each of the band and press. Adjust band size and resistance for more effective workout.



## BENCH PRESS WITH DUMBBELLS

No pegs, no problem! Position yourself on a flat bench and loop each band around dumbbells as pictured. Slowly press the barbell away from you, then slowly return to the starting position.

*\*\*Make sure to use dumbbells that are heavier than the max band tension you are using.\*\**



## ONE BAND BENCH PRESS

Position yourself on a flat bench and loop one of the bands around a barbell as pictured or just grab the ends of the band and start your press.



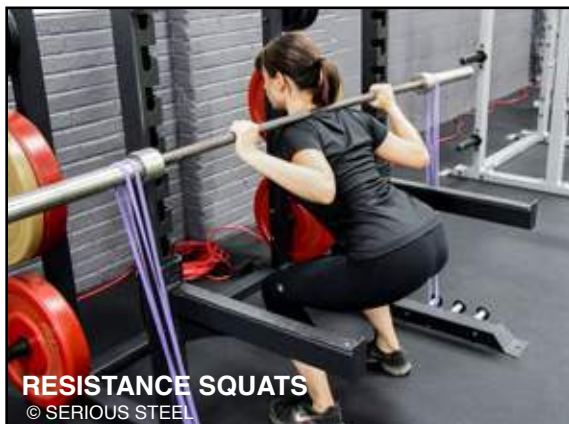
FOR MORE INFORMATION ON BAND SETUPS PLEASE TAKE A LOOK AT OUR BAND SETUP SECTION ON PAGE 19.

# LEG EXERCISES



## SQUATS:

Position feet slightly wider than shoulder width apart and secure band underneath feet. Be sure to secure band at the middle of the foot. Now secure the band over top of your shoulders. Squat down while keeping, keeping the core tight while keeping your posterior chain engaged. Make sure to keep your weight back on your heels and do not lean forward.



## SQUATS WITH BARBELL:

Position your feet a little wider than shoulder width apart and secure the bands around each side of the barbell. Secure the other ends of the bands around the band pegs or heavy dumbbells. Squat down while keeping, keeping the core tight while keeping your posterior chain engaged. Make sure to keep your weight back on your heels and do not lean forward.



## LEG LIFTS:

Loop one end of the band around your shoe and secure the other end under your opposite shoe. Left your leg knee until you feel max tension. Then lower leg to starting position and repeat. Switch legs once reps and sets are complete.



## HIP ABDUCTION:

Anchor the band to a stationary object. Secure the other end of the band around the outside of the ankle as pictured. Swing your leg out and away from where the band is anchored or away from your inside leg. Keep your leg straight and do not bend your knee.





## HIP ADDUCTION:

Anchor the band to a stationary object. Secure the other end of the band around your inside ankle. Swing your leg out and away from where the band is anchored but towards and past your outside leg. Keep your leg straight and do not bend the knee.



# SPEED & AGILITY



## RESISTANCE SPEED TRAINING:

Grab two bands and clear some space. Wrap one band around your shoulders like a backpack and wrap the other band through the back. Have your partner grab the other end and have them pull the bands taut.



## REACTION BALL TRAINING:

Great for agility, great for hand eye coordination and an excellent drill for baseball players! Find a wall or grab a friend. Start at about 10 feet and toss the ball towards the wall or friend and try to catch it either on the bounce back or as your friend throws it to you. As mentioned, this is a great drill for infield play in baseball. Have a coach, or teammate throw you a grounder from about 15-20 feet away, field it and throw it back to another teammate or coach.



## 78" AGILITY BANDS:

Grab a 78" resistance band and anchor it to a fixed object. Try a set of lateral runs, back pedals and cone sprints. For an intense workout set up multiple cones at different distances. Keep moving the cones further out of reach after each set of runs. Our 78" bands come in three levels (Light - Blue, Heavy - Green and Extra Heavy - Black)



# BAND SET-UP

THIS SECTION IS DESIGNED FOR ADVANCED LIFTERS USING LIFTING PROGRAMS SUCH AS THE CONJUGATE METHOD. THE SET-UPS ARE INTENDED TO BE USED WITH WEIGHT PLATES.



## BENCH:

Setting up bands for the bench press speed work can be done a few ways if you do not have band pegs.

As shown in picture 1, you can choke the band, or you can loop the band as shown in picture 2.

We recommend the #0 for benchers who cannot bench more than 315 lb and our #1 band for those who can bench over 315 lb.



## DEADLIFT / RACKPULL:

There are a couple ways to set up bands for deadlifting speed work. The first shown in picture 1 is your typical set up for an individual who cannot pull over 405lb. Picture 2 shows the set up an individual who can pull over 405lb.

**NOTE: Picture 1 shows half the band over the bar and half the band under the barbell. Picture 2 shows the entire band over the barbell.**

We recommend using the #1 bands for banded deadlift speed work.



# BAND SET-UP



## SQUAT:

Much like the bench and deadlift there are a variety of ways to set up the band for squats if band pegs are not available. The key is getting each side to mirror the other so that the tension is the same. If you have band pegs, set up the pegs exactly the same way on opposite sides of your rack. If you do not, make sure you choke the band so that it mirrors itself on each side of the rack. For instance, the band in the picture to the left (Picture 1) shows the choke facing out. The band on the other side should also face out, not face in as shown in Picture 2.



We recommend #1 bands for those who squat in the 100-225 range, #2 bands for those who squat in the 215-305 range, #3 bands for those in the 315-550 range, and #4 bands for those 550 and up.



BENCH	DEADLIFT	SQUAT
Bench Max / Band	Deadlift Max / Band	Squat Max / Band
100 - 250 / #0	Under 405 / Half #1	100 - 225 / #1
250+ / #1	Over 405 / Full #1	215 - 305 / #2
		315 - 550 / #3
		550 + / #4

# ADDITIONAL PRODUCTS

USE CODE SSFIT10X TO RECEIVE 10% OFF ANY SERIOUS STEEL FITNESS PRODUCT!



## HIP AND GLUTE ACTIVATION BAND

Starting at \$24.95

Available in two levels of tension and two sizes

Amazon Searchable ASIN: B01FWDARUM



## MOBILITY & RECOVERY FLOSS

Starting at \$15.95

Amazon Searchable ASIN: B018EUECM4



## 78" RESISTANCE BANDS

Starting at \$43.95

Available in three sizes

Amazon Searchable ASIN: B01EGOE2OU



## ELITE WRIST WRAPS

Starting at \$9.95

Available in four colors and three sizes

Amazon Searchable ASIN: B0127SKCB4



## 10MM POWERLIFTING BELT

Starting at \$49.00

Available in four sizes

Amazon Searchable ASIN: B018RF7THQ



**Vise Gripper**  
\$36.99

Amazon ASIN: B01BKPS8FM



**Steel Gripper | Grip Trainer**  
\$13.95

Amazon ASIN: B018Y9U8OG



**Speed Training Ropes**  
\$14.95

Amazon ASIN: B00PT0JR6Y





**Gymnastic WOD Grips**

**\$19.95**

Amazon ASIN: B00REIENW2



**Fractional Plates**

**\$48.95**

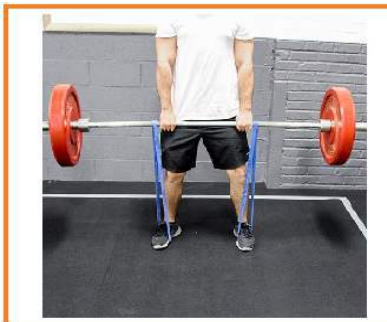
Amazon ASIN: B00UY0B2IA



**Lifting Straps**

**\$10.95**

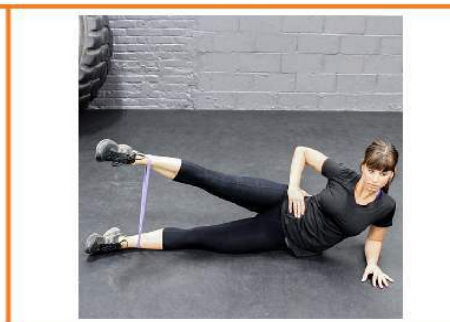
Amazon ASIN: B00S553VGW



**20" Short Bands**

**\$6.95**

Amazon ASIN: B009XV5NYK



**12" Short Bands**

**\$6.95**

Amazon ASIN: Coming Soon



**41" Band Sets**

**\$27.99**

Amazon ASIN: B0064NSJEQ

While every precaution has been taken in the preparation of this guide, the publisher and authors assume no responsibility for errors or omissions, or for damages resulting from the use of the information contained herein. Please consult a physician or medical professional before beginning any exercise program.