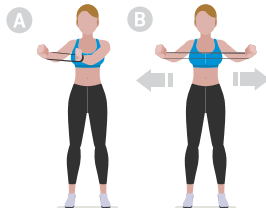


1 TRICEPS EXTENSION 10-12 REP PER ARM

Secure the band at medium height, place it around your wrists in front of your chest and abdomen, elbows bent.

Pull the band down by extending your left arm completely and allow it to slowly return after a short pause.

Keep your right arms immobile throughout.

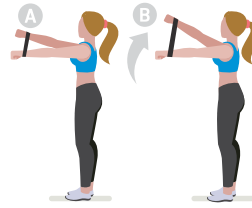


2 HORIZONTAL ARM EXTENSION 10-12 REP PER ARM

Secure the band at medium height, place it around your wrists in front of your chest, arms extended.

Pull the band apart by applying outward pressure to your forearms. Allow it to slowly return after a short pause.

Keep your arm move horizontally throughout.

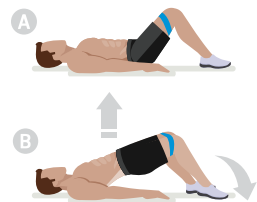


3 VERTICAL ARM EXTENSION 10-12 REP PER ARM

Secure the band at medium height, place it around your wrists in front of your chest, arms extended.

Pull the band apart by applying outward pressure to your forearms. Allow it to slowly return after a short pause.

Keep your arms move vertically throughout.

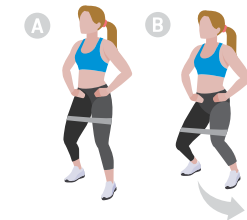


1 LYING GLUTE BRIDGE 10-12 REP PER LEG

Place the resistance band just above your knees. Lie on your back, knees bent, arms by your sides.

Press into a bridge by raising your hips off the floor pushing them as high as possible towards ceiling. Slowly return after a short pause.

Keep your arms and feet immobile throughout.

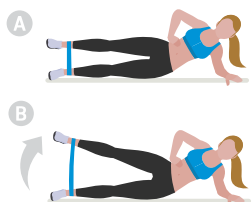


2 LATERAL BAND WALK 10-12 REP PER LEG

Place the resistance band around your ankles and get into a squat position with your thighs parallel to the ground and feet slightly wider than hip-distance apart.

Step out to the left (laterally) against the band, remaining in the squat position. Alternate sides and step to your right against the band.

Step out five times on each side.



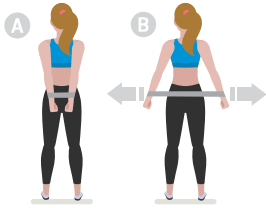
3 LYING HIP ABDUCTION 10-12 REP PER LEG

Place the resistance band around your ankles.

Lie down on your left side, one leg above another, feet slightly wider than shoulder-distance apart.

Lift your right leg against the band. Slowly return after a short pause.

Alternate sides.

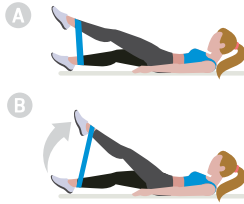


4 BACK ARM EXTENSION 10-12 REP PER ARM

Secure the band low, place it around your wrists in front of your hips, arms bent.

Pull the band apart by applying outward pressure to your forearms. Allow it to slowly return after a short pause.

Keep your arms move horizontally throughout.



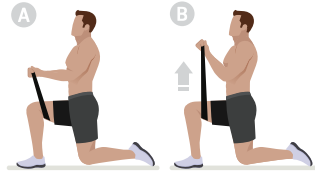
4 LYING LEG RAISE 10-12 REP PER LEG

Place the resistance band around your ankles.

Lie on your back, arms by your sides.

Lift your left leg against the band. Slowly return after a short pause. Alternate sides.

Keep the body in a straight line throughout.

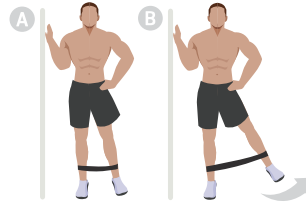


5 BICEP CURL 10-12 REP PER ARM

Kneel down the left leg, right knee bent at 90 degree angle. Grab the top of the band using a supinated grip with hands.

Lift the band to about chin height with your arms bent into a curl and elbows pointing to the floor.

Bring the band back down to the starting position with control.



5 HIP ABDUCTION 10-12 REP PER LEG

Place the resistance band around your ankles and one hand on the wall.

Keep your right leg straight, lift your left leg against the band. Slowly return after a short pause. Alternate sides.

Keep your upper body immobile throughout.

⚠️ WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

- To reduce the risk of injury, please follow the guidelines and consult your physician before starting a fitness program. ACON will not be liable for any special or consequential injuries that result from the use of this product.
- Examine the resistance bands to ensure there is no tear.
- If you are suffering from any illness or experiencing discomfort during use, please consult a medical practitioner.
- Always start with the light resistance.
- If you experience dizziness or shortness of breath, stop immediately.
- Not intended for use by anyone under 14 years of age.
- The resistance bands should be kept away from the person who is allergic to latex.
- **Choking hazard. Small parts. Keep away from children and pets.**

CARE & MAINTENANCE

- Keep your bands clean. Periodically wash them with a little water and some mild dishwashing soap.
- Do not expose your bands to any oil-based products. Like any latex, oil will substantially harm the material.
- Keep them out of direct sunlight exposure.
- Avoid exposure to extreme heat, such as enclosed car or garage above 110 °F / 42 °C or below freezing. Always store your bands in a moderate temperature environment.
- To avoid cutting, keep your bands away from any sharp, rusted or other unsafe objects in the gym or where you workout.

ACON FIT
RESISTANCE BANDS