

MINI BAND



EXERCISE GUIDE

Thank you....



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...for choosing Teknifit and acquiring our world famous Mini Bands. You now have in your possession one of the best and most portable home workout tools available.

Used in conjunction with this guide, (and some motivation on your part!) your new bands can unlock and work parts of you that are simply not easily accessible by any other means - we apologise for any aching muscles in advance!

Enjoy using them :)

Safety / Legal

Please always exercise safely and sensibly. Teknifit accepts no liability for any injuries suffered by any person as a result of the use or misuse of our products. Teknifit recommends that you consult with a doctor before using these products as part of any exercise program. Always check the bands before using it, and if damaged/warped please don't use and dispose of the band responsibly.

Benefits of using the Teknifit Mini Bands

- Warm up properly for activities such as weight lifting, cycling and running, decreasing the risk of injury.
- Improve form in exercises such as squats and deadlifts
- All over body workout and takes up little space
- Huge increase in lower body mobility
- Correct muscle imbalances
- Rehabilitation for injuries
- Next level toning & gains!



Simple colours to increase / reduce resistance

Your new bands are highly effective but in essence quite simple too (most of the best ideas are!)

Bear in mind the following depending on your fitness level and the type of exercise you are performing:

Lighter Colour = Less Resistance / Darker Colour = More Resistance



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To start with, whilst you build strength, start with the lighter colours which means it gives less resistance.

If you want to increase resistance and work harder, move to a darker coloured band. You will quickly get used to what works for you and gives you the right amount of resistance.

Try and make sure you are struggling to finish your later reps in each set!

The Exercises

Due to the versatile nature of the product there are a huge amount of all over body exercises you can perform.

We have compiled a concise list of what we feel are the **most effective exercises** which are proven to get you the best results using your bands, however there are hundreds more exercises, many of which feature on our instagram and youtube channels.

Go easy at first whilst you get used to your bands.



Remember keeping good form and a slow pace will be far more effective than trying to perform fast movements at the expense of correct technique.

Slow movements will keep the engaged muscles under tension for longer, in the end giving more noticeable results.

Banded Side Steps

Side steps are a very simple exercise but potentially the most beneficial (and intense) exercise you can do with your mini band. You will soon discover you are targeting muscles that you probably haven't used properly in years. Done correctly these will give you an unreal burn!



Adopt an athletic pose, knees slightly bent with feet close together .

Take alternating wide steps to each side - left leg out wide, then slowly bring right leg to meet it, then right leg out wide and slowly bring left leg in to meet it.

Really focus on putting muscles under tension as you reach out with your leg.

Perform round 10-15 steps to each side.

Rest and repeat 3-4 sets.

Tip: Remember to increase resistance (position band lower toward knees) or reduce resistance (position band higher towards hips) accordingly.

Banded Squats

Everybody knows that a key ingredient of a tight booty is getting those squats into your regime. However you don't have to go to the gym and pile on loads of heavyweight - body weight squats are great too, and as well as the resistance training aspect, they are essential for improving flexibility and mobility - don't miss them out of your routine!



Standing start with feet shoulder width apart.

Keep weight through the heels ensuring knee stays level with your toe.

Get your booty as close to the ground as you can.

3 sets of 10-12 reps.

Tip: Add weights to increase resistance as you build your strength

Glute Bridges

This is a superb exercise to work lower back, booty and your body core strength.



With band just above the knee start with hips on the floor and raise them to the ceiling squeezing your core.

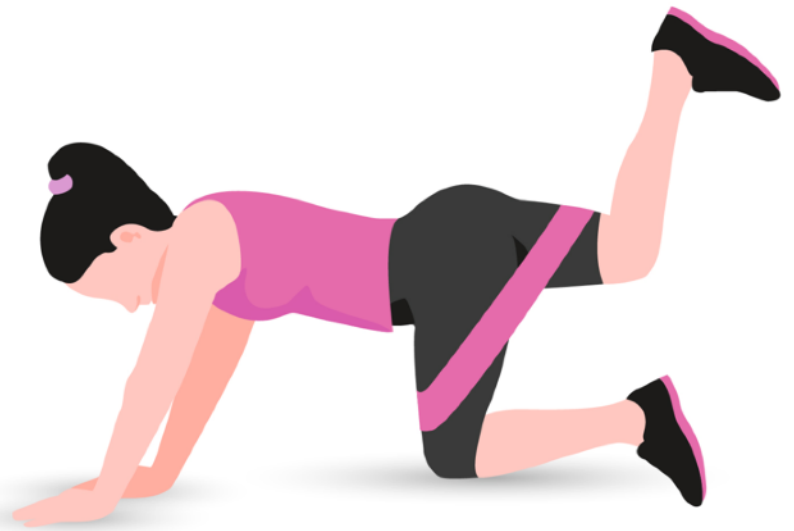
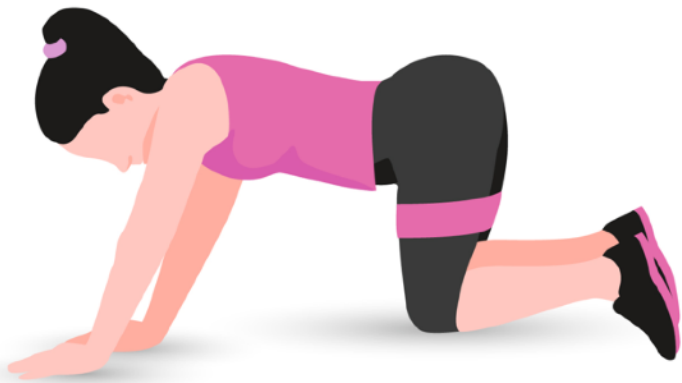
4 x 15 reps.



Tip: For an advanced movement, pulse knees as wide apart as possible in raised position before bring back together and lowering hips again.

Kick Backs

A fierce booty burning move, so you may have to start with a lighter resistance before advancing with this technique.



Keep spine aligned and head facing down (don't look up!)

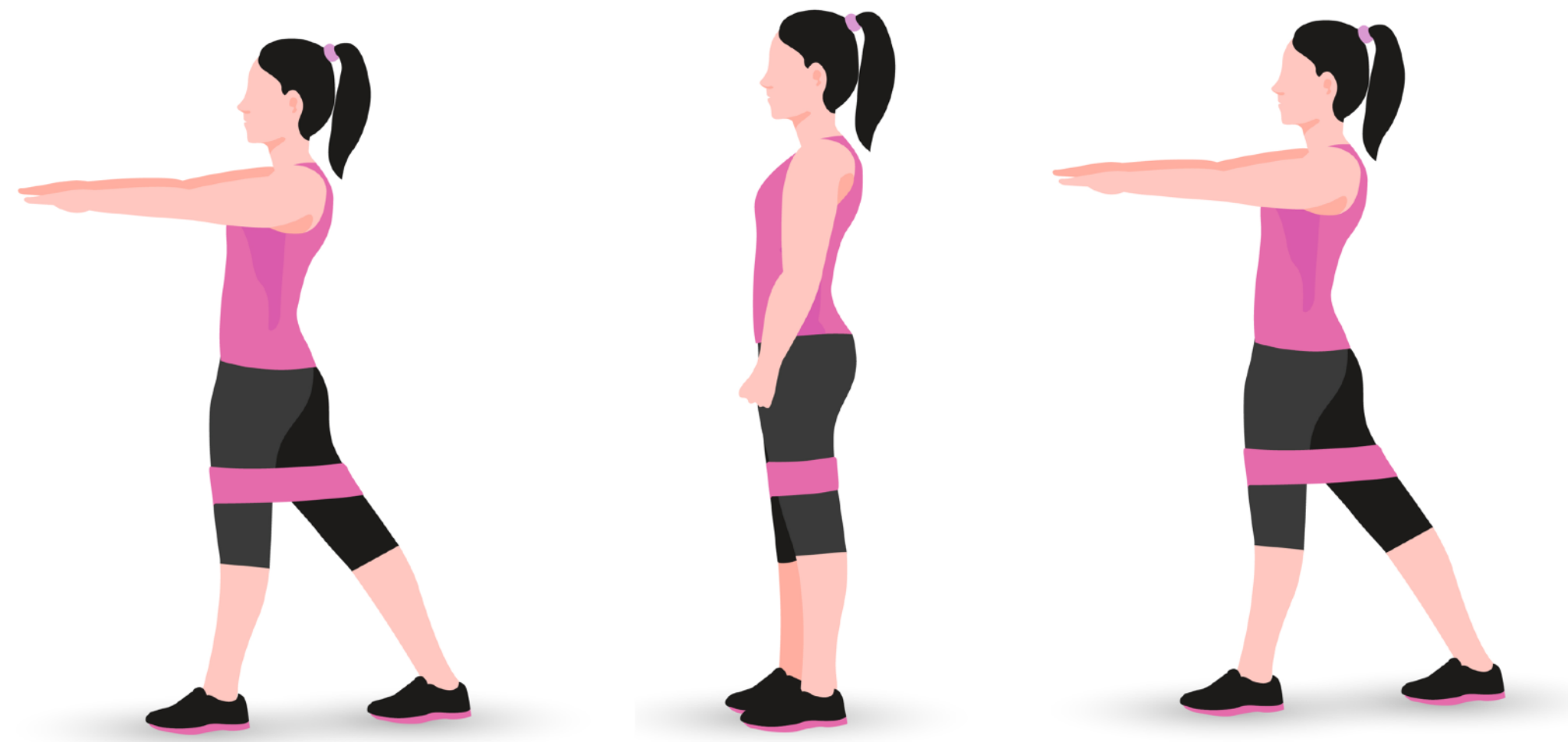
Both legs should be 90 degree right-angles and stay this way throughout the exercise,.

Really reach high with kick back.

Alternating legs perform 3 x 12 reps on each leg.

Banded Walks

An excellent warm up exercise. Remember to move slowly and really reach out with each leg to keep your muscles under a constant state of tension.



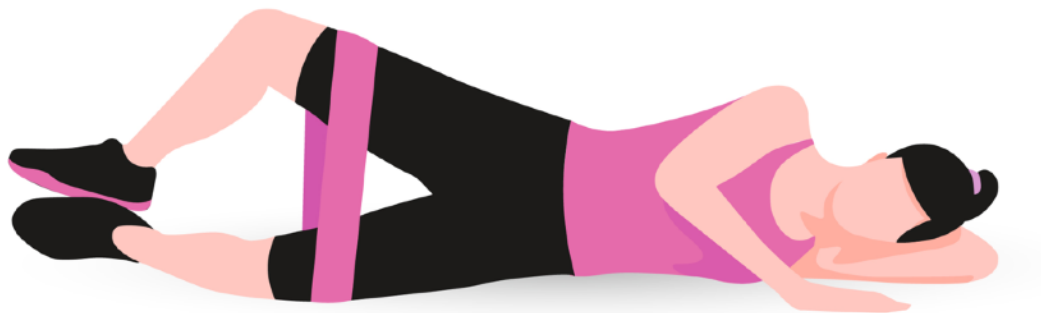
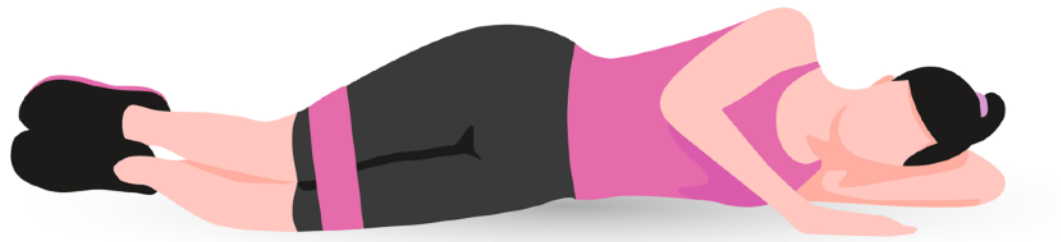
Position the band low for strong resistance on this move.

Alternate walking forwards and backwards, depending on how much space you have available.

Do as many reps as it takes to get a good burn - rest and then repeat.

Banded Clams

Great for hip abduction - this gives all the benefits of the hip abduction machine at the gym, but with far less equipment needed - just your band!



Keep feet together, knees pointed forwards and bent at 90 degrees.

Raise upper knee towards the ceiling holding briefly at the top and slowly lower.

3 sets of alternating 10 - 15 reps on each side of the body.

Reverse Lunge



A really booty strengthening exercise. This exercise will work many muscles in your lower body, primarily the glutes, hamstrings, quads, and calves. They tend to be more beginner-friendly than forward lunges—since the fixed leg bears most of the weight, they're typically easier to do in a controlled manner.

From a standing start step backwards with alternating feet into the position shown above.

10 - 15 reps on each leg - repeat 3-4 times

Pulse Leg Raises

Again a strong hip abduction move - you will really feel this one after a few reps so adjust the resistance of the band higher or lower accordingly.



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Starting from a standing position raise leg out to one side as far as possible.

Perform 10-15 reps on one leg and then switch to the other for 10-15 reps.

Repeat 3 -4 sets.

Shoulder Shaper



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Adopting position in the picture above start with hands close together, then pull them apart and back slightly so that the band touches your chest. This is a great move for toning the arms shoulders and back of shoulders.

Improving Form

You can also use your Teknifit band to improve form in other exercises such as weightlifting - especially squats and deadlifts.



For instance, your bands can be used to ensure your knees point forward and don't point out too much.

Enjoy experimenting with your bands, but always study correct form before trying out more advanced techniques.

More Exercises

Be sure to follow Teknifit on our Youtube channel and instagram - @teknifitsports - for regular workout routines and exercise tips. We are always learning new ways to use our bands and improve so this is a great way to keep yourself up to date with the latest techniques, as well as giving yourself some workout motivation by seeing other people using the products.



Why an E-Book and not a paper manual?

After much thought (as well as many customer suggestions) we took the decision to be a little more environmentally friendly and changed our guide to be electronic rather than paper in form.

Therefore we now email the guide with every purchase, and you can decide whether to print it yourself.

We find most people don't print it off and use it on their device, whether that's their smart phone, tablet or computer.

If you store it on a smart phone or tablet it really is quite portable, let's face it our phone goes everywhere with us, add your glute band to that and you really can have a spontaneous booty workout wherever you go (Including the gym!)

Don't forget!

We are continually developing and releasing new ideas, so please check out our other Fitness products, just search "Teknifit" :)

And finally.....

We hope you enjoyed the guide and really get the most from your Teknifit Mini Bands.

Don't forget to get in touch with any questions... and please tell your friends about us too!

Best wishes

The Teknifit Team