



11 PIECE PREMIUM RESISTANCE BAND SET

INSTRUCTION MANUAL

OUR VALUED CUSTOMER,

Thank you for purchasing our Shelter Fitness™ Resistance Band Set.

At Shelter Fitness™, our goal is to provide the best products, with fast shipping & support that you expect from a premium provider.

If you have any issues with your order, simply send us an email at support@shelterfitness.com and we will make it right. Your satisfaction is our #1 priority!

GETTING STARTED

Before starting your workout, make sure you are wearing comfortable athletic clothing & footwear.

Resistance Bands are excellent training tools, but must be treated with care. Never let go of a fully-stretched resistance band and always perform exercises in a controlled way. Visit shelterfitness.com/pages/safety for more helpful information before starting.

Your set includes 2 handles, 2 ankle bracelets, a door anchor, bag, and the following resistance bands:

 YELLOW	VERY LIGHT - 10LB
 GREEN	LIGHT - 15LB
 RED	MODERATE - 20LB
 BLUE	HEAVY - 25LB
 BLACK	VERY HEAVY - 30LB



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BICEPS CURL

Starting in a standing position, grab your band by both handles and stand on the middle of the tube. Starting with the arms hanging, slowly flex your arms into an "L" shape. Pause at the top for 1 second and slowly return your arms to a hanging position. Repeat 10 times.



WOODCHOPPER

Start by placing a band under 1 foot and grab 1 handle with both hands letting the arms hang over the leg standing on the band. Slowly lift both arms while twisting 90 degrees away from the anchor point. Pause at the top for 1 second and return to the bottom. Repeat 10 times.



SQUATS

Starting in a standing position, grab your band by both handles and stand on the tube with feet shoulder width apart. Raise your elbows to shoulder width and rotate your handles upward. Squat to a seated position, pause briefly at the bottom and stand back up. Repeat 10 times.



DISCLAIMER

You should consult your physician or other health care practitioner before starting any exercise program. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced discomfort in your chest while exercising or have experienced chest pain in the past month when not engaged in physical activity. Do not begin any exercise program without consulting your doctor if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start any fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Nothing stated in this pamphlet is intended to be and must not be taken as medical advice.

This pamphlet offers health & exercise information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions, you should always consult with your doctor or another health-care professional. Do not ignore, avoid or delay obtaining medical or health related advice from your health-care professional. Developments in medical research may impact the health, fitness and nutritional advice that appear in this pamphlet. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Use of this product is at your own risk!

SHELTER FITNESS & PINWOOD ENTERPRISES LLC SHALL NOT BE LIABLE FOR ANY LIABILITY, OF ANY KIND, RESULTING FROM THE USE OF THIS PRODUCT

STANDING PRESS

Starting in a standing position, grab your band by both handles with your band wrapped around your torso. Tuck your elbows in and form an "L" shape. Press your bands forward and pause at full extension. Return to the starting position slowly to complete the movement. Repeat 10 times.



UPRIGHT ROW

Starting in a standing position with crossed arms, grab your band by both handles and stand on the middle of the tube. Starting with the arms hanging, slowly pull the handles skyward while keeping the elbows high. Pause at the top for 1 second and slowly return your arms to a hanging position. Repeat 10 times.



TRICEPS EXTENSIONS

Starting in a standing position, grab your band by both handles and stand on the middle of the tube. Flex your arms into an "L" shape with the handles near your underarm. Extend your arms rearward, pause at the top for 1 second and slowly return your arms to the "L" position. Do not move your elbows. Repeat 10 times.

