SHELTER FITNESS

6 PIECE PREMIUM YOGA LOOP 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.

Band resistance information can be found below:

YELLOW	VERY LIGHT - 5LB
GREEN	LIGHT - 10LB
BLUE	MODERATE - 15LB
RED	HEAVY - 20LB
BLACK	VERY HEAVY - 25LB

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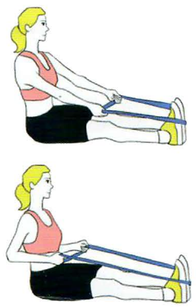
7 Brush Hill Road #8318
New Fairfield, CT 06812
support@shelterfitness.com
www.shelterfitness.com

SEATED ROWS

Start in a seated position, put a loop band around your feet and reach forward. Slowly pull the band into your body and pause briefly. Return back to the starting position. Repeat 10 times.

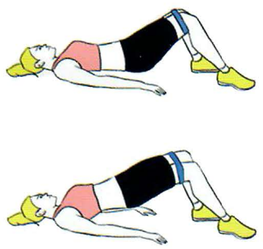


BAND SQUATS

Start in a standing position, put a loop band around legs at the hip. Slowly squat downward, pause briefly at the bottom, and return to a standing position. Repeat 10 times.

HIP THRUSTS

Starting in a prone position, put a loop band around legs slightly above the knee. Slowly raise your hips skyward and pause at the top, and return to the starting position. Repeat 10 times.

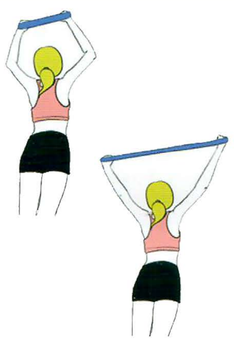


STANDING ROWS

Starting in a standing position place a loop band under your front foot. Pull the band towards your chest, pause briefly, and then return to the starting poistion. Repeat 10 times.

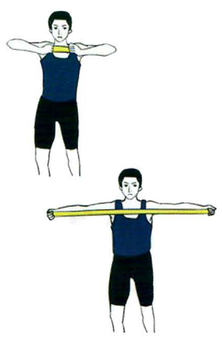
SHOULDER SPREADS

Starting in a standing position with your elbows up, slowly spread your arms to a full extended position. keep you elbow still. slowly return to the start position after a pause. Repeat 10 times.



LAT SPREADS

Starting in a standing position with your elbows up, slowly spread your arms to a full extended position. keep you elbow still. slowly return to the start position after a pause. 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!
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