

A woman in a dark teal sports top and shorts is shown from the waist down, standing on a wooden floor. She is wearing a blue resistance band around her ankles and has her right leg lifted and bent at the knee. Her left hand is on her hip. In the background, there is a large green exercise ball and a wooden box.

OXY | FITNESS

MINI LOOP BAND WORKOUT GUIDE

FOLLOW US



DEAR CUSTOMER

Here at OXY Fitness we know training has its challenges, that's why we have created this FREE Workout Plan eBook to provide you with a series of recommended exercises that can be performed with your OXY Fitness Mini Loop Bands and will help you reach your fitness goals.

Whether you're a beginner to working out or an advanced athlete, our Mini Loop Bands are designed to provide a full body work-out, making them the perfect piece of workout equipment to target all muscle groups, increase your resistance and flexibility, as well as build and improve your strength gradually without sacrificing the work-out results.

In order to do so, we recommend that you start with a lighter band and work your way up. As our bands stretch, they cause your muscles to contract by creating an increasing tension in them. That way, the more you stretch the band, the higher the resistance gets, making the exercise increase in difficulty.

The OXY Fitness Mini Loop bands can be used for multiple types of exercise, such as endurance, strength and cardio training, along with physio or stretching exercises.

Our bands are so versatile they can be used along with weights or any other gym equipment, so they are adaptable to various fitness levels and provide you with a range of exercise options. In this eBook we will show you how to use them without any additional equipment.

As they are easy to store, they are the perfect tool to use anytime, anywhere, from your gym to your home...you can also take them with you on trips!

However and wherever you decide to use your OXY Fitness Mini Loop bands, we truly hope you find these exercises enjoyable and they help you achieve your fitness goals.

Thanks
Team OXY Fitness

BEFORE YOU START...

- Any incorrect use of our products can cause injury.
- Seek advice from a healthcare professional before starting a new exercise programme and if you experience any discomfort while performing it.
- Posture and alignment are critical while exercising, along with breathing. Always make sure you're using the bands with a correct and adequate technique.
- Increase the intensity and duration of your work-outs progressively and make sure you're comfortable with the strength of the band you're currently using.
- The information contained within this eBook is for educational purposes only. OXY Fitness cannot be held liable for user's safety when using Mini Loop Bands.



SAFETY INFORMATION

- Before using any of our Mini Loop bands, please inspect them for tears, punctures or any damage. If there were any flaws, please discard the bands.
- Bands are not to be used on abrasive or jagged surfaces in order to avoid damage.
- Store them out of direct sunlight and extreme temperatures.
- To clean the bands, just wipe them with a damp cloth. Avoid using cleaning products or soap on them.
- Store in a cool, dry place away from moisture, heat and direct sunlight.
- Do not stretch the bands by more than 3 times its resting length.
- Do not release an extended Mini Loop Band, as it might snap back towards you.

SAFETY ADVICE

It is imperative to do warm-up and cool-down exercises before and after using your OXYFitness Mini Loop Bands.

LATEX WARNING CAUTION:

This product contains natural rubber latex which may cause allergic reactions.

SQUATS

This is a lower body exercise to strengthen your glutes and legs.



1. Place the Mini Loop band around legs slightly over the knee.
2. Keep your chest up and your back and head straight while standing upright with your feet at shoulder-width apart.
3. Extend your arms in front of you and clasp your hands together.



4. Stick out your butt and squat down.
5. Go back up slowly, returning to a standing position.
6. Start with 2 to 3 sets of 10 reps and when you're ready work up to 3 to 5 sets of 10 reps.

BICEP CURLS

This exercise is the first one that most people use to build their biceps and increase stamina



1. Go into a kneeling position with your right foot in front and your left knee on the mat.
2. Place one end of the band over your right leg just above the knee.

3. Grab the other end of the band.

4. Curl your arm making sure your hand goes towards your right shoulder.



5. Return to the start point once you reach your shoulder and repeat the exercise again.
6. Start doing 2 to 3 sets of 5 reps to begin with and once you're ready work your way up to 4 to 5 sets.



LAT PULL-DOWN

The Lat Pull-Down is a great way to increase the strength of your back muscles.

1. Place the Mini Loop band around your wrists.
2. Reach to the ceiling, making sure your arms are aligned with your shoulders.
3. Pull your right elbow all the way towards your side. Remember to keep the other arm still in the meantime.



6. Return to the starting position and repeat the exercise with your other arm
5. Start with 2 to 3 sets of 10 reps and when you're ready work up to 3 to 5 sets of 10 reps.

MOUNTAIN CLIMBER

Mountain climbers help you improve and strengthen the tone of your abs, hip flexors, and lower back muscles.

1. Hoop the Mini Loop band around the arch of your feet.

2. Move into a press-up position with extended arms and positioning your hands on the ground shoulder-width apart.



3. Extend your legs behind you. At this point, your weight should be distributed between your hands and feet.

4. Lift your left foot off the floor and move your right knee towards your chest.



5. Go back to the starting position and then repeat with your other leg.

6. Start with 2 to 3 sets of 10 reps and when you're ready work your way up to 3 to 5 sets.



2-STEP SIDE SHUFFLE

This lateral motion exercise increases agility and coordination while it warms up your glutes, calves, hamstrings and hip flexors.

1. Place the band around both ankles for a higher resistance. If you place it towards or above the knee the resistance will be lower.
2. To start, step your feet about hip-width apart with your toes pointing forward and bend your knees slightly, making sure they are aligned with your ankles and hips.



3. Step laterally as wide apart as you can with one foot while maintaining your posture.
4. Step the other foot back in slightly, making sure there is tension in the band.

5. Step again to the side with the same foot while stepping in with the other. Take your time doing so and try not to rock when you shuffle.
6. Start with 2 to 3 sets of 10 reps and when you're ready work your way up to 3 to 5 sets.





THANK YOU FROM TEAM
OXY | FITNESS

FIND OUT MORE:
www.oxy-fitness.co.uk

FOLLOW US

