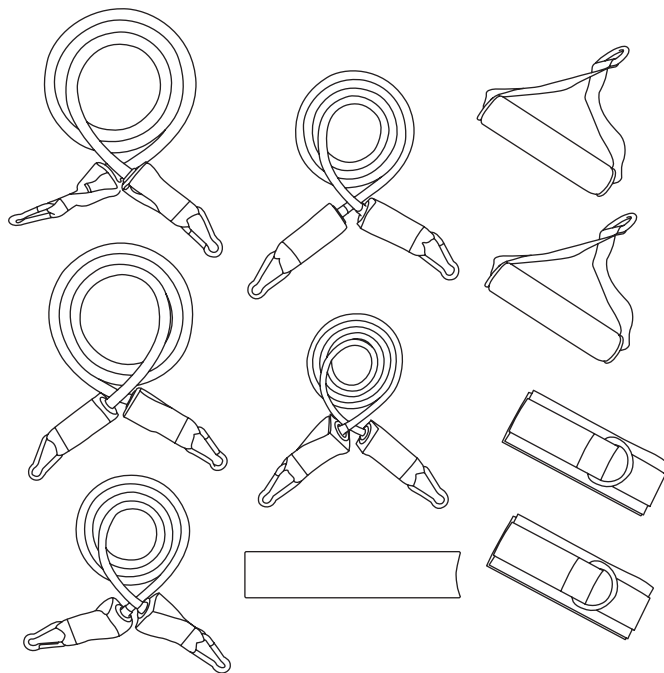


# vive® TUBE RESISTANCE BAND SET

User Manual  
RHB1O29



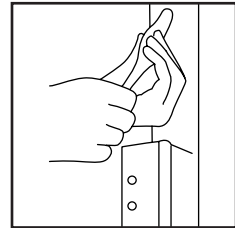
[vivehealth.com](http://vivehealth.com)

## WHAT'S INCLUDED

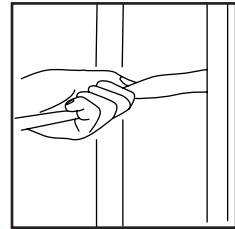
- Set of five tube resistance bands
- Two foam grip handles
- Two ankle straps
- Door anchor
- Zippered carry bag

## TO INSTALL DOOR ANCHOR

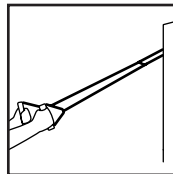
Place the closed end of the loop over the top of the door or through the hinged side of the door and close the door tightly.



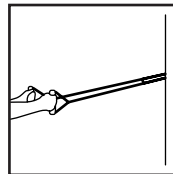
Pull on the exposed loop to ensure it is secure before attaching desired resistance bands.



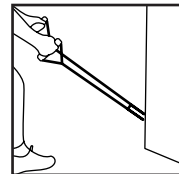
Door attachment can be used at three points of the door frame for various exercises.



High Position



Mid Position



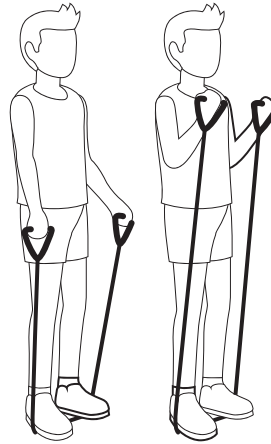
Low Position

## EXAMPLE EXERCISES

### Bicep Curl

Start: Using the foam handles, stand on the resistance band with feet shoulder width apart and hands hanging down at your sides.

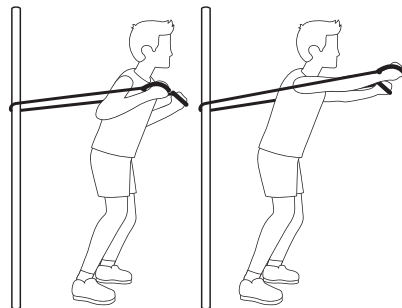
With palms facing forward, slowly curl hands toward each shoulder, keeping elbows tucked into the sides. Release arms back to the starting position.



### Chest Press

Start: Attach resistance band with foam handles to the door anchor at the mid position. With your back to the door, stand with feet hip width apart and bring your hands just below shoulder height with palms facing down, shoulders bent.

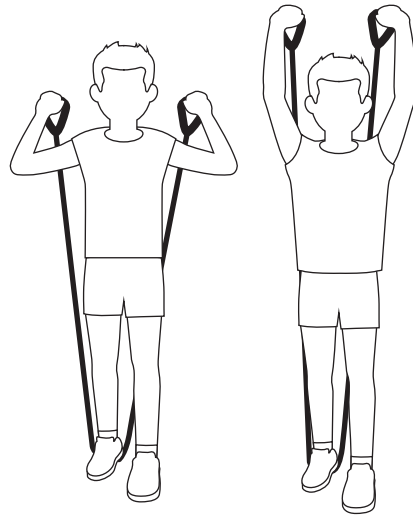
Push forward, straightening elbows while maintaining shoulder height. Slowly return to the starting position.



## Shoulder Press

Start: With the resistance band under one foot, hold foam handles at shoulder height, elbows out, palms forward with the band behind the body.

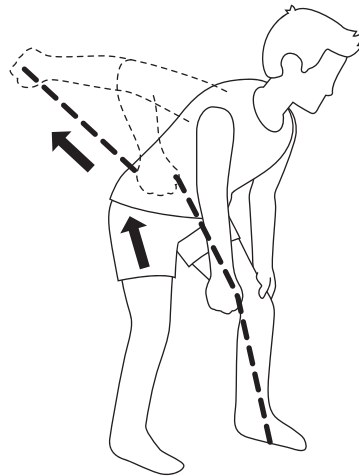
Slowly push hands up, straightening the elbows. Slowly return to the starting position. This exercise can also be done with the resistance band attached to the door anchor at the low position.



## Elbow Kick Back

Start: Using an ankle strap and foam handle, secure the resistance band on one leg. Slightly bending, support the upper body by placing your free hand just above the knee, allowing the opposite hand to fall straight down, grasping the foam handle with your palm facing inward.

Pull up, raising elbow to shoulder height, then extend the elbow backward, straightening the arm. Slowly return to the starting

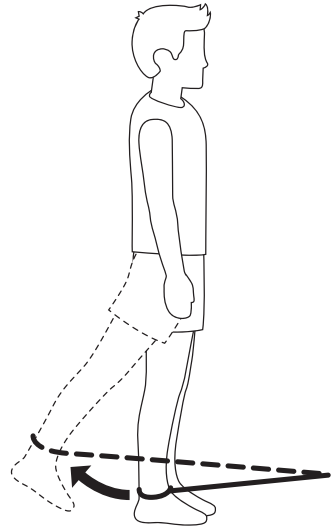


position. Repeat movements on the opposite side.

## Hip Extension

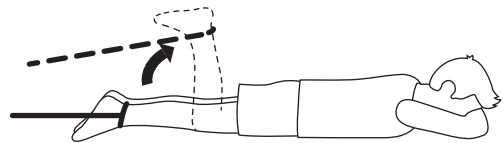
Start: Using the ankle straps, attach resistance band to the door anchor in the low position. Face the door with your hands hanging at your sides.

Extend one leg backward, keeping knee straight. Return to the starting position and repeat using the opposite leg.



## Knee Flexion

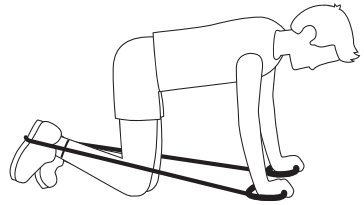
Start: With resistance band attached to the door anchor in the low position, use the ankle straps to secure the band to each leg. Lay face down extending legs close to the door.



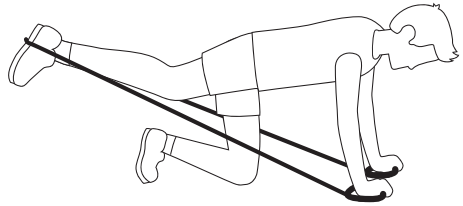
Alternately raise and lower each leg, bending at the knee.

## Leg Extension

Start: With foam handles attached, loop resistance band around one foot. Position your body on all fours, hands directly below the shoulders, knees below the hips.



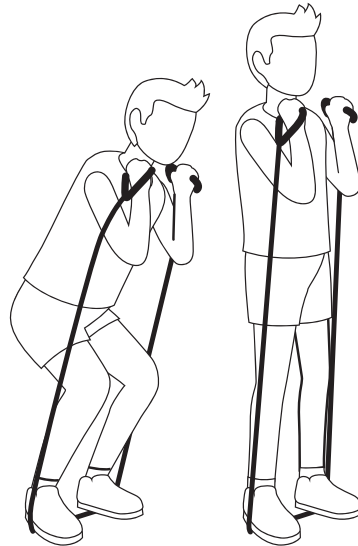
Slowly push foot backward, raising the leg parallel to the floor while straightening the knee. Return to the starting position. Repeat movement with the opposite leg.



## Squat

Start: With foam handles attached, stand on the resistance band with feet shoulder width apart. Raise hands to shoulder height, elbows close to your sides, palms facing forward.

Bending forward slightly, lower your body by bending the knees pushing them toward the toes. Slowly return to the starting position.



## CLEANING

Wipe down with a dry cloth as necessary. Store in a dry place.

## WARNING

Always consult your physician before starting any exercise routine.

Do not allow children to use resistance bands unsupervised.

Be sure resistance band is secured to the foam handles, ankle strap or door anchor before using.

Do not stretch the resistance bands to more than three times their resting length.

Store out of direct sunlight and extreme temperatures.

Always inspect the resistance bands for small nicks, tears or punctures that may cause the bands to break.

## SPECIFICATIONS

- x-light - 4ft x 7mm (2-4 lb resistance)
- light- 4ft x 9mm (4-6lb resistance)
- medium - 4ft x 9.5mm (10-12lb resistance)
- heavy - 4ft x 11mm (15-20lb resistance)
- x-heavy - 4ft x 12mm (25-30lb resistance)

# ACTIVATE YOUR GUARANTEE



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**Product Code: RHB1O29**

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Monday - Friday 9am - 5pm EST