



# QUICKSTARTGUIDE

[www.pat.fit](http://www.pat.fit)



# You sit too much!

Hello, I am Patrick Herzog, your personal trainer and functional training specialist. Together with Flexvit, I have developed the PATband. This functional training band helps you to stay in motion, anytime and anywhere. In this Quickstart Guide you'll learn how to effectively incorporate the PATband in your everyday life.

Let's GO!

## You want more? Start your 10 Day Challenge - FOR FREE!



Pain free, strong and sexy! I'll show you how. Scan this QR-Code and complete your daily PATband exercise task.

Become part of the community and inspire others: You'll find all the information on my website. I'll see you online soon! Use [#PATband](#) and tag me [@iampat.fit](#) on Instagram and Facebook.

# 1

## Increase your mobility

Dynamic stretching with the PATband improves your mobility and can thus prevent pain.

Place the PATband under your shoulders, around your back and secure it on the foot of your straight leg.

The tension of the band pulls your upper body forward and helps with the stretch of your leg and lower back.

When straightening up, you strengthen the muscles.

Repeat this stretch 15 times on each side and exhale into the stretch.





## Become stronger

2

Use the PATband as a resistance for bodyweight exercises like push ups and make them even more intense.

Place the PATband around your back and bring it forward under your shoulders.

Slip your hands into the loop.

Keep your back in a neutral position as you perform the push up.

Repeat this exercise 15 times.

The shorter the PATband, the more intense the exercise will be.

# 3

## Increase your power

Learn to perform athletic movements easily and increase the intensity of the exercise with the PATband.

Slip your feet into the loops of the PATband and wrap it around your neck.

The shorter the band, the more resistance there is during the squat and jump.

When landing, it is important to slow down by bending your hips backwards.

Repeat this exercise 15 times, exhaling as you jump.





## Train your core

4

With this exercise you stretch and strengthen your core muscles.

Slip one hand into the first and the other hand in the third loop of the PATband.

Put your foot in a loop so that the PATband is always under tension.

Hold both hands above your head while giving into the tension of the band to the other side.

Now work against the tension of the band on the other side.

Repeat this exercise 15 times per side.

Make sure your head stays centered between your arms.

# 5

## Optimize your posture

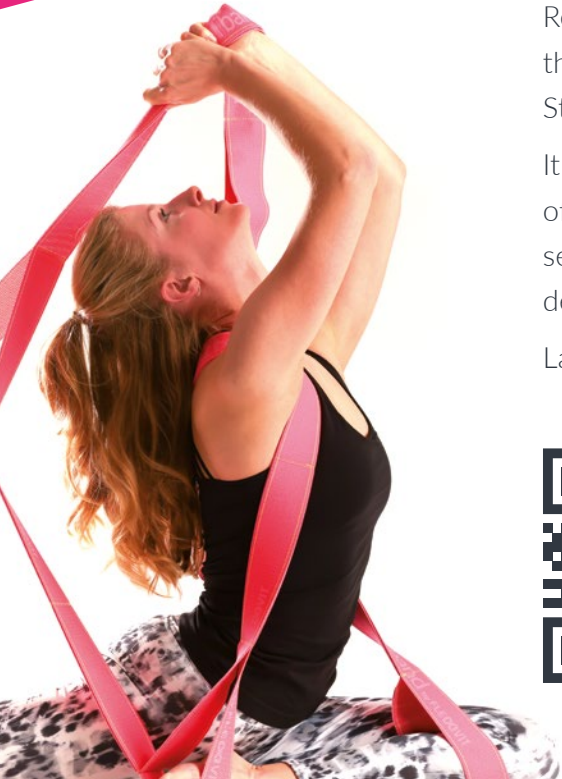
PATband strappings are tight-fitting body wraps. These unique techniques activate muscles that cannot be reached with traditional exercises.

When strapping shoulders and chest, the PATband helps you maintain a straight posture. As a result, strained neck or chest muscles are stretched and your posture has immediately improved.



Scan the QR code  
and learn the  
PATband Strapping  
techniques!





Read the word yoga forwards once, then backwards once. A wordplay that reflects the flowing dynamics and new functionality in the flows. Static turns into movement.

It is an increase in the intensity that gives you more understanding of the yoga practice, but also provides more stability for movement sequences in everyday life. This form of functional yoga practice was developed together with Laura Biemann.

Laura will show you your first exercises here.



**Visit my website for  
more exercises, workshops  
or trainings.**

[www.agoyoga.fit](http://www.agoyoga.fit)



1

## Shoulder bridge

Lie on your back with your feet hip-width apart and your arms next to your body. Intertwine your hands together under your back. Put each knee in a loop and secure the PATband by putting both feet on it. The PATband supports the hip opening through the pull. Therefore strengthening the muscles on the inside of the legs.





## Warrior II

2

The feet are a large step apart on the floor, the back foot is turned slightly outwards. The front knee is bent and the arm above it is extended forward. The other arm pulls the PATband over the head. The foot of the bent leg is in a loop of the PATband. The band is pulled under tension behind the body to the opposite hand. The knee pushes outwards against the resistance of the PATband, thereby strengthening the outside of the leg. At the same time the outer side of the core is activated.

# 3

## Warrior I

From the Warrior 2 position push one arm forward against the resistance of the band.

The other arm pulls back.

As the torso rotates, the back heel loosens and the hip closes.

The rotation strengthens the chest and shoulder muscles.

The switch between the two warrior positions increases mobility.





## Spinal twist variation

4

Extend one leg forward, the other leg should be bent with the sole of the foot touching the knee of the extended leg.

The PATband extends over the straight leg across the back and is fixed by slipping your bent knee in the loop.

The PATband offers resistance when twisting outwards therefore training the entire core muscles.

# 5

## Neck swing

Lie on your back and stretch your leg towards the ceiling.

Pull the PATband behind the head and slip the foot of the extended leg in two loops.

Using the weight of the leg, the PATband pulls the chin towards the chest.

This creates a gentle stretch for the neck.



The  
**PATband**  
fits perfectly  
with...



# PATmat

The Functional  
Movement Map



# PATtrigger

The Training and Therapy Roller





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