



FABRIC LOOP RESISTANCE BANDS SET

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Fabric Loop Resistance Bands. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Fabric Loop Resistance Bands discontinue use and consult your physician.

Please use caution and carefully follow all exercise instructions and use proper technique when using the Fabric Loop Resistance Bands. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

- 1. Before each use, check bands for damage or weak spots in order to avoid breakage while training.
- 2. **DO NOT** use bands on abrasive or jagged surfaces.
- 3. **DO NOT** stretch to more than 3 times their original length.
- 4. **DO NOT** release the bands when under tension to avoid injury. Carefully return bands to their original length before releasing.

Care Instructions

- 1. Only hand wash or use washing machines without an agitator. Machine wash in cold water to prevent damage and air dry.
- 2. Store in a cool, dry place away from moisture, heat, and direct sunlight.

Resistance Levels:

20-37 LB	30-46 LB	40-55 LB
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It is recommended to start with the blue/green band for each exercise in this guide. As you build strength, you can advance to the pink/grey and the purple/black bands. Be sure you can perform the exercises with proper form without using force or momentum before advancing to the next level.

Make sure you can move through a full range of motion before advancing to a heavier band in order to avoid overcompensating with other muscles. Many of these exercises are intended to be very small movements in a limited range of motion that require very little resistance to be effective.

EXERCISE GUIDE

SQUAT



- 1.** Place your band around your thighs, a few inches above your knee.
- 2.** Stand with your feet about shoulder-width apart keeping your toes pointed forward and your shoulders back. There should be slight tension on your band. You can clasp your hands in front of you or keep them on your hips.
- 3.** Squat down and push your hips back keeping your torso straight and shoulder back. Lower yourself until your thighs are parallel to the ground. Keep your weight in your heels and do not lean forward. As you squat, slightly push your thighs out to activate your glute muscles. Do not let your knees bend past your toes.
- 4.** As you rise back up, contracting your glutes and return to your starting position. Repeat 10-15 times and eventually switch to a heavier band as you build more strength.

LATERAL SQUAT WALK



- 1.** Place your band around your thighs, a few inches above your knee.
- 2.** Assume a squat position with your feet shoulder-width apart and toes pointing forward. Your torso should be straight and your hips pushed back with thighs parallel to the ground.
- 3.** In the squat position, take 4 steps to the right. Always keep a shoulder-width distance between your feet and stay in your squat position.
- 4.** Take 4 steps to the left in the same position.
- 5.** Repeat sequence 5 times.

BRIDGE



1. Place your band around your thighs, a few inches above your knee.
2. Lay on your back with your knees bent and your feet flat on the ground. Place your arms flat beside you. There should be slight tension on your band.
3. Engage your core and push through your feet to lift your hips. Raise your hips until they are in line with your knees and contract your glutes. Keep your shoulder and head on the floor.
4. Lower your hips back to the ground, but keep your core engaged.
5. Repeat 10-15 times.

FIRE HYDRANT



- 1.** Begin on your hands and knees with your hands directly under your shoulders and your knees under your hips. Place your band around your thighs. Make sure to keep your back flat and your neck in line.
- 2.** Without rounding your back and keeping your hips in line, raise your knee out to the side as high as you can.
- 3.** Lower your knee back to starting position.
- 4.** Repeat 10-15 times and switch legs.

DONKEY KICKS



1. Begin on your hands and knees with your hands directly under your shoulders and your knees under your hips. Place your band around your thighs. Make sure to keep your back flat and your neck in line.
2. Without rounding your back and keeping the 90-degree angle of your leg, lift your left leg straight up behind you. Raise your leg as high as you can while keeping your back straight.
3. Lower your leg back down to the starting position.
4. Repeat 10-15 times and switch legs.

SEATED HIP ABDUCTIONS



- 1.** Sit on the edge of a weight bench or sturdy chair with your feet flat on the ground. Place your band around your thighs, a few inches above your knee.
- 2.** Place your feet together and flat on the ground. Sit with your back straight and place your hands on the edge of your seat for balance.
- 3.** Push your knees away from each other and feel the band tighten. Feel your glutes and thigh muscles engage. Keep your feet together and lean on the outer edges of your feet the further you push your knees.
- 4.** Bring your knees back together while keeping your muscles engaged.
- 5.** Repeat 10-15 times.

SPLIT SQUAT



- 1.** Stand in front of a chair or bench that is knee level. Place your band around your thighs, a few inches above your knee.
- 2.** Lift your leg behind you and place on the chair or bench. Make sure your standing leg is far enough away to be able to squat without bending your knee over your foot.
- 3.** Squat down with your standing leg and clasp your hands in front of you or place on your hips for balance.
- 4.** Rise up and repeat 10-15 times.

CLAM SHELLS



1. Begin laying on your left side with your legs stacked on top of each other. Your entire torso should be flat on the ground. Lean on your left arm and use your right arm to balance. Place your band around your thighs, a few inches above your knees. Curl your legs in to form a 90-degree angle.
2. Keeping your hips aligned on top of each other and your legs curled, raise your right knee towards the sky. Keep your feet together as you raise your knee.
3. Lower your knee back to the starting position.
4. Repeat 10-15 times and switch sides.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



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