



## **LOOP RESISTANCE BANDS SET**

Instruction Manual & Exercise Guide



## Disclaimer, Terms and Conditions

### IMPORTANT

Please read this entire manual before using the ProsourceFit Loop Resistance Bands Set. 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 Loop Resistance Bands discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using the 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 & Storage Instructions

Wipe with a damp cloth to clean. **DO NOT** use soap or other cleaning products on bands, as it may damage and/or weaken latex. Store in a cool, dry place away from moisture, heat, & direct sunlight.

**ProsourceFit Loop Resistance Bands come in three resistance levels to accommodate various fitness levels and types of exercises:**

**LIGHT = 10 - 15 lb.**

**MEDIUM = 15 - 20 lb.**

**HEAVY = 25 - 30 lb.**

It is recommended to start with the green band for each exercise in this guide. Once that becomes easy, you can advance to the red and blue bands. Be sure you can perform the exercise 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

## BRIDGES



- 1.** Lie on your back with feet hip or shoulder-distance apart. Bend your knees with feet on the floor so that your heels are about a hand's distance from your buttocks.
- 2.** Place a band around your knees so that both knees are pushing out slightly to hold the band in place, but keep knees aligned with your feet and hips.
- 3.** Slowly lift your hips up off the floor as high as you can, squeezing your buttocks until your weight is on your shoulder blades.
- 4.** Pause for a moment as you contract your glutes, then slowly lower from the bridge position, one vertebrae at a time, until the tailbone touches the mat. Repeat 12 -15 times.

## CLAM SHELLS



- 1.** Lie on your side with knees bent about 90 degrees, with a band wrapped around your thighs just above your knees. Your head, shoulders, buttocks, and bottom of feet should all be aligned.
- 2.** Rest your head on the arm that is in contact with the floor to support your neck, and place the other arm on the floor in front you for support.
- 3.** Make sure that your pelvis is straight up and down, not open toward the ceiling. Maintain this position throughout the exercise.
- 4.** Keeping your feet together, slowly raise your top knee into the air so that the leg lifts like the opening of a clam shell. Raise the knee as far as you can without your pelvis rocking backward.
- 5.** Slowly lower the knee with control. Repeat 8 -10 times on each side.

## SIDE LYING LEG LIFTS



- 1.** Lie on your side with a band around your ankles. Stack your legs and keep them straight.
- 2.** Rest your head on your bottom arm, top hand on mat in front of you for support.
- 3.** Flex both feet and draw your belly button in toward your spine to engage your core. Lift your top leg toward the sky, creating tension on the band and pulse the leg up 10 times at a medium pace. Repeat on other side.

## SIDE STEPS



1. Place a band around your ankles. Stand tall with feet about two inches apart, toes facing forward
2. Bend knees slightly & keep them aligned with toes while butt pushes backward.
3. Start by stepping your right leg gently out toward the right, as far as you comfortably can without force (**approximately hip to shoulder distance apart**).
4. Keeping your squat position, step the left foot in toward the right foot. Continue stepping out with the right foot, and then stepping the left foot in.
5. Complete 10 -15 reps, then repeat in the opposite direction.

## PLANK WITH SIDE STEPS



- 1.** Begin in a push-up position on your toes with hands underneath shoulders and a band around your ankles.
- 2.** Make sure your body stays in a straight diagonal line the whole time, not allowing your hips to rise up or sink down.
- 3.** Start with both feet close together, then extend one leg to the side, tapping your toe on the ground. Then slowly return it to the start position.
- 4.** Repeat on the opposite side. Continue alternating sides until you complete 8 -10 reps on each leg.

# SQUATS



- 1.** Place a band around your lower thighs just above the knees. Stand with feet about shoulder distance apart, keeping knees aligned with toes. The width of your stance may vary slightly to maintain tension on the band.
- 2.** Clasp hands or extend them out in front of you and brace your core, then lower toward the floor by bending at the knees and pressing butt back, as if you were going to sit on a chair.
- 3.** Make sure to keep your torso straight and as tall as possible – don't lean forward – and press thighs slightly into the band to help engage your glute muscles.
- 4.** Lower until thighs are parallel with the floor (or as low as is comfortable for you), keeping your weight in your heels.
- 5.** Press back up, contracting glutes as you return to the start position. Repeat 10 -15 times.



## DONKEY KICKS



- 1.** Start on the floor on all fours. Hands should be directly below your shoulders, and knees below your hips. Maintain a neutral spine.
- 2.** Place the band around thighs or calves. Flex one foot and lift it toward the ceiling, keeping your knee bent.
- 3.** Squeeze your buttocks as you lift, until thigh is parallel to the floor. Pause for one second, then slowly return to the start position.
- 4.** Repeat 10 -15 times before switching to the other leg.

## FIRE HYDRANTS



- 1.** Start on the floor on all fours, with the band around your lower thighs.
- 2.** Hands should be directly below your shoulders, and knees below your hips. Maintain a neutral spine.
- 3.** Slowly lift one leg out to the side, with knee bent, until thigh is nearly parallel to the floor.
- 4.** Return to start position and repeat 10 -15 times on each side.

## BACK ROW



- 1.** Hold one end of a band in one hand and extend arm out in front of you with palm facing in.
- 2.** With your opposite hand, grab the other end of the band and bend arm to 90-degrees. Both hands should be grasping band firmly with closed fists.
- 3.** Draw elbow in by your side. Then, keeping your bent arm by your side, draw the band back, squeezing your mid back as you pull.
- 4.** Once you've pulled as far as you're able, release back to the start position. Repeat 12 -15 times, then switch to the other arm.

## TRICEPS EXTENSIONS



- 1.** Wrap a band around both hands, then bend elbows at 90 degrees with elbows tucked into your sides. Hands should be directly in front of you.
- 2.** Bring one hand to the opposite shoulder. Keep the other elbow tucked in by your side, then with palm facing down, press the band down toward the floor until your arm is straight.
- 3.** Slowly return to the start position, and complete 12 -15 reps on each side.

## BICEP CURLS



- 1.** Place a band around both wrists, then bend elbows at 90 degrees with elbows tucked into your sides. Hands should be directly in front of you with hands turned toward the ceiling. You can keep palms open or make fists.
- 2.** Draw one hand up toward your shoulder, squeezing your bicep at the same time. Then slowly release back to the start position, then repeat with other arm.
- 3.** Complete 12 -15 reps with each arm.

## ROTATOR CUFF



- 1.** Place a band around both wrists, and bend arms at 90-degrees with elbows tucked into your sides.
- 2.** Form fists with hands facing each other. Slowly externally rotate one arm, drawing it away from your body. Make sure your arm only moves from the elbow down.
- 3.** Once your arm is perpendicular to your body, return to the start position. Repeat 10 -12 times, then switch to the other side.

## **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.



**www.prosourcefit.com**

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