



# POWER BANDS

## QUICK START GUIDE

### DYNAPRO GUARANTEE

IT'S SIMPLE. IF YOU ARE NOT 100% SATISFIED WITH YOUR DYNAPRO PURCHASE, RETURN IT WITHIN 30 DAYS FOR A NO-QUESTIONS ASKED HASSLE FREE, 100% MONEY BACK GUARANTEE!



### BEFORE USE

ALWAYS INSPECT ALL EXERCISE PRODUCTS BEFORE USE. IF YOU NOTICE ANYTHING UNUSUAL ABOUT YOUR PRODUCT, PLEASE CONTACT US IMMEDIATELY.



**CAUTION!**



**BE AWARE OF YOUR SURROUNDINGS! ALWAYS MAKE SURE YOU HAVE ENOUGH ROOM TO EXERCISE TO AVOID INJURY AND DAMAGE TO PERSONAL PROPERTY!**

### LIFETIME WARRANTY!

REGISTER AT: [DYNAPRODIRECT.COM/REGISTER](http://DYNAPRODIRECT.COM/REGISTER)

AND RECEIVE THE INTERACTIVE, **CRUSH** EXERCISE BALL WORKOUT GUIDE (WITH VIDEO) FOR FREE!



## THE 4/3/1 QUICK START

# WORKOUT

PICK 4 EXERCISES  
 COMPLETE 3 SETS EACH  
\*UNTIL FAILURE  
 REST 1 MINUTE AFTER EACH SET

UPRIGHT POWER ROW



BICEPS CURL (TOGETHER)



TRICEPS EXTENSION



POWER BACK HYPER



POWER SQUAT



SIDE RAISE (ALTERNATING)



LET'S STRETCH!



ARE YOU READY FOR MORE?

VISIT [DYNAPRODIRECT.COM](http://DYNAPRODIRECT.COM)

FOR THE INTERACTIVE VERSION WITH VIDEO!



# STOP!

**QUESTIONS OR PROBLEMS?**

**WE'RE HERE TO HELP!**

EMAIL [SUPPORT@DYNAPRODIRECT.COM](mailto:SUPPORT@DYNAPRODIRECT.COM)

OR

LIVE CHAT US ON [DYNAPRODIRECT.COM](http://DYNAPRODIRECT.COM)!  
**BEFORE RETURNING!**

VISIT [DYNAPRODIRECT.COM/REGISTER](http://DYNAPRODIRECT.COM/REGISTER)

TO GAIN ACCESS TO THE **CRUSH**  
INTERACTIVE WORKOUT GUIDE WITH VIDEO  
AND FREE **LIFETIME WARRANTY**

