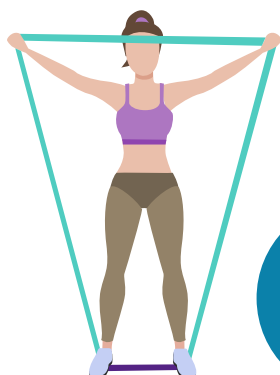


# FABRIC LONG RESISTANCE BANDS - Workout Guide



1

Thrusters



3-5 sets of  
12-15 reps  
for each  
workout

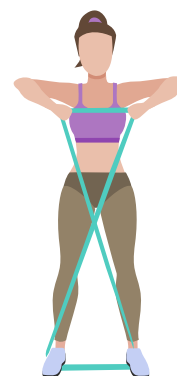
2

Lateral Rise



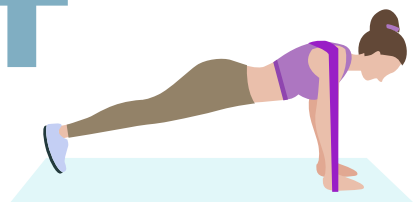
3

Upright row



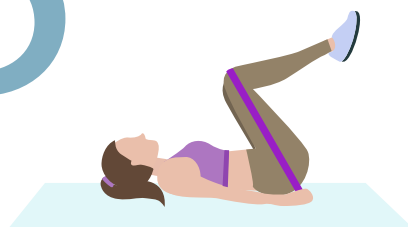
4

Push-Ups



5

Reverse Crunch



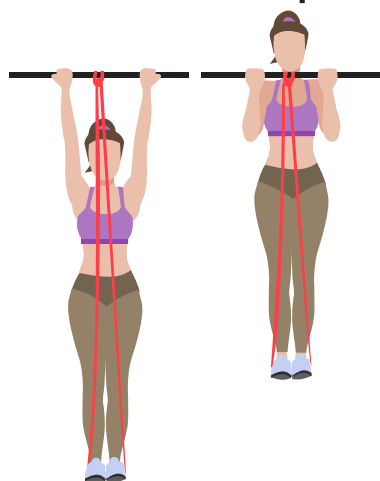
6

Lunges



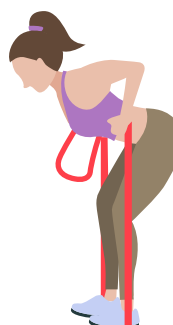
7

Assisted Pull-up



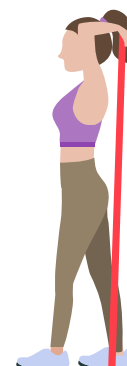
8

Bend Over Rows



9

Tricep Extensions





# FABRIC LONG RESISTANCE BANDS - Quick Start Guide



## Benefits

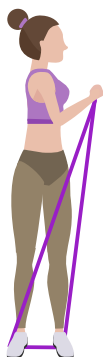


- Resistance bands allow us to train all our muscle groups adding extra resistance to the weight of our body.
- Strengthens specific muscle groups.

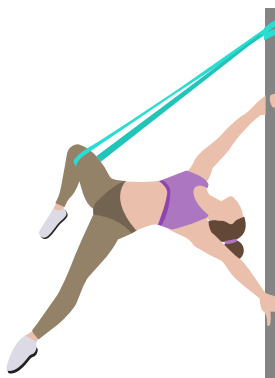


- Versatile, great for individual training.
- Don't break or stretch with use.
- Can be combined with most exercises.
- Easy to transport and store.

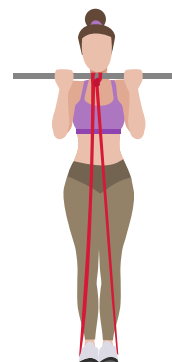
## Versatile Resistance Bands



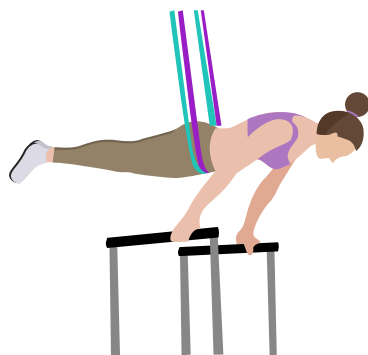
STRETCHING



CALISTHENICS



ASSITED PULL-UPS



CROSSFIT



SPEED & AGILITY

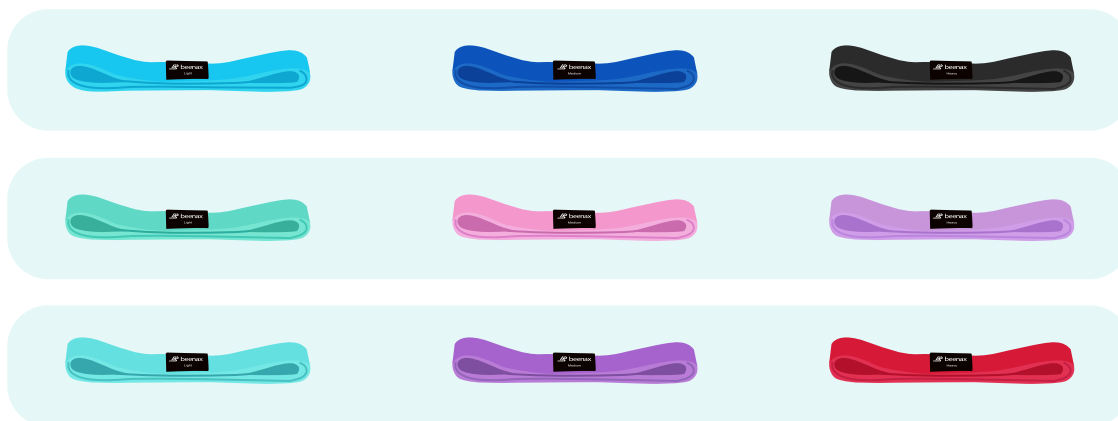


# FABRIC LONG RESISTANCE BANDS - Quick Start Guide



## 3 Resistance Band Levels

### 3 COLOUR OPTIONS







**Light** = Up to 15 lbs

**Medium** = Up to 25 lbs

**Heavy** = Up to 35 lbs

## Storage and Care

-  Clean them in the washing machine on a cold water and gentle setting. You can also handwash them with a mild soap.
-  Use a mild detergent or soap to wash your bands. They can change colour, become brittle, and even break if you use harsh chemicals to clean them.
-  Let it dry in the open air and away from direct sunlight.
-  When you store your resistance bands, you should make sure that there is no strain on them.

## Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!