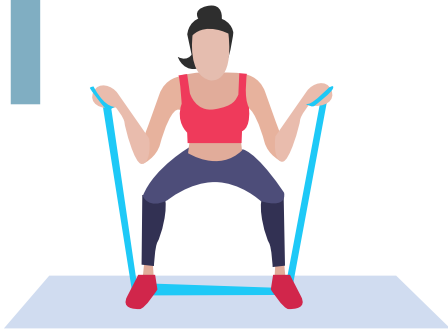




1

Squat



2

Kickback



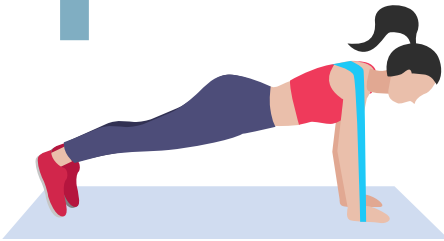
3

Bridge



4

Push-Up



5

Leg Extension



6

Sitting Row



7

Split Squat



8

Hip Flex



9

Shoulders





RESISTANCE BANDS

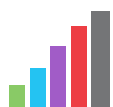
Quick Start Guide



Benefits

1

Adapt for multiple fitness levels



Beenax Resistance bands come in 5 resistance levels, light, medium and heavy. You can further adjust the amount of resistance during exercise just by giving more or less slack on the band, as well as by combining multiple resistance bands to increase the challenge.

2

Lightweight and easily portable



When you don't have a lot of room for a home gym, resistance bands are a great option that store in very little space. They are small and portable. Great way to take your workout with you anywhere!

3

Add variety to your workouts



Over time, your muscles adapt to any new exercise routine. It's a good idea to mix it up by cross-training with free weights, machines and resistance band exercises. Each will work your muscles in a slightly different way.

4

Strengthens different muscle groups



Resistance bands make your muscles work harder at the end of the arc (when the band is most taut). Either way, your body is moving against resistance, and that will give your muscles an effective workout.

Storage and Care

1



Clean bands by wiping with a damp cloth.

2



Do not use soap or any cleaning products to clean bands as these can deteriorate the strength of the band.

3



Avoid storing bands near direct sunlight.

4



Keep stored bands away from heat sources

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!