

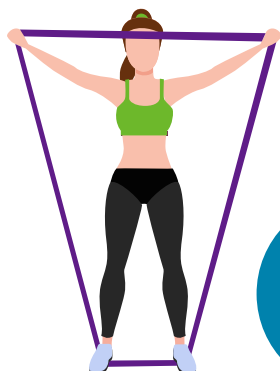
PULL-UP RESISTANCE BANDS

Workout Guide



1

Thrusters



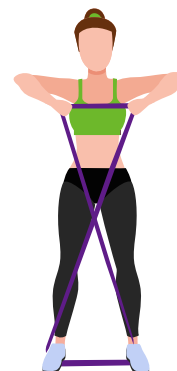
2

Lateral Rise



3

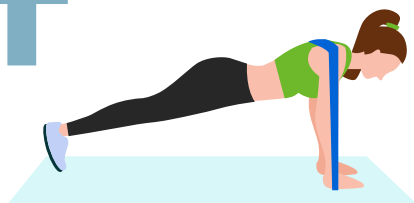
Upright row



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

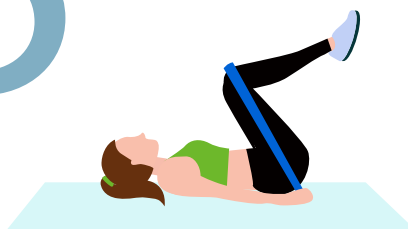
4

Push-Ups



5

Reverse Crunch



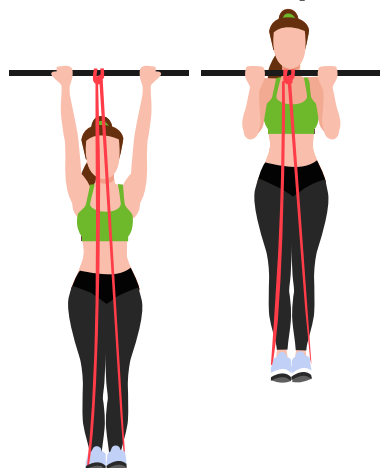
6

Lunges



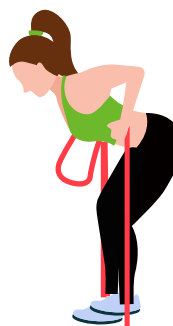
7

Assisted Pull-up



8

Bend over rows



9

Tricep Extensions



EXTRA HEAVY: 50-125 lbs



HEAVY: 35-85 lbs



MEDIUM: 25-65 lbs



LIGHT: 15-35 lbs



EXTRA LIGHT: 5-15 lbs



WARNING: It is recommended that you consult with a physician before beginning any new exercise routine



PULL-UP RESISTANCE BANDS

Quick Start Guide



Benefits


Assisted pull-ups bands basically work the same muscles as the regular kind. The only difference is that you're using the band to provide a little extra support, reducing the overall load on your muscles as you train. What the resistance band is doing is effectively reducing your body weight. The core muscle groups which are targeted by banded pull-ups are the back, core, shoulders and arms, including biceps and forearms, lats, traps, pecs, spine and external obliques.

- Supports part of your weight while you learn the correct technique, hand placement and grip, and allows you to build strength gradually by stepping down the resistance of your band until you're ready to go for it alone.





- Prevents the risk of injury to your muscles, tendons and joints.
- Strengthens target muscle groups.
- Versatile, great for individual training.
- Can be combined with most exercises.

Assisted Pull-Ups

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Loop one end of your band around the pull-up bar in the center and pass it back through itself, so you can knot it to the bar tight.

You should now have a long loop of resistance band hanging towards the floor, but not touching it.
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Step into that loop with both feet, and take hold of the bar in whichever grip you're intending to train.
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Complete your pull-up, keeping your legs straight. You should feel the band giving you a "boost" as you pull yourself up and get your chin over the bar.

If you're still having trouble reaching the bar, you may need a band with stronger resistance. Or, if you're finding it too easy to get your chin over, and you're not really feeling the burn, you may want to switch down to a lower resistance band.

Storage and Care

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Clean bands by wiping with a damp cloth.
- 

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

Avoid storing bands near direct sunlight.
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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!

LEGAL DISCLAIMER: No responsibility or liability is accepted for any pain or injury suffered by any person using this product. Discuss the suitability of this tool with a professional before use. Do not continue to use this product if it is causing you pain.