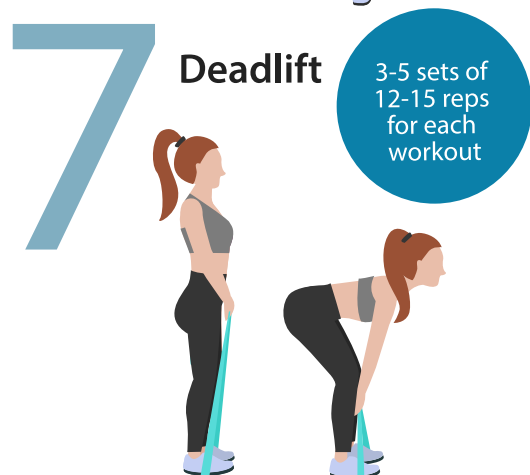
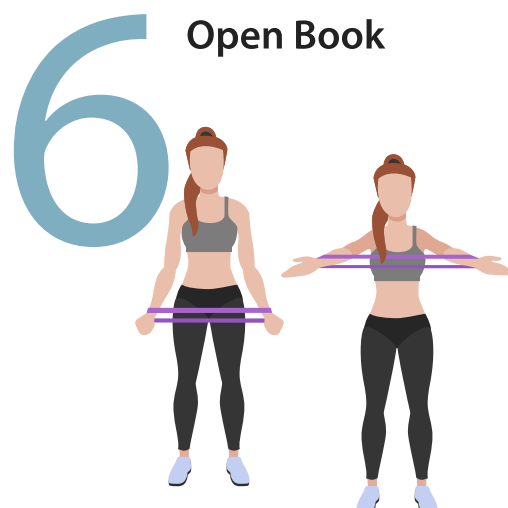
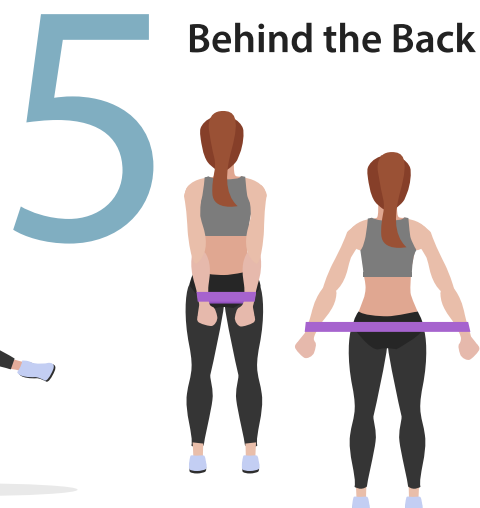
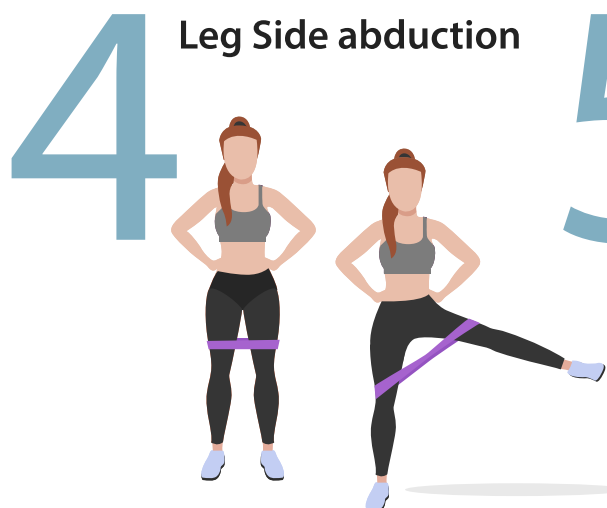
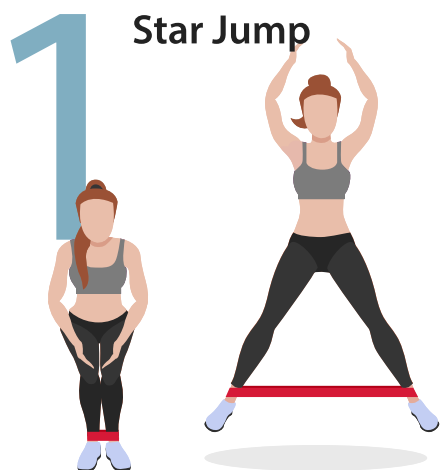
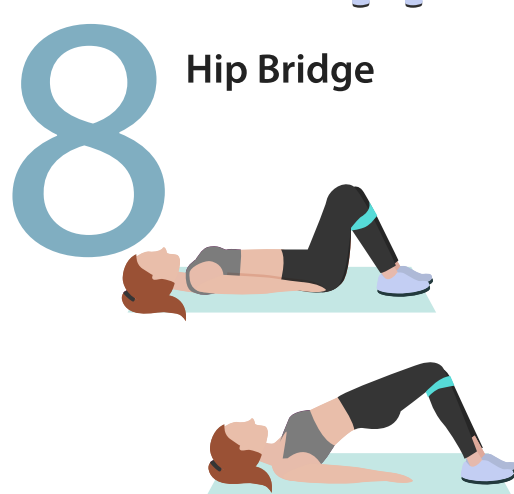


FABRIC SHORT RESISTANCE BANDS - Workout Guide



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

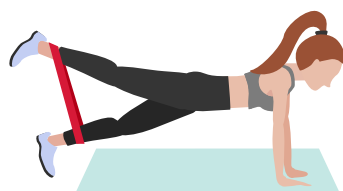
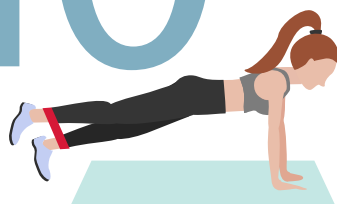


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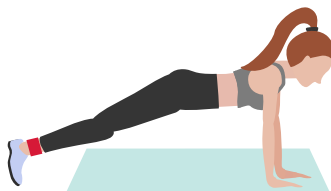
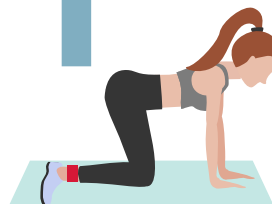
10

High Plank
Leg Lift



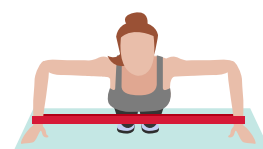
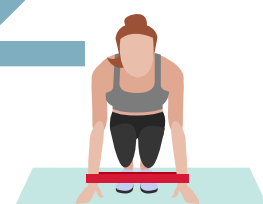
11

Knee Tuck
Rotation



12

Push Pop



Use more
than one band
to increase
resistance.

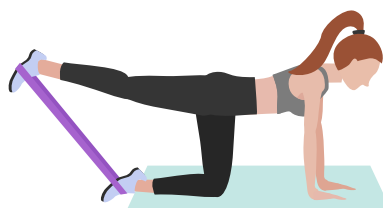
13

Bear Crawl



14

Donkey Kick



15

Knee Drive



FABRIC SHORT RESISTANCE BANDS - Workout Guide



Benefits



1

Adapt for multiple fitness levels

Beenax Resistance bands come in three (3) resistance levels. 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. It's a 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 skipping rope 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.



FABRIC SHORT RESISTANCE BANDS - Workout Guide



3 Resistance Band Levels

3 COLOUR OPTIONS



Light = 15-25 lbs

Medium = 25-35 lbs

Heavy = 40-50 lbs

1



Clean bands by wiping with a damp cloth.

3



Avoid storing bands near direct sunlight.

2



Do not use harsh chemicals to clean bands as these can deteriorate the strength of the band.

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!