



Fit Nation

PREMIUM RESISTANCE BANDS

EXERCISE GUIDE

Remember to leave a product review for your purchase



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DISCLAIMER

SPORT TRAINING CAN RESULT IN SERIOUS OR FATAL INJURY. RISK OF INJURY CAN BE LESSEned WHEN SAFE TECHNIQUES AND COMMON SENSE ARE PRACTICED. DO NOT EXERCISE WITHOUT PROPER INSTRUCTION OR SUPERVISION, OR WITHOUT FIRST CONSULTING YOUR DOCTOR. IF YOU EXPERIENCE ANY DISCOMFORT WHILE USING THIS PRODUCT, OR WHILST FOLLOWING ANY OF THE EXERCISES IN THIS GUIDE, STOP THE ACTIVITY IMMEDIATELY. ALWAYS CHECK EQUIPMENT FOR WORN OR DAMAGED PARTS BEFORE USE. IF ANY DEFECTS ARE FOUND DO NOT USE THE PRODUCT.

YOU MUST GET YOUR PHYSICIAN'S APPROVAL BEFORE BEGINNING THIS EXERCISE PROGRAM. THE RECOMMENDATIONS IN THIS AND ANY OTHER DOCUMENT ARE NOT MEDICAL GUIDELINES BUT ARE FOR EDUCATIONAL PURPOSES ONLY. YOU MUST CONSULT YOUR PHYSICIAN PRIOR TO STARTING THIS OR ANY OTHER PROGRAM, OR IF YOU HAVE ANY MEDICAL CONDITION OR INJURY THAT CAN POSSIBLY WORSEN WITH PHYSICAL ACTIVITY.

THIS PROGRAM IS DESIGNED FOR HEALTHY INDIVIDUALS 18 YEARS AND OLDER ONLY. THE INFORMATION IN THIS DOCUMENT IS MEANT TO SUPPLEMENT, NOT REPLACE, PROPER EXERCISE TRAINING.

ALL FORMS OF EXERCISE POSE SOME INHERENT RISKS. FIT NATION ADVISES READERS TO TAKE FULL RESPONSIBILITY FOR THEIR SAFETY AND KNOW THEIR LIMITS. BEFORE PARTAKING IN THE EXERCISES IN THIS OR ANY OTHER PROGRAM, BE SURE THAT YOUR EQUIPMENT IS WELL-MAINTAINED, AND DO NOT TAKE RISKS BEYOND YOUR LEVEL OF EXPERIENCE, APTITUDE, TRAINING AND FITNESS.

THE EXERCISES IN THIS BOOK ARE NOT INTENDED AS A SUBSTITUTE FOR ANY EXERCISE ROUTINE OR TREATMENT OR DIETARY REGIMEN THAT MAY HAVE BEEN PRESCRIBED BY YOUR PHYSICIAN. DON'T PERFORM ANY EXERCISE UNLESS YOU HAVE BEEN SHOWN THE PROPER TECHNIQUE BY A CERTIFIED FITNESS TRAINER OR CERTIFIED STRENGTH AND CONDITIONING SPECIALIST.

DON'T PERFORM ANY EXERCISE WITHOUT PROPER INSTRUCTION. ALWAYS DO A WARM-UP PRIOR TO ANY EXERCISE. SEE YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE OR NUTRITION PROGRAM. IF YOU ARE TAKING ANY MEDICATIONS, YOU MUST TALK TO YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM, INCLUDING BUT NOT LIMITED TO THE EXERCISES THAT FOLLOW.

IF YOUR PHYSICIAN RECOMMENDS THAT YOU DON'T USE THIS OR ANY OTHER PROGRAM, PLEASE FOLLOW YOUR DOCTOR'S ADVICE.



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FAQ'S

Q - CAN I GET A PRINTED COPY OF THIS EBOOK?

A - YES, EMAIL US AND WE CAN POST YOU A COPY.

Q - ARE THERE ANY WORKOUT VIDEOS?

A - YES, THERE ARE LOTS AVAILABLE FROM YOUTUBE AND SOON WE WILL HAVE OUR OWN TOO, SO KEEP AN EYE ON OUR WEBSITE.

Q - DO FIT-NATION DO OTHER FITNESS PRODUCTS?

A - YES, WE HAVE AN EVER EXPANDING RANGE AVAILABLE ON OUR WEBSITE.

Q - IF I CHANGE MY MIND CAN I GET MY MONEY BACK?

A - YES, WITHIN THE FIRST 30 DAYS WE OFFER A MONEY BACK GUARANTEE.

IMPORTANT!
ALWAYS WARM UP BEFORE
DOING ANY WORKOUT AND
FOLLOW THE ADVICE OF
YOUR DOCTOR. PLEASE SEE
OUR FULL DISCLAIMER ON
PAGE 2 OF THIS GUIDE.

BONUS - JOIN OUR MAILING LIST AT FIT-NATION.CO.UK FOR EXCLUSIVE DISCOUNTS AND AWESOME BONUS CONTENT

THRILLED WITH YOUR BANDS?
WE HOPE THAT YOU ARE, AND THAT YOU ARE MASTERING THOSE EXERCISES TOO! REMEMBER TO LEAVE US A 5 STAR PRODUCT REVIEW IF YOU ARE SATISFIED WITH YOUR PURCHASE AND SHOPPING EXPERIENCE.



NOT TOTALLY SATISFIED?
1,2 AND 3 STAR EXPERIENCES ARE NOT WHAT WE ARE LOOKING TO ACHIEVE SO IF, FOR ANY REASON, YOU ARE NOT HAPPY PLEASE CONTACT US FIRST, BEFORE YOU LEAVE A REVIEW, AND WE WILL MAKE YOU 100% HAPPY!



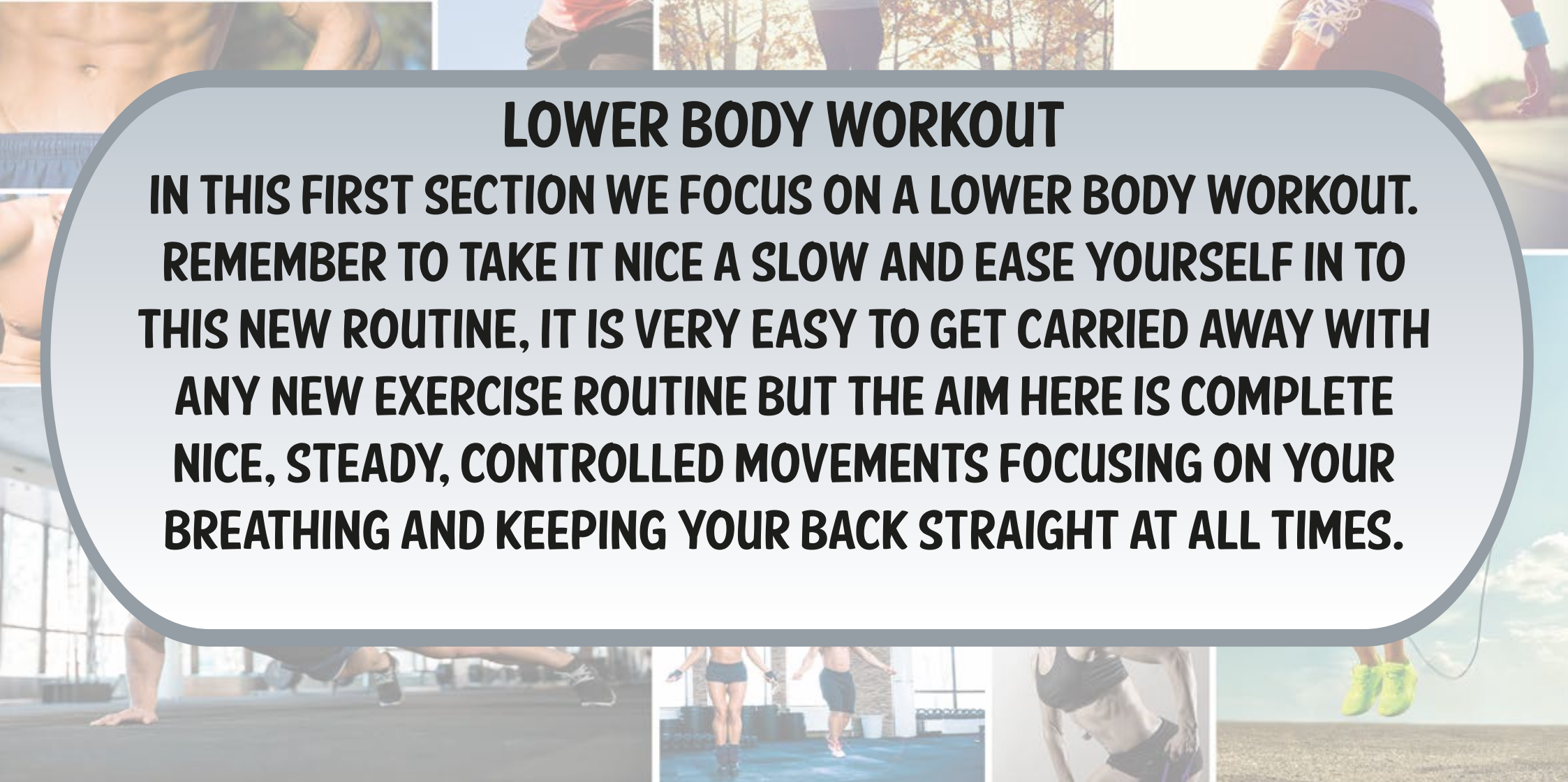
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LOWER BODY WORKOUT

IN THIS FIRST SECTION WE FOCUS ON A LOWER BODY WORKOUT. REMEMBER TO TAKE IT NICE A SLOW AND EASE YOURSELF IN TO THIS NEW ROUTINE, IT IS VERY EASY TO GET CARRIED AWAY WITH ANY NEW EXERCISE ROUTINE BUT THE AIM HERE IS COMPLETE NICE, STEADY, CONTROLLED MOVEMENTS FOCUSING ON YOUR BREATHING AND KEEPING YOUR BACK STRAIGHT AT ALL TIMES.



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SIDE STEP SQUATS



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SIDE STEP SQUATS

10-12 REPS PER LEG

KEEP YOUR BACK STRAIGHT AT ALL TIMES!

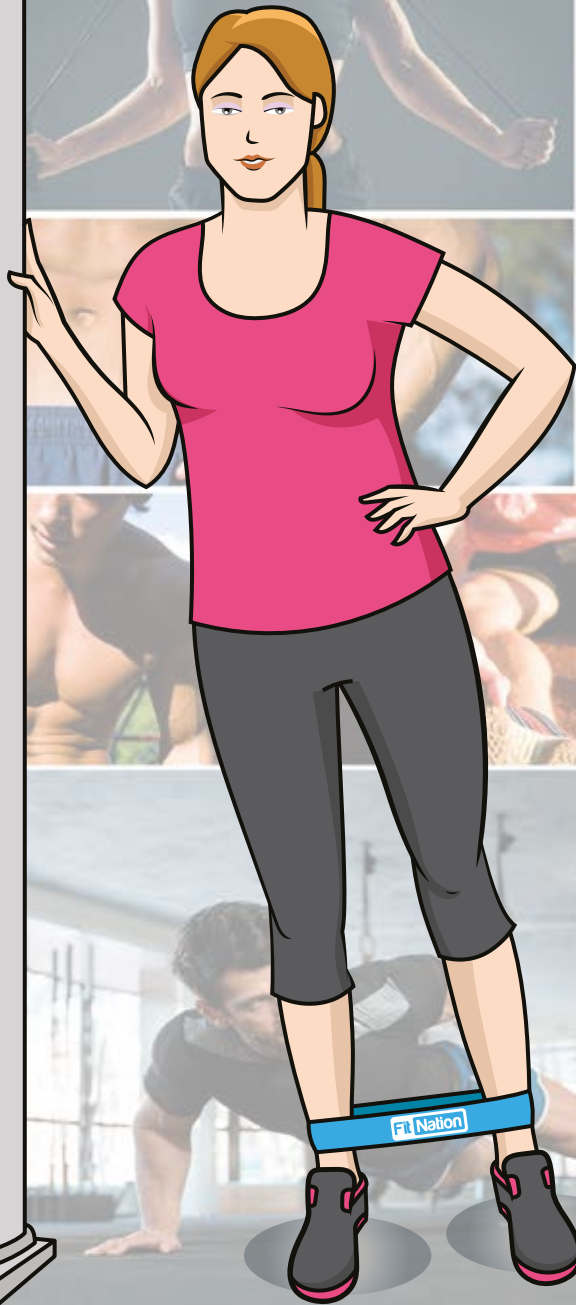
- 1. PLACE THE RESISTANCE BAND JUST ABOVE YOUR KNEES.**
- 2. START IN AN UPRIGHT POSITION WITH YOUR LEGS SHOULDER WIDTH APART.**
- 3. MOVE YOUR LEFT LEG OUTWARDS, PLACE IT ON THE FLOOR AND PERFORM A SQUAT, HOLD FOR 3 SECONDS.**
- 4. BRING YOU LEFT LEG BACK TO SHOULDER WIDTH POSITION.**
- 5. REPEAT STEPS 4 AND 5 FOR YOUR RIGHT LEG.**



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HIP ABDUCTIONS



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HIP ABDUCTIONS

10-12 REPS PER LEG

KEEP YOU LEGS STRAIGHT AT ALL TIMES!

- 1. PLACE THE RESISTANCE BAND JUST ABOVE YOUR ANKLES.**
- 2. START IN AN UPRIGHT POSITION WITH YOUR LEGS SHOULDER WIDTH APART, YOU MAY FIND IT EASIER TO LEAN AGAINST SOMETHING.**
- 3. SLOWLY RAISE YOUR LEFT LEG OUTWARDS AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOU LEFT LEG BACK TO SHOULDER WIDTH POSITION.**
- 5. COMPLETE 10-12 REPS THEN REPEAT STEPS 4 AND 5 FOR YOUR RIGHT LEG.**



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LYING HIP ABDUCTIONS



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LYING HIP ABDUCTIONS

10-12 REPS PER LEG

KEEP YOU LEGS STRAIGHT AT ALL TIMES!

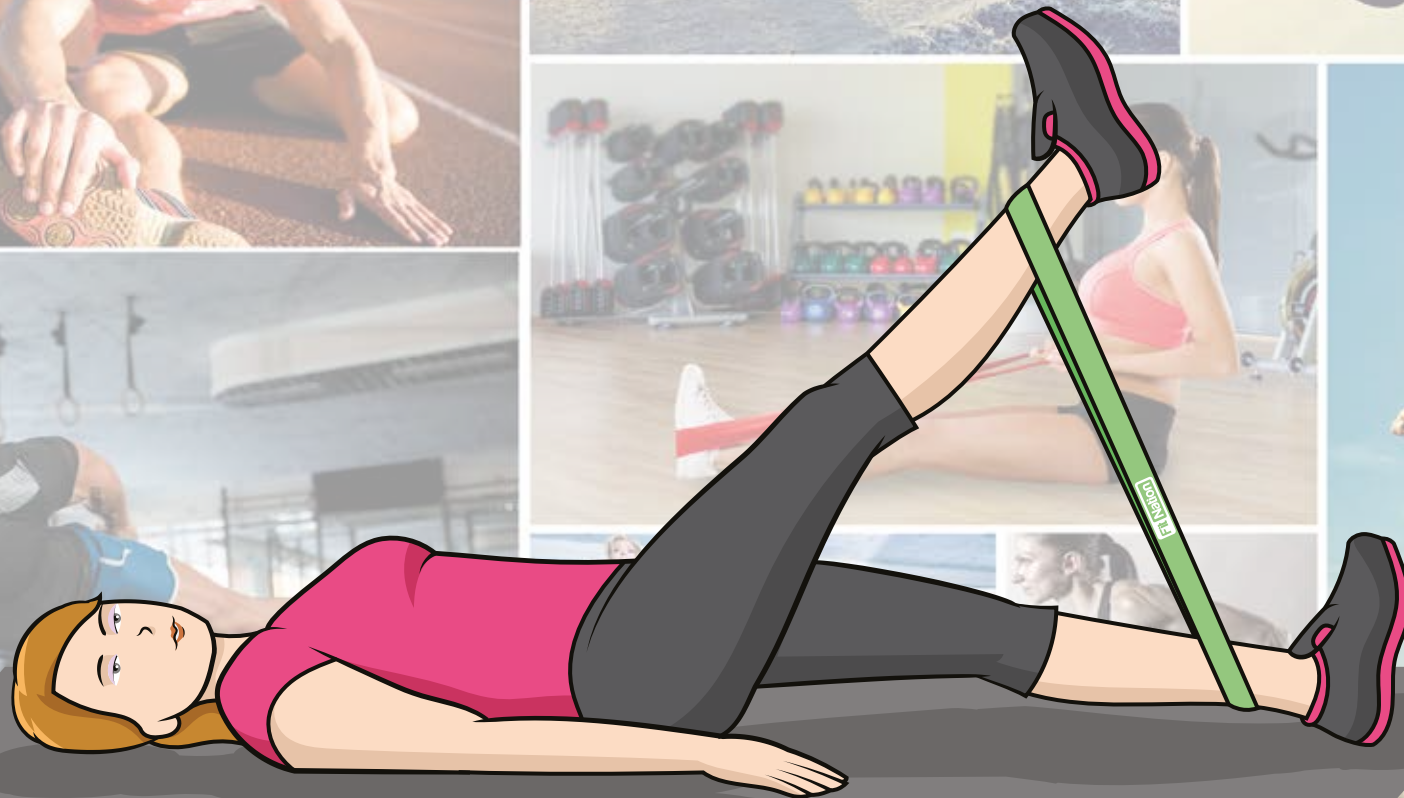
- 1. PLACE THE RESISTANCE BAND JUST ABOVE YOUR ANKLES.**
- 2. LAY DOWN ON YOUR RIGHT SIDE WITH YOUR LEGS SHOULDER WIDTH APART; SUPPORT YOUR UPPER BODY WITH YOUR RIGHT FOREARM FLAT ON THE FLOOR.**
- 3. SLOWLY RAISE YOUR LEFT LEG UPWARDS AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOU LEFT LEG BACK TO SHOULDER WIDTH POSITION.**
- 5. COMPLETE 10-12 REPS THEN SWITCH SIDES AND REPEAT STEPS 4 AND 5 FOR YOUR RIGHT LEG.**



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LYING LEG RAISES



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LYING LEG RAISES

10-12 REPS PER LEG

KEEP YOU LEGS STRAIGHT AT ALL TIMES!

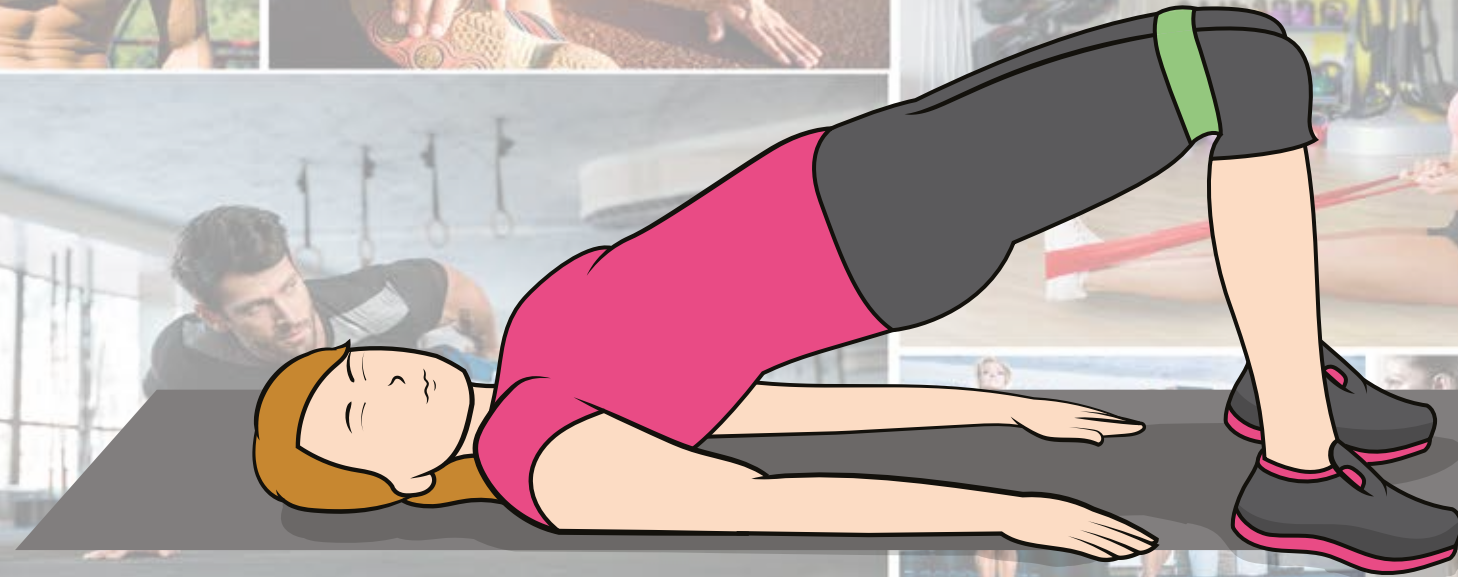
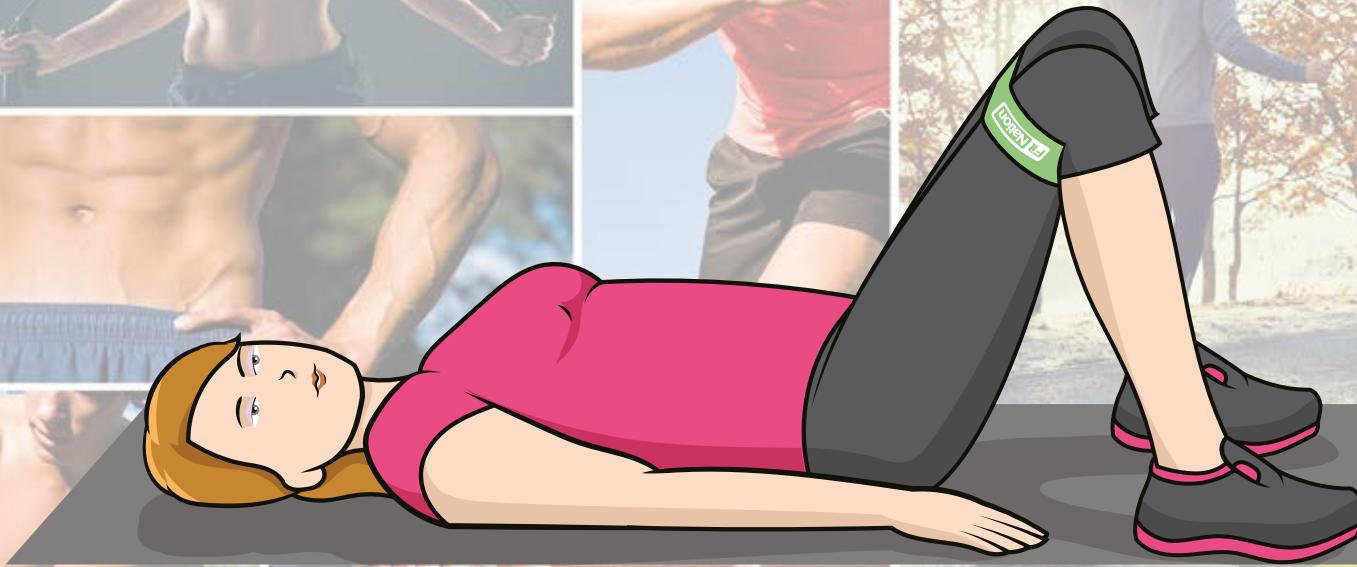
- 1. PLACE THE RESISTANCE BAND JUST ABOVE YOUR ANKLES.**
- 2. LAY DOWN ON YOUR BACK WITH YOUR LEGS SHOULDER WIDTH APART; SUPPORT YOUR UPPER BODY BY PLACING BOTH ARMS FLAT ON THE FLOOR BY YOUR SIDES.**
- 3. SLOWLY RAISE YOUR LEFT LEG UPWARDS AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOU LEFT LEG BACK TO SHOULDER WIDTH POSITION.**
- 5. COMPLETE 10-12 REPS THEN REPEAT STEPS 4 AND 5 FOR YOUR RIGHT LEG.**



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BRIDGE THRUSTS



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BRIDGE THRUSTS

10-12 REPS PER LEG

KEEP YOUR BACK STRAIGHT AT ALL TIMES!

- 1. PLACE THE RESISTANCE BAND JUST ABOVE YOUR KNEES.**
- 2. LAY DOWN ON YOUR BACK WITH YOUR LEGS BENT, FEET FLAT ON THE FLOOR SHOULDER WIDTH APART; SUPPORT YOUR UPPER BODY BY PLACING BOTH ARMS FLAT ON THE FLOOR BY YOUR SIDES.**
- 3. SLOWLY RAISE YOUR HIPS UPWARDS AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOUR HIPS BACK DOWN.**
- 5. FOCUS ON MAINTAINING GOOD TECHNIQUE AND KEEPING TENSION ON THE BAND.**



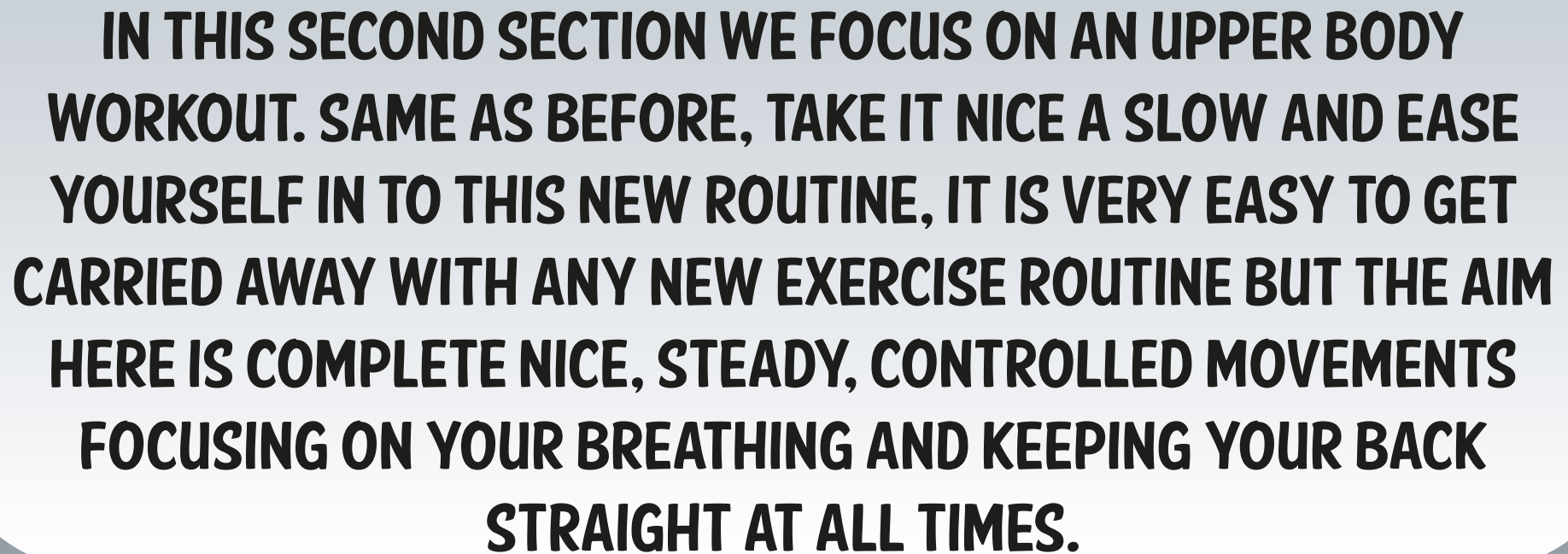
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UPPER BODY WORKOUT

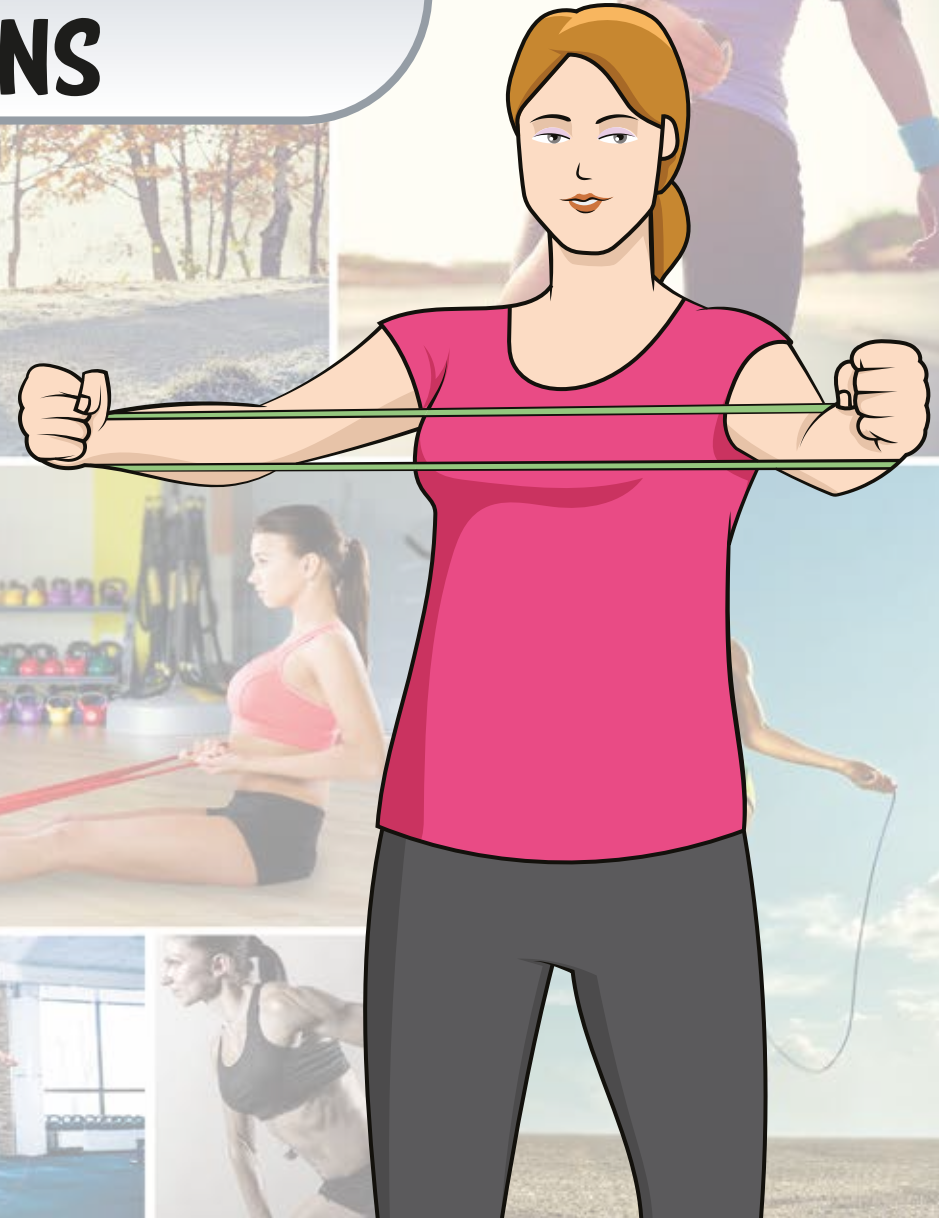
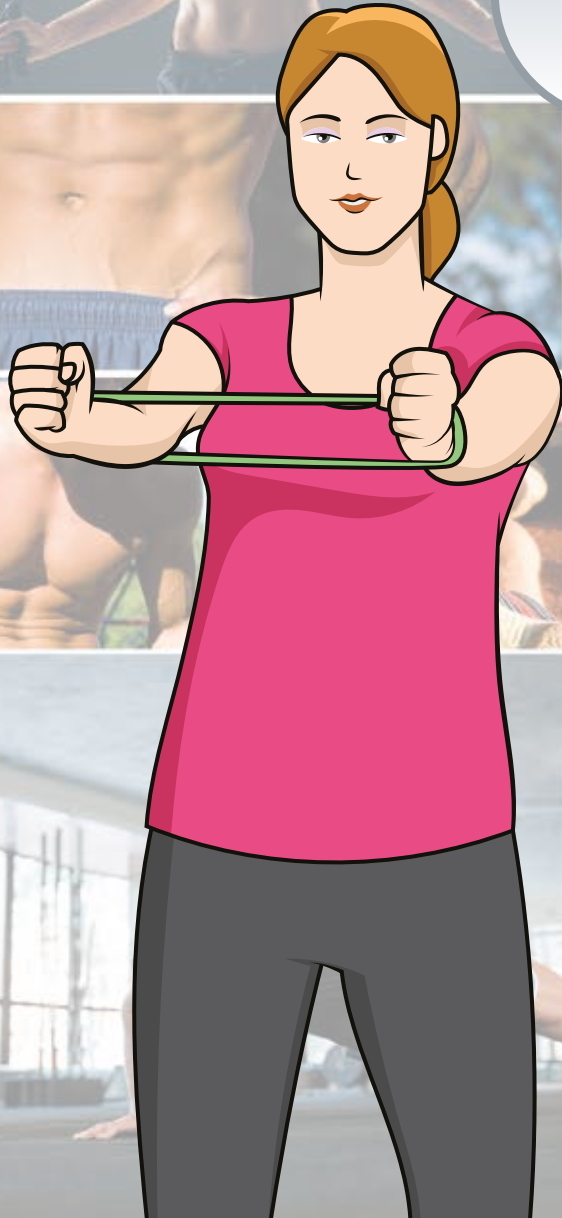
IN THIS SECOND SECTION WE FOCUS ON AN UPPER BODY WORKOUT. SAME AS BEFORE, TAKE IT NICE A SLOW AND EASE YOURSELF IN TO THIS NEW ROUTINE, IT IS VERY EASY TO GET CARRIED AWAY WITH ANY NEW EXERCISE ROUTINE BUT THE AIM HERE IS COMPLETE NICE, STEADY, CONTROLLED MOVEMENTS FOCUSING ON YOUR BREATHING AND KEEPING YOUR BACK STRAIGHT AT ALL TIMES.



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HORIZONTAL ARM EXTENSIONS



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HORIZONTAL ARM EXTENSIONS

10-12 REPS PER LEG

KEEP YOUR BACK STRAIGHT, AND A SLIGHT BEND IN YOUR ARMS AT ALL TIMES!

- 1. PLACE THE RESISTANCE BAND AROUND YOUR WRISTS, WITH YOUR ARMS STRAIGHT OUT IN FRONT OF YOU, SHOULDER WIDTH APART.**
- 2. STAND WITH YOUR FEET SHOULDER WIDTH APART OR SIT ON A CHAIR WITH YOUR BACK STRAIGHT, WHICHEVER IS MOST COMFORTABLE.**
- 3. SLOWLY PULL YOUR ARMS APART AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOUR ARMS BACK TO SHOULDER WIDTH POSITION.**
- 5. FOCUS ON SMOOTH, CONTROLLED MOVEMENTS AND TRY TO KEEP TENSION ON THE BAND AT ALL TIMES.**



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VERTICLE ARM EXTENSIONS



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VERTICLE ARM EXTENSIONS

10-12 REPS PER LEG

KEEP YOU BACK STRAIGHT, AND A SLIGHT BEND IN YOUR ARMS AT ALL TIMES!

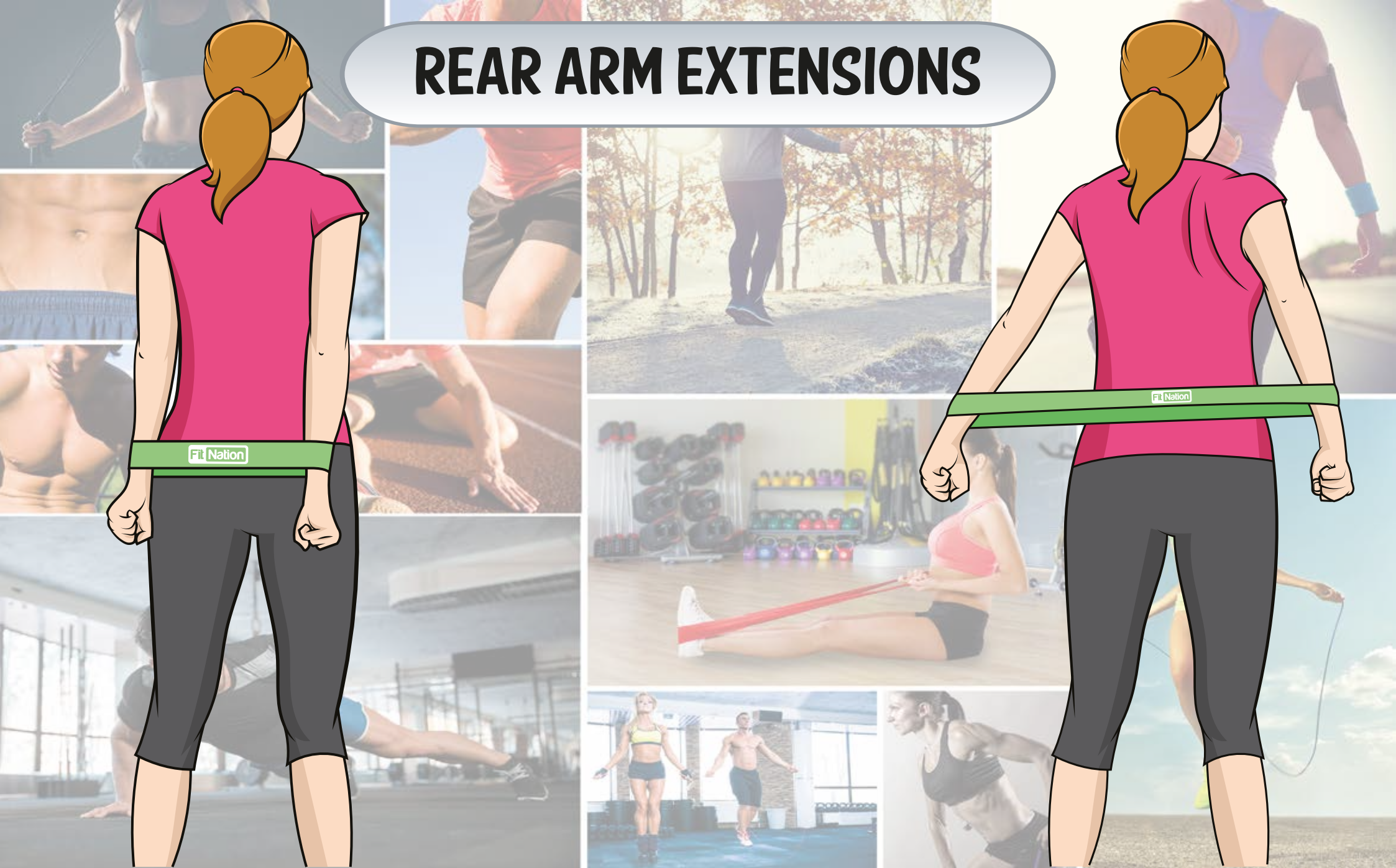
- 1. PLACE THE RESISTANCE BAND AROUND YOUR WRISTS, WITH YOUR ARMS STRAIGHT OUT IN FRONT OF YOU, ONE ABOVE THE OTHER.**
- 2. STAND WITH YOUR FEET SHOULDER WIDTH APART OR SIT ON A CHAIR WITH YOUR BACK STRAIGHT, WHICHEVER IS MOST COMFORTABLE.**
- 3. SLOWLY PULL YOUR ARMS APPART AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOU ARMS BACK TO THE STARTING POSITION.**
- 5. FOCUS ON SMOOTH, CONTROLLED MOVEMENTS AND TRY TO KEEP TENSION ON THE BAND AT ALL TIMES.ON THE BAND AT ALL TIMES.**



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REAR ARM EXTENSIONS



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REAR ARM EXTENSIONS

10-12 REPS PER ARM

KEEP YOUR BACK STRAIGHT, AND A SLIGHT BEND IN YOUR ARMS AT ALL TIMES!

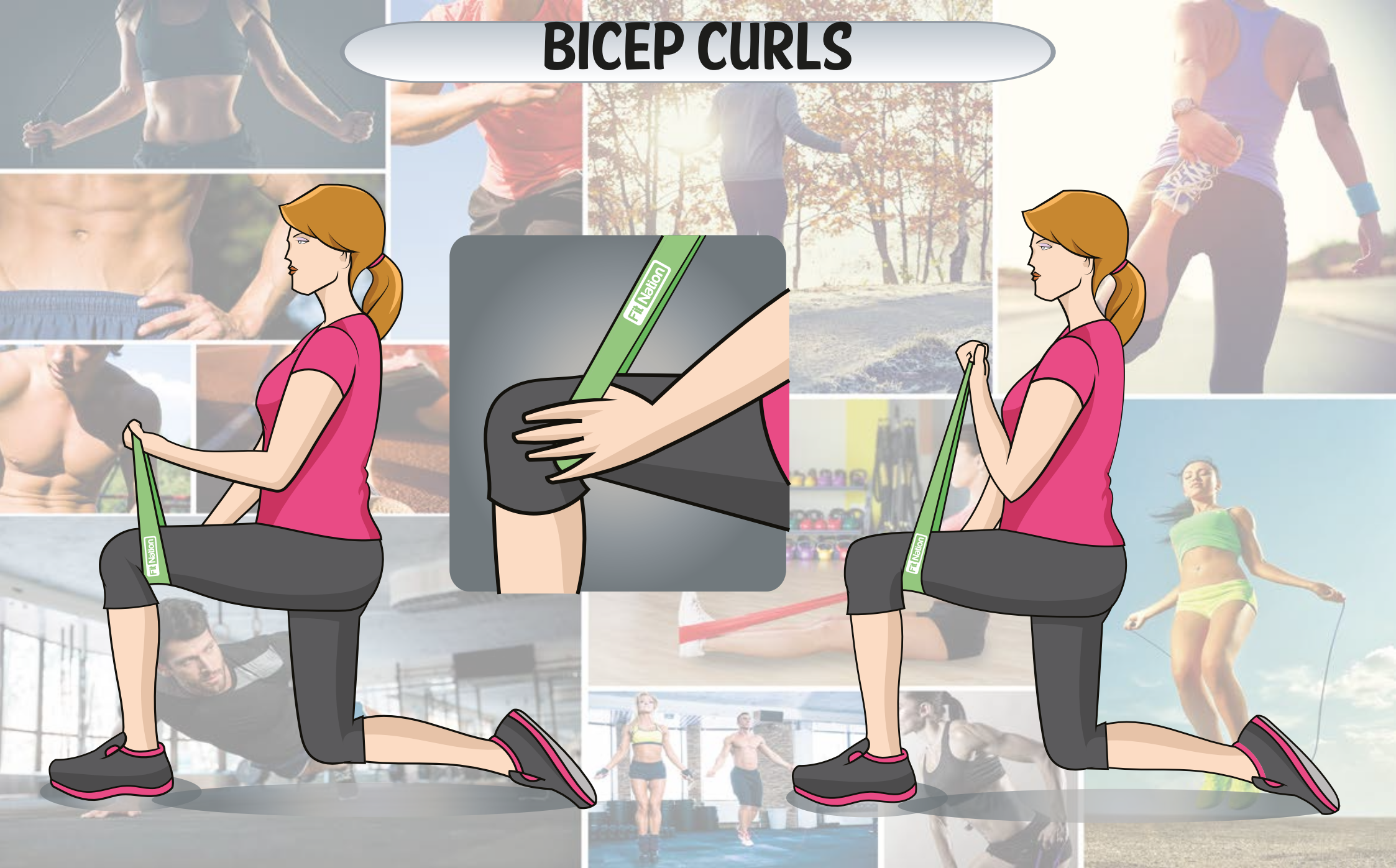
- 1. PLACE THE RESISTANCE BAND AROUND YOUR WRISTS, WITH YOUR ARMS BEHIND YOU.**
- 2. STAND WITH YOUR FEET SHOULDER WIDTH APART..**
- 3. SLOWLY PULL YOUR ARMS APART AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOUR ARMS BACK TO THE STARTING POSITION.**
- 5. FOCUS ON SMOOTH, CONTROLLED MOVEMENTS AND TRY TO KEEP TENSION ON THE BAND AT ALL TIMES.**



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BICEP CURLS



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BICEP CURLS

10-12 REPS PER ARM

KEEP YOUR BACK STRAIGHT, AND A SLIGHT BEND IN YOUR ARMS AT ALL TIMES!

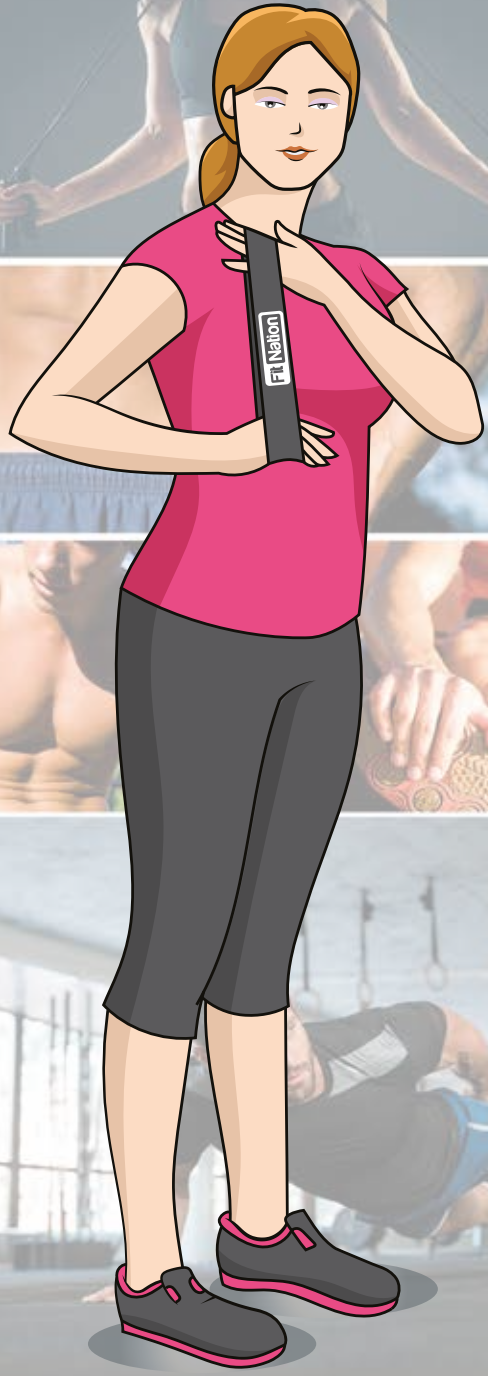
- 1. LOOP THE RESISTANCE BAND AROUND ONE KNEE AND HOLD THE OTHER END IN ONE HAND.**
- 2. GO DOWN ON YOUR OTHER KNEE AND PLACE THE FOOT, FROM THE LEG WITH THE BAND ON, FLAT ON THE FLOOR.**
- 3. SLOWLY RAISE YOUR ARM AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOUR ARM BACK TO THE STARTING POSITION.**
- 5. FOCUS ON SMOOTH, CONTROLLED MOVEMENTS AND TRY TO KEEP TENSION ON THE BAND AT ALL TIMES. REPEAT FOR YOUR OTHER ARM.**



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TRICEP EXTENSIONS



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TRICEP EXTENSIONS

10-12 REPS PER ARM

KEEP YOUR BACK STRAIGHT, AND A SLIGHT BEND IN YOUR ARMS AT ALL TIMES!

- 1. HOLD ONE END OF THE LOOP BAND AGAINST YOUR COLAR BONE AND GRIP THE OTHER END WITH YOUR OTHER HAND.**
- 2. STAND WITH YOUR FEET SHOULDER WIDTH APART.**
- 3. SLOWLY EXTEND YOUR ARM AND HOLD FOR 3 SECONDS.**
- 4. SLOWLY BRING YOUR ARM BACK TO THE STARTING POSITION.**
- 5. FOCUS ON SMOOTH, CONTROLLED MOVEMENTS AND TRY TO KEEP TENSION ON THE BAND AT ALL TIMES. REPEAT FOR YOUR OTHER ARM.**



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