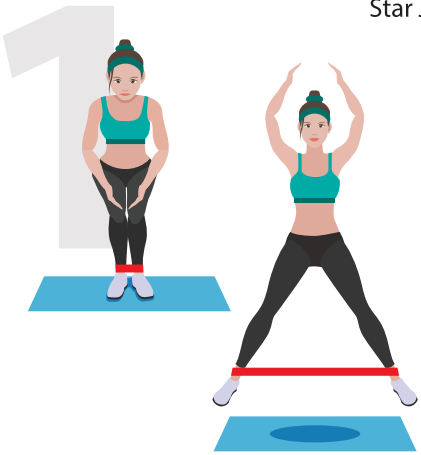


# URBNFit™ LOOP BAND Workout Guide



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Star Jump



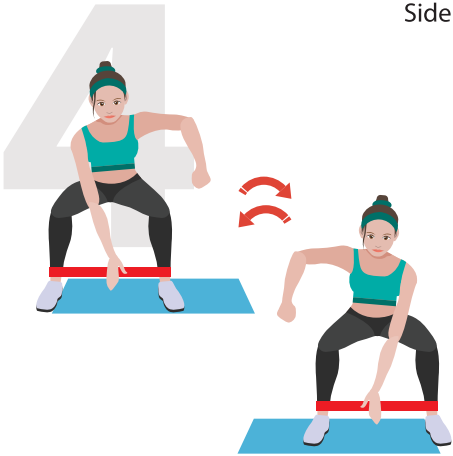
Jump Squat



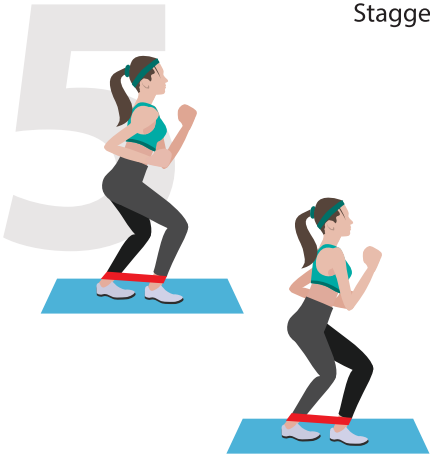
Skate Step



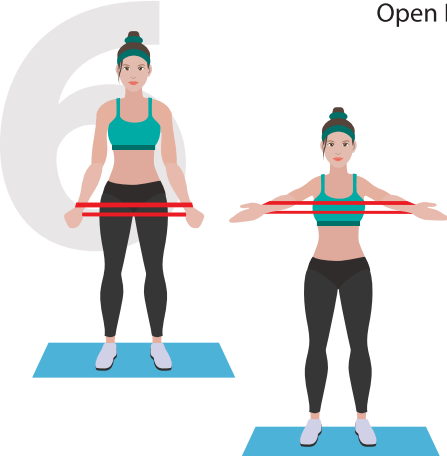
Side Hop



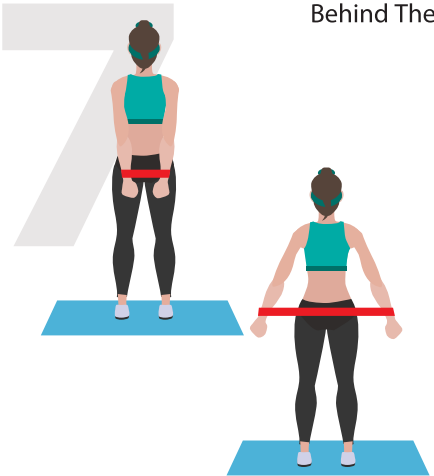
Stagger Walk



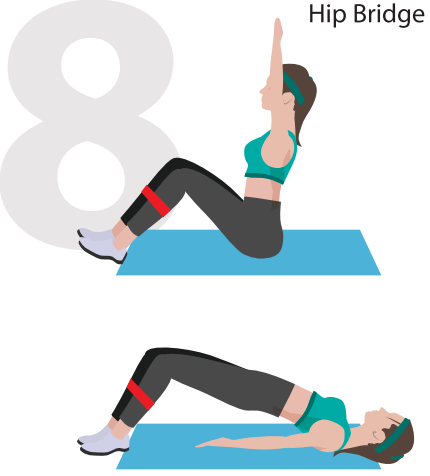
Open Book



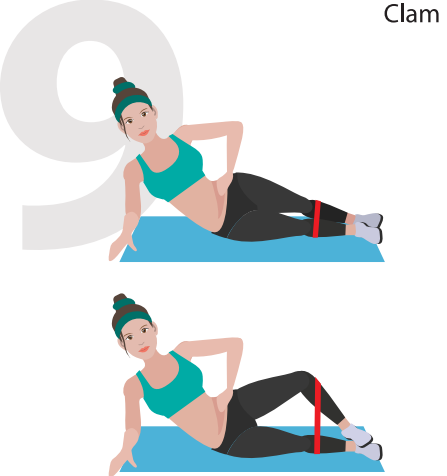
Behind The Back



Hip Bridge Sit-Up



Clam Shell

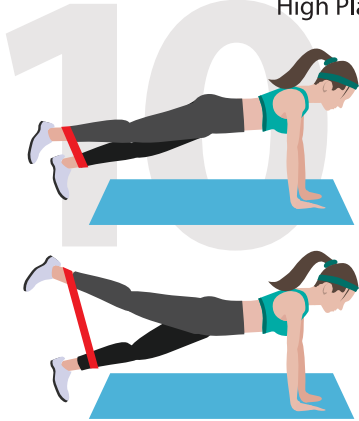


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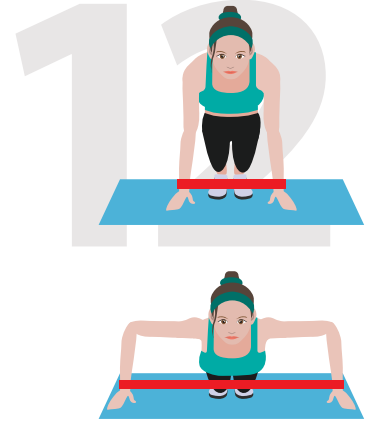
High Plank Leg Lift



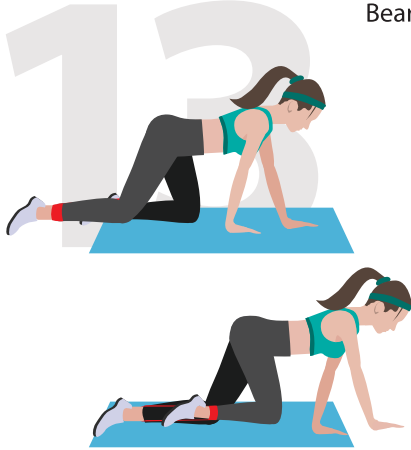
Knee Tuck Rotation



Push Pop



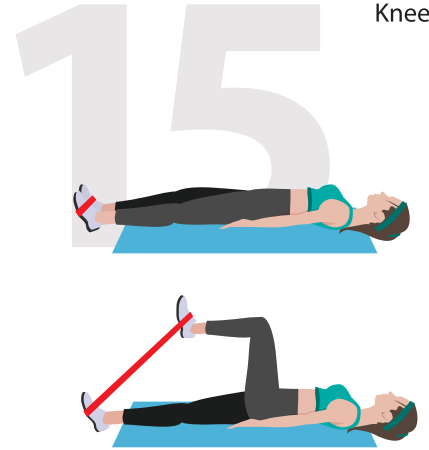
Bear Crawl



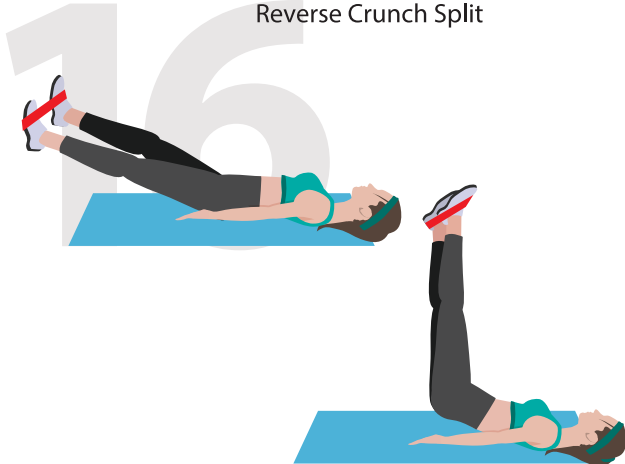
Donkey Kick



Knee Drive



Reverse Crunch Split



For best results do 3-5 sets of 10 -15 repetitions for each workout. Use more than one Loop Band for increased resistance.

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Light Resistance = 20 lbs

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Medium Resistance = 30 lbs

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Heavy Resistance = 45 lbs