



# RESISTANCE BANDS

## Quick Start Guide



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### Resistance Levels



**YELLOW**  
Very Light  
2-5 lbs



**BLUE**  
Light  
5-10 lbs



**GREEN**  
Medium  
10-15 lbs



**BLACK**  
Heavy  
15-20 lbs



**RED**  
Heaviest  
20-25 lbs

### Combining Bands

Add more resistance by stacking multiple bands together.



### Tips For Proper Use

1. Wear flat bottom shoes when stepping on the bands. Shoes with large grips can cause damage when pulling on the bands.
2. Always avoid rough surfaces. Rough surfaces such as concrete, wood, and thin carpeting can compromise the integrity of the bands.
3. Use a yoga mat or exercise mat to avoid any abrasion to bands.
4. Do not wrap bands around any abrasive or sharp surfaces.
5. Avoid over stretching the resistance bands. Bands can be stretched up to 400% safely. For example, for one foot of band, the band can stretch four feet in length. Anything beyond this point can hurt the integrity of the band.
6. When using a door anchor, place anchor on hinge side of door for maximum safety.
7. For more resistance, shorten the band. Standing on the band with two feet instead of one is a great way to add resistance.

### Door Anchor Instructions



1. To install door anchor, open door and insert the thick end of anchor through door towards the side with the hinges.
2. Next, close and lock the door, leaving the open ended side (loop) of anchor hanging through the door at desired height. Pull on anchor to ensure that it is secure for safety. Make sure you are pulling the opposite way the door closes.
3. Finally slide the handle through the anchor opening until both sides of band are equal to perform exercise.

### Read Prior To Use

- 1) **WARNING: DO NOT wrap bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.**
- 2) Consult your physician before beginning any regular exercise.
- 3) Always examine your bands and door anchor for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using bands immediately, and contact support.
- 4) Do not use resistance bands for any use than exercise.
- 5) Do not overstretch resistance bands.
- 6) Warm up before starting any exercise routine.
- 7) When exercising, be careful not to let resistance bands snap back at you.
- 8) When starting exercise, start slowly. Start with a light tension band and move slowly only as directed.
- 9) Use bands only as directed.
- 10) Children below the age of 18, use only under adult supervision.

# RESISTANCE BANDS

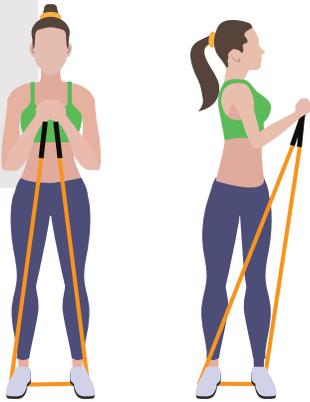
## Workout Guide

WANT THIS ON YOUR PHONE?

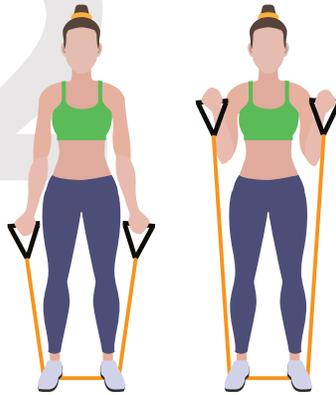
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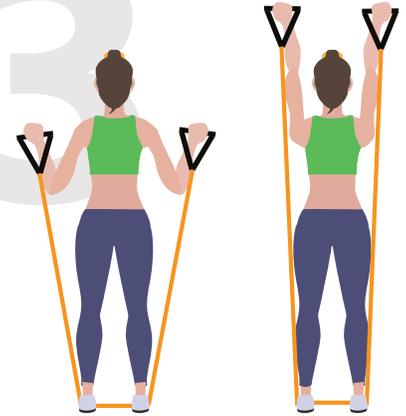
1 Standing Core Twists



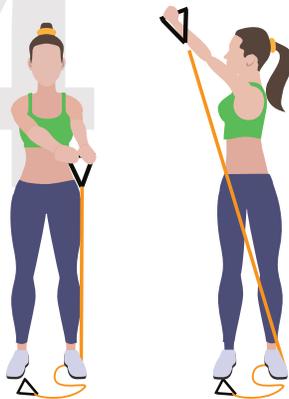
2 Bicep Curls



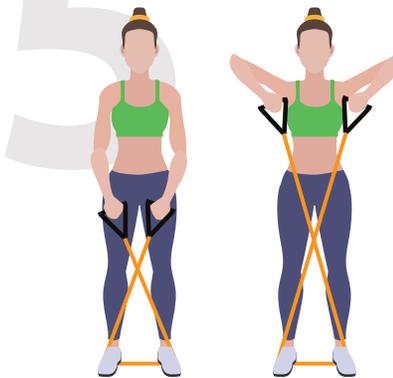
3 Shoulder Stretch



4 Cross Body Reach



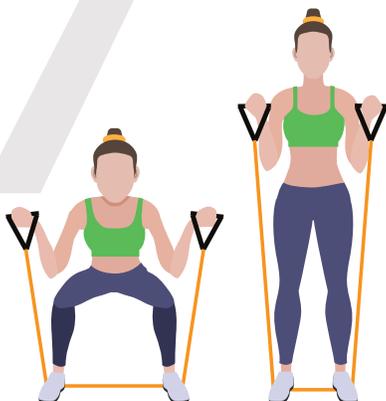
5 Upright Rows



6 Tricep Extensions



7 Squats



8 Lunge



9 Row Using Door

