

SERIOUS  STEEL®



MOBILITY AND COMPRESSION BANDS

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BENEFITS OF COMPRESSION BANDS

Serious Steel Mobility and Compression bands are the perfect addition to your mobility regimen. Incorporating a mobility band and the tack (holding tissue in place) and floss (gliding with pressure across tissue) method is essential to the recovery process. The compression band is intended to apply an intense amount of compression force on the targeted joint or muscle to help allow the tissue to recover and re-vascularize. If you incorporate the normal range of motion of the joints while using the compression band it will help to restore the sliding surfaces of the inflamed muscle fibers and tissue.

1. Helps with soreness
2. Decreases swelling,
3. Increases range of motion, and
4. Breaks up adhesions and scar tissue in joints.

GUIDELINES & WARNINGS:

1. Consult with a physician or physical therapist before using.
2. Compression bands should not be used in place of seeking medical attention from doctors or physical therapists.
3. Remove band immediately if you feel any numbness, tingling or if skin turns white. **Typical applications should not take more than 1 to 2 minutes.**
4. Do not stretch beyond 75% tension.
5. Do not use on the face, head, neck, waist or chest.
6. Do not work out while band is applied. Only perform range of motion movements with band!
7. Keep a half-inch overlap when wrapping.
8. The band will pinch the skin and leave red lines. This will subside and disappear after a few minutes.
9. This product contains natural rubber latex. Please be aware of the properties of latex. It may cause an allergic reaction. Do not touch face or eyes after using. If you experience a reaction, please discontinue use of the band.
10. Product may cause severe injury. Use only as directed.
11. Do not allow band to come in contact with metal as it may cause discoloration.
12. Inspect before every use and discard if cracked or nicked.
13. Do NOT use in conjunction with any pain relievers; including but not limited to Tylenol, Ibuprofen etc.
14. There are conflicting theories on whether the band can be wrapped directly over the knee cap and elbow. Please be aware, wrapping directly over knee or elbow may cause additional discomfort. As always, consult a trained physical therapist or physician if you need or want clarification.

CARE INSTRUCTIONS

1. Do not store in extreme cold or hot temperatures as it can lead to the deterioration of the band.
2. Leaving bands in highly humid rooms can perpetuate the aging process of the latex band.
3. To clean the band and decrease rubber scent, run the band through a damp paper towel or cloth towel with a small amount of soap. This should remove any residue and the rubber scent. Do not allow band to come in contact with metal when wet.

Serious Steel Fitness, LLC. assumes no liability for accidents or damage that may occur with the use of Serious Steel Fitness products.

RESOURCES:

Additional information can be found by researching Kelly Starrett with Glen Cordoza and their book:
[Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance](#)

Information in this guide is derived from:

Starrett, Kelly & Cordoza, Glen. *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*. Las Vegas: Victory Belt Publishing Inc., 2013.





ANKLE

ANKLE: Start by wrapping the band at mid-foot working your way up and around the ankle. Once wrapped, move the ankle through its full range of motion.

****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****

KNEE:

Start by wrapping the band just below the knee and work your way up to your thigh. Some people will cover the entire knee including the knee cap as shown in the second image.

Others like to leave the knee cap exposed as shown in the first image. Please note that wrapping over the knee cap may cause additional discomfort. Once the knee is wrapped proceed through the normal range of motion of the knee.



****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****



ELBOW:

Begin by wrapping just below the elbow and continue to wrap toward your shoulder. Go through the normal range of motion of the elbow. Please note that wrapping directly over elbow joint may cause additional discomfort.

****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****



HIP/THIGH:

Begin by wrapping the band closest to the knee and work your way up to the affected area. Complete a few air squats to activate hamstrings and quad muscles.

****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****

SHOULDER:

Begin by wrapping the band at the top of the shoulder. You may need assistance securing the band in place as you begin. Continue to wrap the band down over your deltoid and to the middle of the bicep. Once wrapped go through the normal range of motion.



****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****

WRIST:



Begin by wrapping at the base of the hand and work it up towards your forearm. You may have to cross the band a few times until fully covered. Once wrapped, go through the normal range of motion of the wrist.

****Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes****



CALF:

Begin by wrapping the band at the base of the ankle and work the band up to the knee.

Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes

CALF WITH BALL

Begin by wrapping the band at the base of the ankle and work the band up to the knee. In order to pin point specific areas of the muscle, wrap a golf ball directly over the trigger point. Please be aware that this WILL CAUSE additional discomfort.



Remove band immediately if you feel any numbness, tingling or if skin turns white. Typical applications should not take more than 1 to 2 minutes



ADDITIONAL MOBILITY TOOLS AND EXERCISES

The **Hip and Glute Activation Band** is an excellent tool for dynamic warm-ups, fixing weak hips, and strengthening the glutes. Proper hip function is essential for every-day movements but even more necessary while under load such as in a squat. The Hip and Glute Activation Band not only helps to facilitate proper hip function but also cues athletes to force their knees out during specific lifts. This band is also a great way to improve issues with collapsing knees during squats.

HIP ACTIVATION/MONSTER WALK

Position the band just above the knees. Spread knees until you feel tension. With the band taut, begin taking steps laterally. This exercise can also be done by walking forward and backwards.

Note: Keep your feet straight during monster walks as this allows for better hip function.



LUNGE / JERK POSITIONING:

Position the band above the knees. Keep your upper body vertical. Step forward (or backwards) with one leg while lowering the knee to the ground. Try and keep your bent knee at a perfect 90 degree angle.

GLUTE ACTIVATION

Position the band above the knees. Once the band is set, position your feet just outside shoulder length apart with your feet pointed out at a slight but not pronounced angle. Spread knees until you feel slight tension and begin to perform an air squat.



Note: As you descend push your knees out as if you are spreading the walls. This is a great tool to help fix collapsing knees during squats.

SAMPLE LIGHT WARM-UP

Hip Activation: 10 Steps left and 10 Steps right. Perform 3 sets.

Lunge: 10 each leg. Perform 3 sets.

Banded Air Squat: 20 air squats slow and then 20 air squats fast. Perform 2 sets of each.

FOAM ROLLING

Foam rollers are an essential tool to massage away soreness in your muscles after a long workout. Essentially, foam rolling is a way to give yourself a deep tissue massage by targeting trigger points on the body. By rolling, you are breaking up adhesions and scar tissue and you are promoting the healing and recovery process.

Foam rollers work just about everywhere on the body but below we outline a couple of core areas; the back, the quads, and the IT Band. Please note that foam rolling may cause pain and discomfort. While the pain may be uncomfortable it should not be unbearable. You should consult a physician or physical therapist before attempting to foam roll. The goal of foam rolling is not to cause injury, but rather relieve pain and soreness.



BACK

Position the foam roller in line with your shoulder blades. Lift your legs up off the floor and roll back and forth slowly.

IT BAND:

Position the foam roller mid-thigh and allow your body weight to rest on the roller. Begin rolling along the outer quad muscle.



QUAD

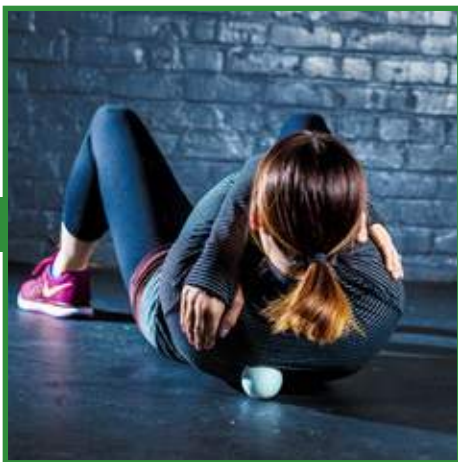


To specifically target the quad, lay face down and position the foam roller at mid-thigh and roll back and forth.

NOTE: It is common to tense up while foam rolling or targeting trigger points. It is important to try to relax as much as possible as you roll out your muscles. You should also roll slowly - about one inch per second is a common practice. Additionally, you should never roll a joint or bone and try to avoid rolling your lower back. If you have specific lower back issues refer to a medical professional.

Need to pinpoint specific muscles or trigger points?

Use a lacrosse ball, tennis or golf ball in much the same way you would use a foam roller.



ADDITIONAL PRODUCTS

USE CODE SSFIT10X TO RECEIVE 10% OFF ANY SERIOUS STEEL FITNESS PRODUCT!



HIP AND GLUTE ACTIVATION BAND

Starting at \$24.95

Available in two levels of tension and two sizes

Amazon Searchable ASIN: B01FWDARUM



41" RESISTANCE BANDS

Starting at \$10.99

Available in six sizes

Amazon Searchable ASIN: B016AGGB3C

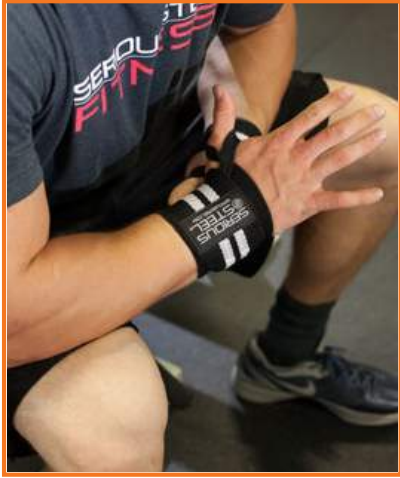


78" RESISTANCE BANDS

Starting at \$43.95

Available in three sizes

Amazon Searchable ASIN: B01EGOE2OU



ELITE WRIST WRAPS

Starting at \$9.95

Available in four colors and three sizes

Amazon Searchable ASIN: B0127SKCB4



10MM POWERLIFTING BELT

Starting at \$49.00

Available in four sizes

Amazon Searchable ASIN: B018RF7THQ



Vise Gripper
\$36.99

Amazon ASIN: B01BKPS8FM

Steel Gripper | Grip Trainer
\$13.95

Amazon ASIN: B018Y9U8OG

Speed Training Ropes
\$14.95

Amazon ASIN: B00PT0JR6Y



Gymnastic WOD Grips

\$19.95

Amazon ASIN: B00REIENW2



Fractional Plates

\$48.95

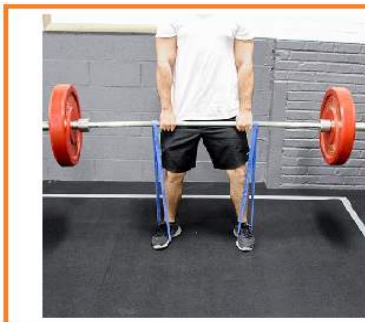
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Lifting Straps

\$10.95

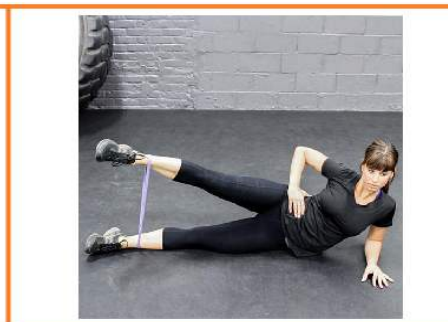
Amazon ASIN: B00S553VGW



20" Short Bands

\$6.95

Amazon ASIN: B009XV5NYK



12" Short Bands

\$6.95

Amazon ASIN: Coming Soon



41" Band Sets

\$27.99

Amazon ASIN: B0064NSJEQ

ABOUT US:

Serious Steel Fitness is located in Roanoke, Virginia. We began Serious Steel in 2009 with the goal of providing high quality exercise and fitness equipment at a great price with great customer service through our web-site and third-party selling platforms. Prior to starting serious steel, we spent the previous 28 years in residential and commercial specialty fitness industry. Exercise and fitness is our passion and we want to provide you with the best possible buying experience.

Customer service is very important to us.

While every precaution has been taken in the preparation of this guide, the publisher and authors assume no responsibility for errors or omissions, or for damages resulting from the use of the information contained herein. Please consult a physician or medical professional before beginning any exercise program.