

# SERIOUS STEEL®



**BANDED BARBELLS GUIDE**

**Author:**

Serious Steel Fitness, LLC.

While every precaution has been taken in the preparation of this guide, the publisher and authors assume no responsibility of 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 fitness program.



Copyright © 2016 Serious Steel Fitness

# 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 website and third-party selling platforms. Prior to starting Serious Steel, we had spent the previous 28 years in the 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. If you have any questions or concerns, do not hesitate to contact us.

# BEFORE USING YOUR BAND...

---

- Inspect band before every use.
  - Always check equipment for wear or damage. If any defects are found, do not use product.
  - Pull-up bands are NOT toys. Keep equipment away from children.
  - Supervision is suggested for any person under the age of 18.
  - Wear shoes as well as appropriate clothing when using pull-up bands.
  - Practice the suggested exercises without a power band to become comfortable with the movements before adding resistance.
  - Bands should not be misused or abused.
  - Warm up and stretch before using equipment.
  - Some metals may cause discoloration of the latex band, especially when wet.
  - Consult with your physician before beginning any exercise regimen.
  - Do not wrap band around sharp edges, wood, or knurled areas on barbells or pull-up bars.
  - If you must wrap around non-ideal areas, wrap a towel around the area to prevent the band from being damaged.
- 

## **WARNING:**

Do not stretch band more than 2.5x its length or over 100'. Never place bands around neck.

## **CAUTION:**

Serious Steel Bands are 100% natural latex and are over 99.9% free of soluble proteins (latex allergens). Latex bands may cause a reaction if you are sensitive to latex. Please be sure to wash your hands before touching face or eyes. If you have a severe reaction, discontinue using the bands.

## **CARE INSTRUCTIONS:**

To clean the band and minimize rubber scent, run the band through a damp paper towel or cloth towel with a small amount of soap. This should minimize any residue and the rubber scent. Do not allow band to come in contact with metal when wet.

**LEAVING BANDS IN HIGHLY HUMID ROOMS CAN PERPETUATE THE AGING PROCESS OF THE LATEX BAND. DO NOT STORE IN EXTREME COLD OR HOT TEMPERATURES AS IT CAN LEAD TO THE DETERIORATION OF THE BAND.**

---

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

# ABOUT YOUR SERIOUS STEEL FITNESS BANDS

The Serious Steel Fitness 41" Pull-up band can stretch up to 2.5 times its original length (or over 100") These bands are made from 15 continuous layers of rubber latex. Guaranteed from snapping or breaking for 90 days.

**-BANDS SHOULD NOT BE ABUSED OR MISUSED**

**-DO NOT WRAP AROUND SHARP EDGES, WOOD, OR KNURLED AREAS**

**-COMBINING WITH MULTIPLE SIZES GIVES YOU MORE LEVELS OF TENSION**



**-WE HAVE ADDED GUIDELINES TO THE EXERCISES IN THIS GUIDE. THE COLOR OF THE BOX CORRESPONDS TO THE BAND AND THE LETTERS CORRESPOND TO EITHER A BEGINNER, INTERMEDIATE, OR ADVANCED TENSION LEVEL.**

**PLEASE SEE THE EXAMPLES BELOW.**



**-BEGINNER**



**-INTERMEDIATE**



**-ADVANCED**

**INTERPRETING THE BOXES:**



**THIS BOX INDICATES THAT THE BEGINNER LEVEL TENSION WOULD BE THE PURPLE #1 BAND**



**THIS BOX INDICATES THAT THE INTERMEDIATE LEVEL TENSION WOULD BE THE RED #2 BAND**



**THIS BOX INDICATES THAT THE ADVANCED LEVEL TENSION WOULD BE THE BLUE #3 BAND**



# BAND SET-UP

THIS SECTION IS DESIGNED FOR ADVANCED LIFTERS USING LIFTING PROGRAMS SUCH AS THE CONJUGATE METHOD. THE SET-UPS ARE INTENDED TO BE USED WITH WEIGHT PLATES.

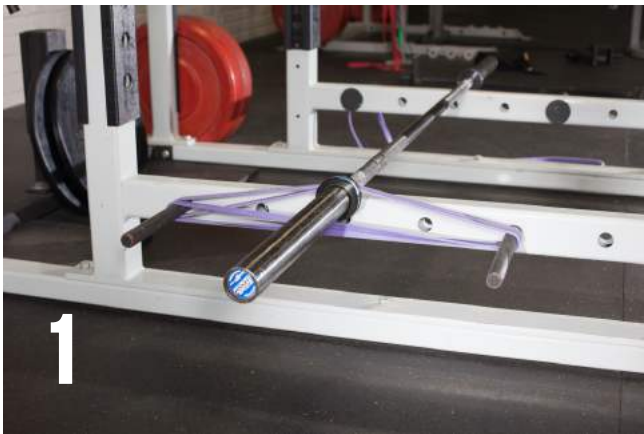


## BENCH:

Setting up bands for the bench press speed work can be done a few ways if you do not have band pegs.

As shown in picture 1, you can choke the band, or you can loop the band as shown in picture 2.

We recommend the #0 for benchers who cannot bench more than 315 lb and our #1 band for those who can bench over 315 lb.



## DEADLIFT / RACKPULL:

There are a couple ways to set up bands for deadlifting speed work. The first shown in picture 1 is your typical set up for an individual who cannot pull over 405lb. Picture 2 shows the set up an individual who can pull over 405lb.

**NOTE: Picture 1 shows half the band over the bar and half the band under the barbell. Picture 2 shows the entire band over the barbell.**

We recommend using the #1 bands for banded deadlift speed work.



# BAND SET-UP



## SQUAT:

Much like the bench and deadlift there are a variety of ways to set up the band for squats if band pegs are not available. The key is getting each side to mirror the other so that the tension is the same. If you have band pegs, set up the pegs exactly the same way on opposite sides of your rack. If you do not, make sure you choke the band so that it mirrors itself on each side of the rack. For instance, the band in the picture to the left (Picture 1) shows the choke facing out. The band on the other side should also face out, not face in as shown in Picture 2.



We recommend #1 bands for those who squat in the 100-225 range, #2 bands for those who squat in the 215-305 range, #3 bands for those in the 315-550 range, and #4 bands for those 550 and up.



BENCH	DEADLIFT	SQUAT
Bench Max / Band	Deadlift Max / Band	Squat Max / Band
100 - 250 / #0	Under 405 / Half #1	100 - 225 / #1
250+ / #1	Over 405 / Full #1	215 - 305 / #2
		315 - 550 / #3
		550 + / #4

# 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



## MOBILITY & RECOVERY FLOSS

Starting at \$15.95

Amazon Searchable ASIN: B018EUECM4



## 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**

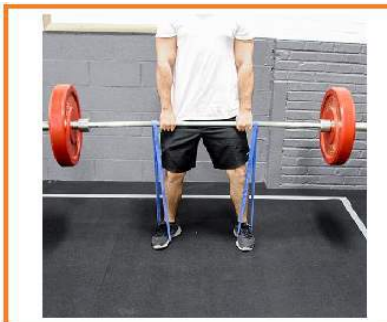
Amazon ASIN: B00UY0B2IA



**Lifting Straps**

**\$10.95**

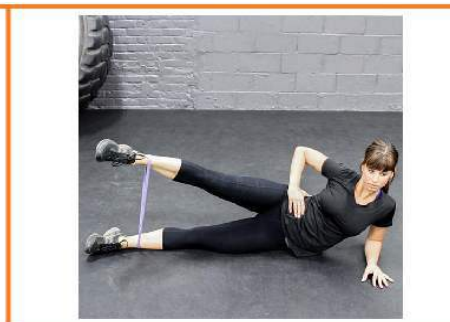
Amazon ASIN: B00S553VGW



**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

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.