

SERIOUS STEEL®



STRETCHING GUIDE

Author:

Serious Steel Fitness, LLC.

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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.
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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



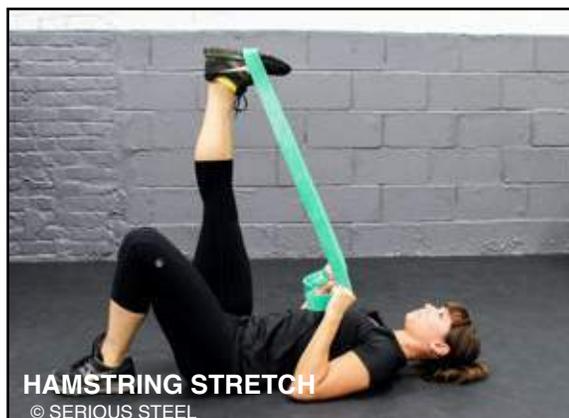
THIS BOX INDICATES THAT THE ADVANCED LEVEL TENSION WOULD BE THE BLUE #3 BAND

STRETCHING: IT'S ESSENTIAL



CALF:

In a sitting position hold onto one side of the band with your hands and loop the other end around one or both feet. Gently pull, creating tension on the top of your foot. Push your heel away from you to increase the intensity of the stretch.



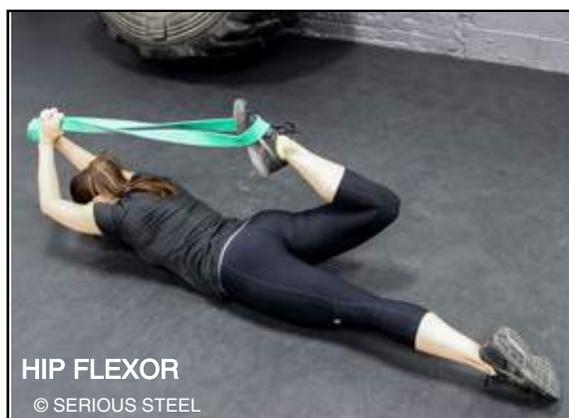
CALF/HAMSTRING:

Lie on your back (or in a sitting position) and loop the band around one foot, while grabbing the end of the band to create tension. Gently pull the leg towards you, stretching the hamstring. Once finished, repeat with the other leg.



HIP & GLUTE:

Lie on the floor and loop the band around the left or right foot, grabbing onto the band with the opposite hand. Straighten the right leg out on the floor and gently lower the left leg across the body and to the right as low as you can go feeling a stretch in the right hip and glute. Repeat on the other leg as needed.



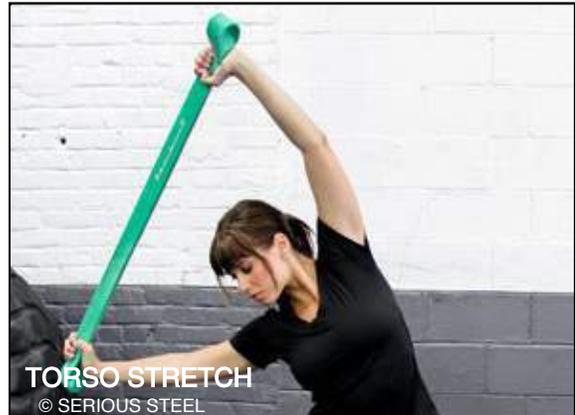
HIP FLEXOR:

Lay on your stomach with one leg straight out while the other leg is slightly bent to the outside behind you. Loop the band around your bent foot and gently pull your foot towards the glutes to stretch the hip flexor and quads.



TORSO:

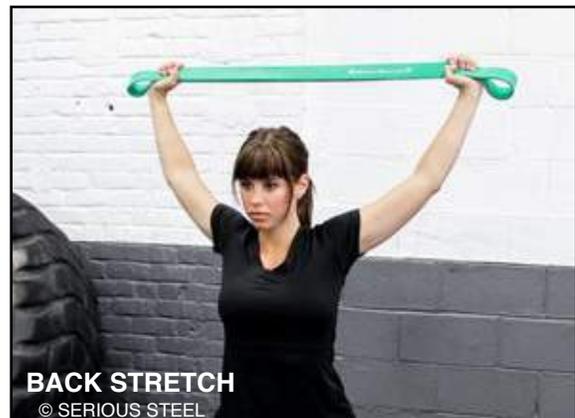
In a sitting or standing position, hold on to each side of the band and pull taut. To stretch the left side of the torso, pull gently with your right hand and lean. Do the same for the left.



TORSO STRETCH
© SERIOUS STEEL

BACK:

In a standing position, pull on band with both hands while drawing the shoulder blades together and hold position.



BACK STRETCH
© SERIOUS STEEL

CHEST STRETCH:

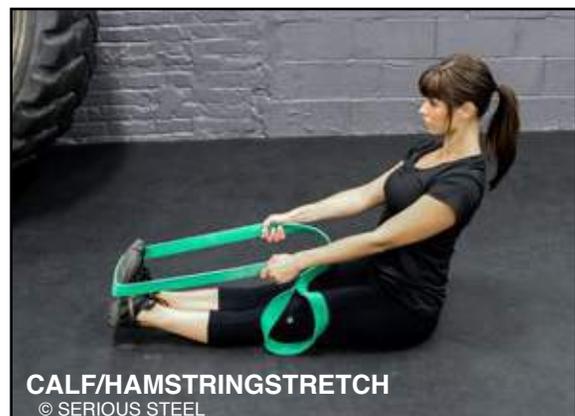
In a sitting or standing position, grip the band with a wide grip up over the head. Gently pull the arms out and down as low as you can to stretch the chest. If you have shoulder problems, you may want to skip this exercise.



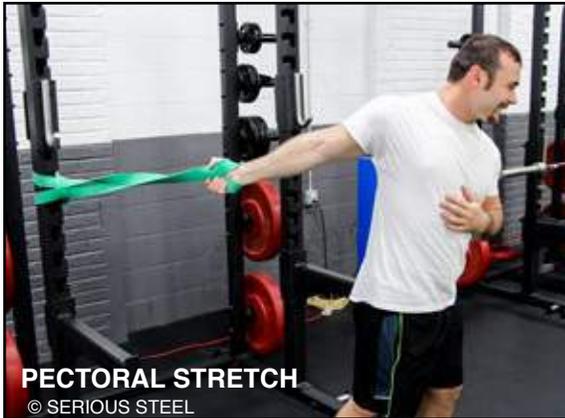
CHEST STRETCH
© SERIOUS STEEL

CALF/HAMSTRING:

This is a great stretch that tackles the calf and the hamstring muscle. In a seated position, loop the band around your feet and grasp onto the band until you feel the tension. Lean back slightly and push your heels out to stretch the calf.



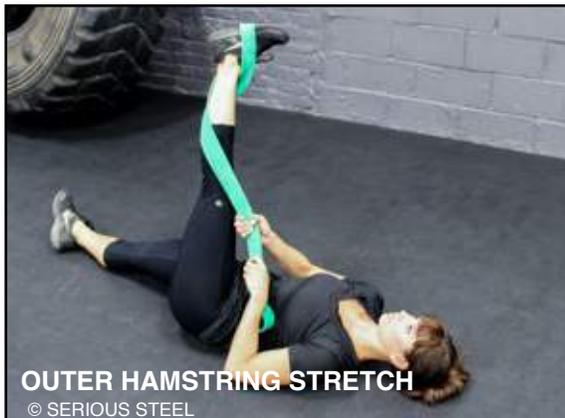
CALF/HAMSTRINGSTRETCH
© SERIOUS STEEL



PECTORAL STRETCH
© SERIOUS STEEL

PECTORAL:

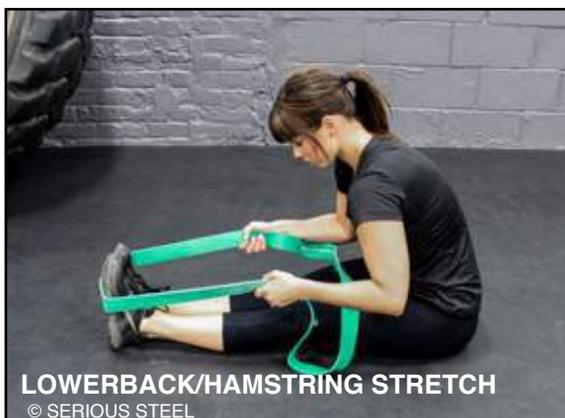
Anchor or choke the band around a stationary pole and grasp the other end of the band with one hand. Position your body at a slight angle away from where the band is anchored and pull gently to stretch the outer muscles of the chest. This is a great stretch after a killer chest workout!



OUTER HAMSTRING STRETCH
© SERIOUS STEEL

OUTER HAMSTRING:

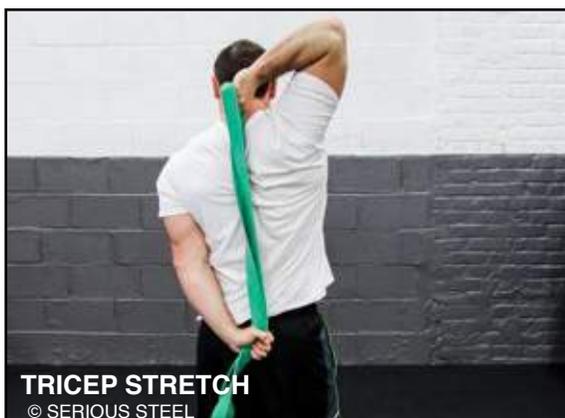
Lie on your back and loop one end of the band around the top of your foot. Wrap the band around the inside of your calf and back around your knee and grasp the other end of the band. While holding tight onto the band, move your leg toward your other leg to stretch out the outer hamstring muscles.



LOWERBACK/HAMSTRING STRETCH
© SERIOUS STEEL

LOWERBACK/HAMSTRING:

Loop the band around your feet, grasp onto the band and lean forward slightly while pulling the band toward you. You should feel a stretch in the hamstrings and lower back.



TRICEP STRETCH
© SERIOUS STEEL

TRICEP STRETCH:

Position the band behind head so that the band hangs down behind body. Reach behind back or waist with opposite hand and grasp opposite end of the band. Position upper arm close to back side of head and hold onto the band. Now pull down with the opposite hand on the lower arm. Hold the stretch and then repeat or switch to opposite arm.



CHEST/BICEP:

Grab your favorite Serious Steel band and grip the two ends behind your back. Gently begin pulling the band to increase the tension and hold.



CHEST/BICEP STRETCH
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SERIOUS STEEL FITNESS

SHOULDER ACTIVATION



SHOULDER ACTIVATION:

Grab the band about 1 foot in from the end. While keeping the back tight and lat's engaged, begin pulling the band apart slowly. The arms should be slightly bent as you finish the pull-apart. Remember to squeeze the shoulder blades together on each rep.

NOTE: These exercises are not meant to be strenuous or taxing. They purely meant for warming up your shoulder joints and muscles prior to working out.

It is recommended that our #0 Orange Mobility Band be used.

NOTE: To adjust tension, change width of grip on the band.

Complete 8-12 reps of each exercise.

