

A person is shown from the back, wearing a black tank top, holding a purple resistance band. The band is looped around their neck and they are pulling it downwards with their right hand. The background is a light grey gradient.

Get fit quickly and safely
using the versatile resistance band

Super Exercise Band
"Strengthen, Stretch & Shape—anywhere, anytime"®

LOOP BAND WORKOUT E-BOOK

www.SuperExerciseBand.com

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The Fast and Fun Loop Band Workout Circuit

This one will get the whole body working for maximum fat burn. Remember to breath deep and keep your core muscles (stomach area) tight during each movement. Each Lap or Circuit should burn between 80 - 120 calories. Grab a loop band and get started.

1. Warm Up Options:

Skip in place, jump rope, do jumping jacks or march in place. Get those knees high and be sure to move your arms and breath deep while exercising.

Warm up duration 2 minutes, fast as you can.

Rest 20 Seconds before starting into the circuit

2. Side to Side Step Outs



Target Muscle Groups: Core, Abs, Glutes, Quadriceps and Calves

Set up: Place a loop band around both legs just above the ankles. Position your feet far enough apart (about hip distance) to keep the band in place, taut at your ankles. Hands on your hips. During the movement keep toes pointed forward, back straight, abs tight, and knees slight bent.

The movement: Step to your side with the right leg at about shoulder length stride. Next bring your left leg toward your right leg keeping the band in taut extension (about 14 inches) controlling your muscle movements in order to keep the band in place at your ankles. Repeat side to side strides 5 to 10 times depending on the space available to execute your moves. When you run out of space in the right direction simply retrace your steps in reverse to the left back to your starting position.

Repeat as fast as you can yet in a controlled manner for 1 minute.

Rest 20 seconds before starting the next movement

3. Upright Hamstring Curls



Target Muscle Groups: Core, Abs, Glutes, Quadriceps and Calves

Set up: Place a loop band around both legs just above the ankles. Position your feet far enough apart (about hip distance) to keep the band in place, taut at your ankles. Hands on your hips. During the movement keep toes pointed forward, back straight, abs tight, and knees slightly bent.

The movement: From the starting position bend your knee raising the heel of your foot toward your buttocks slowly in a controlled manner then return your foot to the standing position. Repeat this movement 10 times then switch to the opposite foot for 10 repetitions.

Repeat as fast as you can yet in a controlled manner for 1 minute.

Rest 20 seconds before starting the next movement

4. Step to side lunges



Target Muscle Groups: Core, Glutes, Quadriceps, Hamstrings and Calves

Set up: Place a loop band around both legs just above the ankles. Position your feet far enough apart (about hip distance) to keep the band in place, taut at your ankles. Hands on your hips. During the movement keep toes pointed forward, abs tight, and knees slightly bent.

The movement: From the starting position take a large step to your right and bend at the waist to lunge forward from the waist up. Return to starting position. Repeat this movement 10 times to the right then switch to stepping out with the left leg while lunging forward at the waist for another 10 repetitions.

Repeat as fast as you can yet in a controlled manner for 1 minute.

Rest 20 seconds before starting the next movement

5. Arms Outward Extension



Target Muscle Groups: Core, Triceps, Deltoids and Lats.

Set up: Place a loop band around both hands just above the wrists at the palms and keep the arms apart about hip distance to keep the loop band in place. Position your feet far enough apart to maintain a stable stance. During the movement keep toes pointed forward, abs tight, back straight and knees slightly bent.

The movement: From the starting position push both arms out from the starting position past shoulder length. Return to starting position. Repeat this movement 20 times.

Repeat as fast as you can for 1 minute.

Rest 20 seconds before starting the next movement

6. Seated Single Arm Row



Target Muscle Groups: Core, Deltoids and Lats.

Set up: Sit on the floor with your legs together. Place one end of the loop band around both feet at bottom of the foot in the arch area. Take the other end of the loop band in your right hand and gripe the band tightly. Let your left hand rest on your left leg. Keep back straight, feet flexed toward you, shoulder relaxed and core tight. This is the starting position.

The movement: From the starting position pull your right arm back toward the side of your body in a bent position. Return to starting position. Repeat this movement 10 times to the right then switch to the left arm for another 10 repetitions of the same movement but on the left side.

Repeat as fast as you can for 1 minute.

Rest 20 seconds before starting the next movement

7. Seated Upright Row



Target Muscle Groups: Deltoids, Trapezius and Biceps.

Set up: Sit on the floor with your legs together. Place one end of the loop band around both feet at bottom of the foot in the arch area. Take the other end of the loop band and grip it with both hands palm down. Keep back straight, feet flexed toward you, shoulder relaxed and core tight. This is the starting position.

The movement: From the starting position pull both arms elbows parallel to the floor up to your chest. Return to starting position. Repeat this movement 20 times.

Repeat as fast as you can for 1 minute.

Rest 20 seconds before starting to do another circuit starting back at #2

Get the most out of your workout Tip: If you find it difficult to perform 10 or more sets of any one of the above exercises then switch to a lighter strength band and build your muscles up before using a heavier band. Likewise, if you don't feel at all challenged when doing an exercise movement then move up to a heavier band.

Looking fore Exercise Routines -- SuperExerciseBand.com



12 Great Reasons to Exercise

Less Arthritis Pain

If you have arthritis, regular exercise can help ease your pain. And it can make your daily activities easier. Try non-impact exercises like swimming. They can be easy on sore joints.

Lower Risk of Cancer

Regular exercise can cut your risk of some cancers, including colon, breast, and lung. And people who have cancer have better quality of life when they exercise.

Healthy Heart

It's no secret that exercise is great for your heart. Regular workouts lower your risk of heart disease, improve your blood cholesterol levels, and help control and even prevent high blood pressure.

Strong Bones and Muscles

Your bones and muscles get stronger when you work out. It's especially important to do weight-bearing exercise, such as weight-lifting, tennis, walking, and dancing. This can help build bones as you get older. And it can help ward off osteoporosis and protect your balance and coordination.

Long Life

Regular exercise can add years to your life. And that counts even if you're not a hard-core fitness buff. Just get moving. Even a little exercise can help you live longer than not exercising at all. The American Heart Association says each hour of exercise adds 2 hours to your life.

Weight Control

Exercise and diet work together to keep your weight healthy. Whether you want to lose some inches around the waist or just avoid putting on extra pounds, exercise is the key. Try to work out 30 minutes most days of the week.

More Productive

Want to be more efficient at work? Take a break and get some exercise. In one study, people who got moving in the middle of the day were much more productive when they went back to work. They also were happier and got along better with their co-workers.

Less Stress

Exercise calms your body and your brain. When your body works hard, the levels of stress hormones -- like adrenaline and cortisol -- drop. Stress and anxiety fade away, especially after aerobic exercise.

More Confidence

You just walked a mile or ran your first 5K. Success like that can boost your self-esteem and make you ready to conquer anything. Exercise makes you feel good about yourself.

Good Night's Sleep

Get regular exercise to help you fall asleep faster and sleep more soundly. The harder you exercise, the more likely you are to have a good night's sleep. It doesn't matter when you exercise, as long as you don't have trouble sleeping. If you do have problems, though, work out earlier in the day.

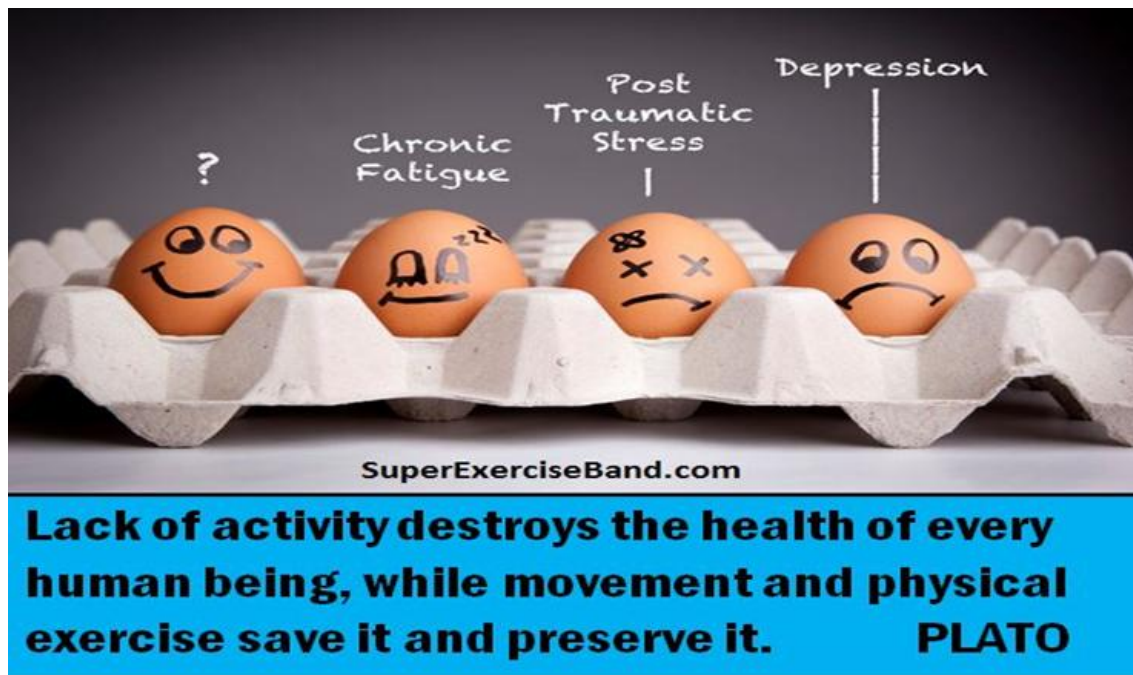
More Energy

You might not expect it, but using energy to exercise gives you more get-up-and-go. Sometimes when you're tired, the last thing you want to do is move. But when you exercise regularly, that fatigue goes away and you find yourself with a lot more pep.

Better Mood

Are you feeling cranky? Get moving. Exercise makes you feel happier. When you work out, your body makes endorphins -- "feel-good" chemicals in the brain. You can actually start to feel better within a few minutes of moving. But the effects of regular exercise can last for a long time.

Staying Fit and Therapy with Resistance Band Workouts



One of the major benefits of performing [resistance band workouts](#) is that the needed equipment is very affordable and portable. While you can't take the gym with you when you go for a vacation, you can conveniently bring your exercise bands. It is also an excellent way to work your muscles after sustaining an injury. These bands have been used for physical therapy for a long time now and these were found to be really effective in toning the muscles, which allows you to gradually increase the stress that your muscles can take as you regain your strength.

It is a fact that **resistance bands workouts** are great 2supplementary exercises to your usual workouts, but these will also help you attain your fitness goals at a much faster rate. Here are some of the ways that these workouts can improve your training regime:

Stretching with Bands

[Resistance band workouts](#) especially through the hips will greatly improve one's mobility, and this is particularly true for people who are over 40 years old. As we get older it is only natural to lose mobility as a result of our degrading disks, cartilage, and joints, but that does not have to happen too soon. Stretching with bands will not only help maintain joint mobility but it will also keep our muscles flexible as well.

Eliminating Shoulder Pain

Did you know that doing overhead pressing and pushing with exercise bands can help eliminate shoulder pains? While this can be done using weights, doing it with exercise bands will allow you to press without stressing your rotator cuff so much. The rotator cuff is the most easily injured part of the shoulder, and doing **resistance bands workouts** will help your shoulders handle more pressure as you train.

Adding Bands to Weight Training

Not only are super exercise bands great for stretching, they are also great alternatives for weight training. This is because working out with bands decreases the pressure on your joints without eliminating the burning sensation of stress and hard work. Relying on weights alone may not really be advisable as we grow older because our muscles may not be able to tolerate it well. Although we have muscle memory, our body may not immediately realize the difference between **resistance bands workouts** and weight resistance, but our joints will thank us for doing the band exercises instead.

Resistance Bands Workouts -- Building Muscles

Those who are looking to build muscles will most probably think about lifting weights. Dumbbells, barbells, and weight benches are among the top choices of workouts for targeting the pectorals, triceps, biceps, shoulders, deltoids, and even the leg muscles

including the glutes and the hips. However, some of these workouts can be too demanding on the muscles. Oftentimes, there will be aches and pains that take forever to go away, or sometimes, the workouts all seem too repetitive and boring. Added to this, lifting weights is not something that can easily be done unless you have your own equipment at home.

Resistance Bands Workouts for Weight Training

The good thing is that there are alternatives to using weights for weight training, and these are resistance bands. **Resistance band workouts** have been found to target a wide range of muscles, including but not limited to the muscles that are involved in weight training. With that said, using resistance bands is a great replacement for using actual weights. These resistance bands are easier to carry, easier to use, and are far more versatile than dumbbells. Following are a few sample workout exercises.

Exercise Resistance Bands -- More Workouts For Less

Did you ever think that a simple elastic band would be all that you need to keep in shape? **Exercise resistance bands**, are very simple and effective tools that you can use when working out. They have become more and more popular these last few years, and it is not hard to see why, given the number of advantages that they have.

One Band, Many Uses

One of the best things about **exercise resistance bands** is the fact that you can use them for all sorts of exercise programs. These are used widely in stretching exercises and specialized programs such as Pilates. The resistance bands also work well in strength training programs and in endurance regimens. Many fitness experts also recommend the use of these exercise bands in place of dumbbells or weights. Instead of having a lot of training equipment, to cover all of these workouts, you can have just a single set of resistance bands to complete your program.

Specialized Fitness Program

You may not see these bands in your standard gyms, but you will see them in many of the contemporary fitness centers around the world. They are often hung from posts near the ceiling or sometimes from posts near the walls. Oftentimes, your trainer will also carry them out for your strengthening program. Whether you need quick bursts of high intensity workouts or if you want a low intensity program that lets you use less resistance but with more repetitions, these **exercise resistance bands** are an ideal tool to use. Large gym equipment is still being widely used today, but resistance bands can offer the same level of workout or even more.

Home Use

Aside from contemporary fitness programs, exercise bands are also widely used by those who are working out at home. The main advantage of having these **exercise resistance bands** for your home workouts is the fact that they are very portable and easy to use. They are not as heavy as other gym equipment, and they are even easier to use and to set up. Most of the time, all you need are the bands themselves and you can already have a full body workout.

Tips for extending the life cycle of your new resistance band.

Something to bear in mind when you are doing your exercises is that all resistance bands have a breaking point. Our resistance bands are built well but will be more prone to failure when they are not used correctly.

1. If the band is exposed to a sharp object and receives a slight rip or puncture it can fail. Jewelry, door jams, pointy objects like finger nails and even the bottom of some athletic shoes with sharp edges can cause this type of damage.
2. All bands have a maximum stretch length which when exceeded will cause the band to break. Our bands should not be stretched longer than 2.5 to 3 times their resting length. For example a 4 foot length of band will snap when it is stretched past 8-9 feet.

3. All bands will degrade a bit over their normal life span, but when they are exposed to excessive heat, cold, harsh detergents, or oils then the life span of the material is cut considerably.



Super & Exercise Band
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Have questions or need assistance? Contact us via email at:

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