



HIP BANDS TRAINING GUIDE



GENERAL GUIDELINES

- **Doing less repetitions (for example 6-8) combined for 2-3 sets is better choice when aiming to build strength.**
- **Doing more repetitions (for example 12-14) combined for 1-2 sets is better choice when aiming to prevent body from injuries, prehab or pillar performing.**
- **If you not sure how many reps/sets you have to complete, we advice you to contact personal trainer or physical therapist.**

TIPS TO IMPROVE

- **It is better to start slow than to start with an injury. Once you try exercising for the first time – we recommend trying it with lower resistance bands.**
- **Using more than one band while exercising provides more resistance.**
- **If you feel pain – do not ignore or push through it, we recommend you to immediatly stop exercising.**

STEP BY STEP

- **Track your progress. Progressive resistance should allow you to complete more repetitions or sets as you progress every time you exercising. If you feel that you need to complete more repetitions or sets to reach the same goal as couple sessions before – increase the resistance.**
- **You may also need to adjust the point of the band if your are not seeing improvements you wish to see. Lower position of the band – more resistance you need to deal with.**

VICTOREM HIP BANDS

- **can be used in traditional exercising, rehab or injury preventions, functional and conditional trainings to help you build a body you always dreamed of.**

SAFETY WARNING

BEFORE EXERCISING:

- Read all the usage instructions carefully
- Not intended for athletes younger than 14 years old. Athletes under 18 years of age should use the bands only under adult supervision
- Each time before using hip bands, ensure that the product is fully functional (not deformed), all the stitching parts are well made. If any problems are found, do not use the product.

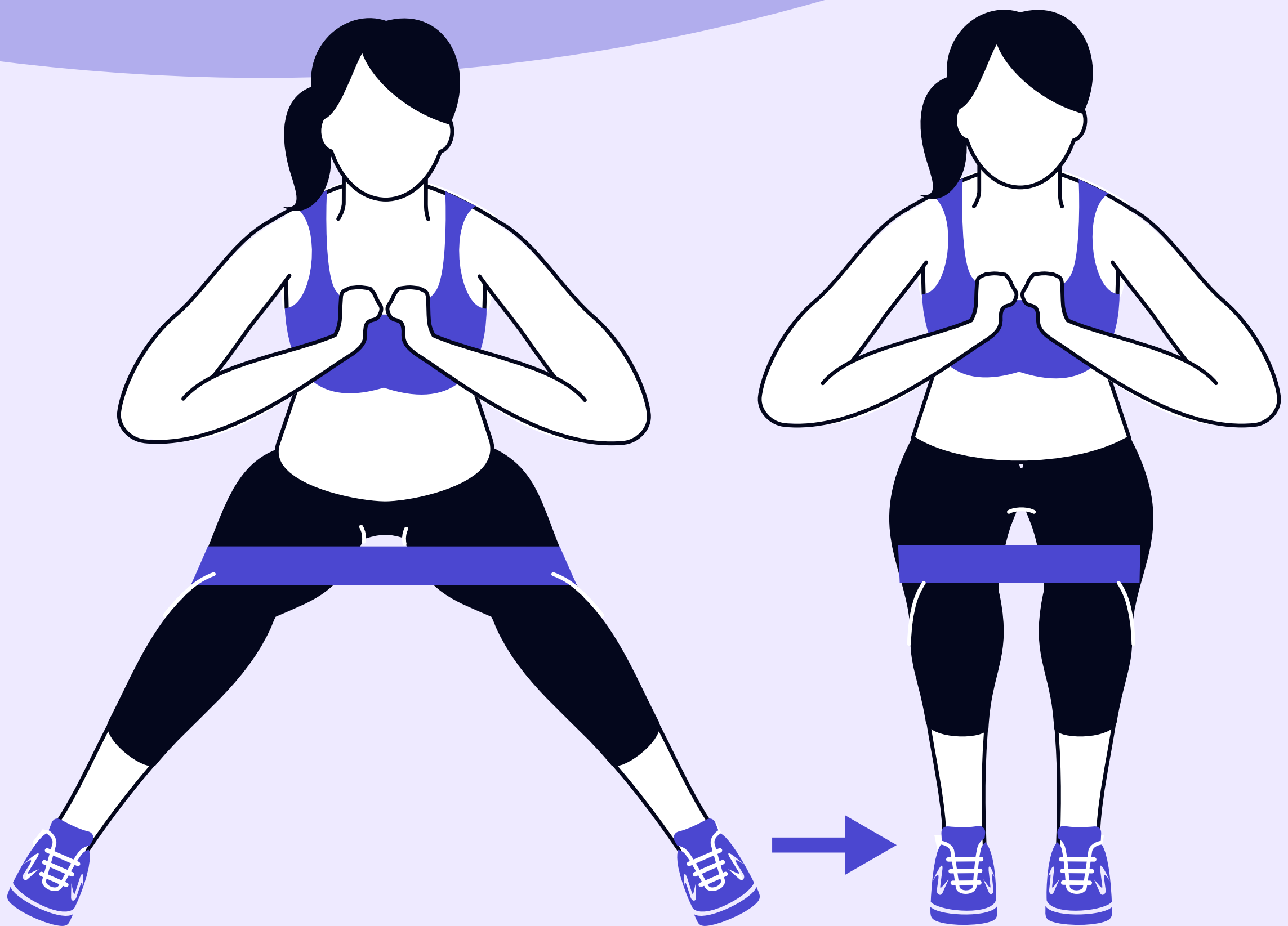
SAFETY FIRST:

- Ensure that the bands aren't ever aligned with your face or head and avoid exercises that involve stretching the hip bands in such a fashion that they may snap toward your head causing injury to head or eyes
- Always consult your healthcare professional before starting an exercise program
- If you experience sharp pain, shortness of breath, dizziness or lightheadedness with any of these exercises, immediately stop and contact your healthcare professional
- Do not overstretch hip bands as they might snap

WARNING:

- Keep away from fire or any other direct heat sources
- These bands must be used responsibly and appropriately
- Do not use if allergic to latex or cotton
- Ensure that the bands can be removed easily by yourself. Although, never release the bands while under tension. Sudden release will cause the band to snap towards you and cause injury.
- Begin all exercises slowly to ensure band strength and avoid jerking the band
- Resistance bands are not toys and should never be used for any activity other than the specific exercises that they were designed for.

LATERAL SIDE STEPS



STEPS

- Begin in a semi-squat position, with Victorem band placed just above your knees
- Take a step sideways with your left foot, follow up this motion by sliding your right foot back into the semi-squat position
- Continue this motion for 10-15 steps, reverse direction and repeat first two steps

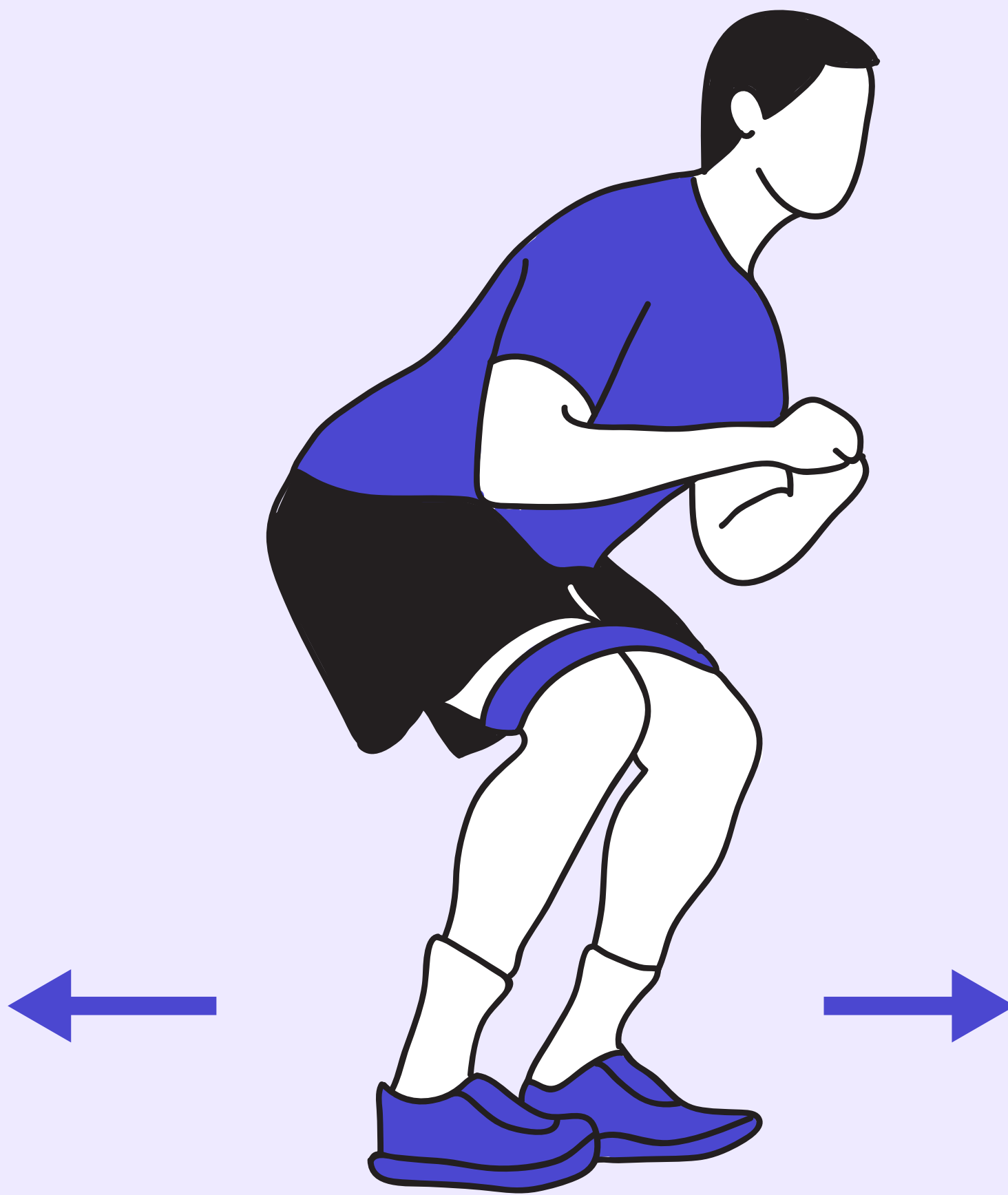
BODY POSITION

Keep your chest up and back straight with tension on the band while working with it

MUSCLE GROUPS

Working on outer/inner thighs and glute

SQUAT WALKS



STEPS

- Begin in a Squat position, with the Victorem band placed just above your knees
- With lead foot, take a step forward or backward while maintaining the squat position and keeping tension on the band
- Repeat by alternating steps forward/backward for 10-20 steps

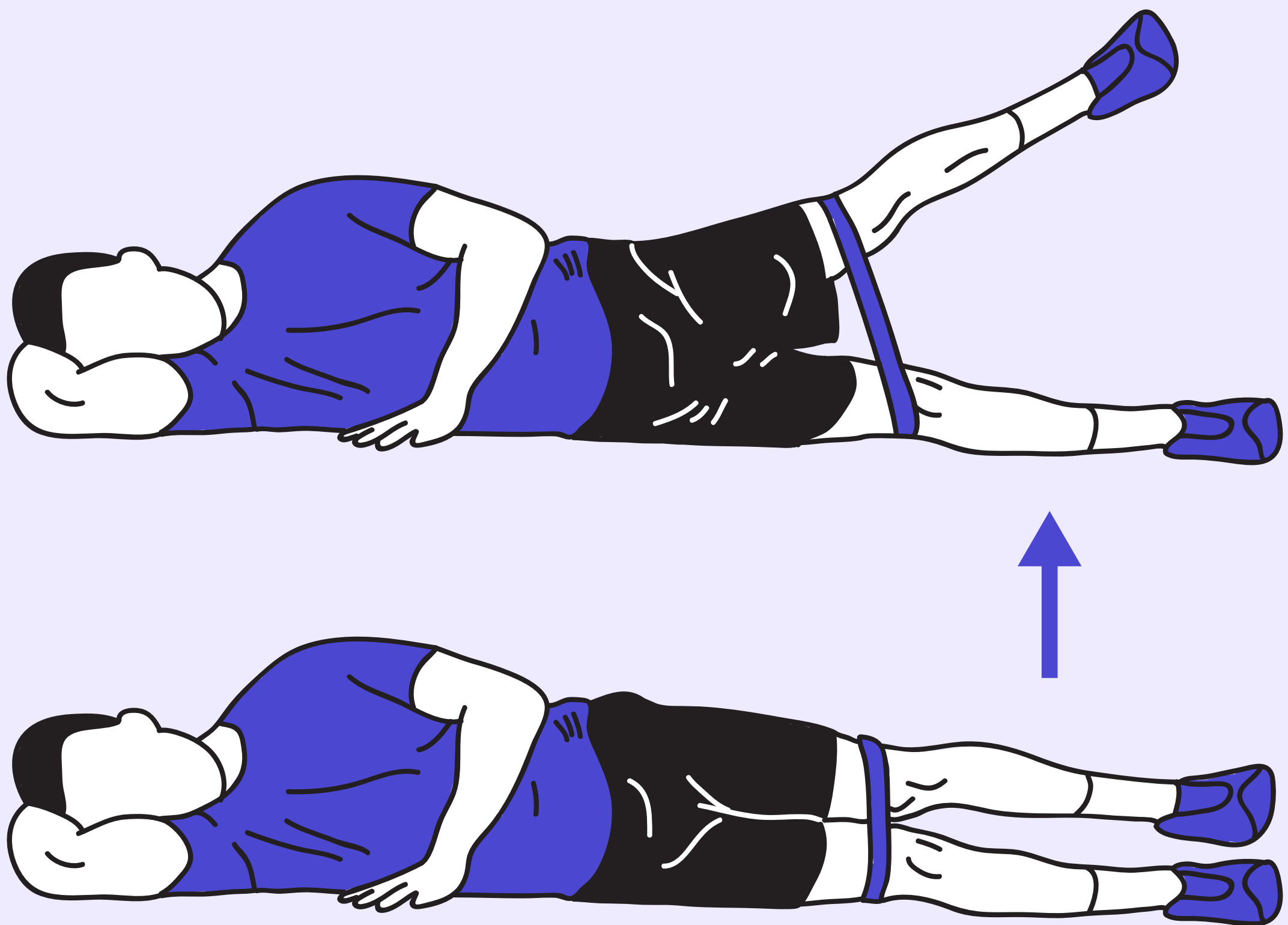
BODY POSITION

Keep your chest up and back straight with tension on the band while working with it

MUSCLE GROUPS

Working on your quads, inner/outer thighs and glutes

SIDE-LYING HIP ABDUCTION



STEPS

- Begin by lying on your side, with the Victorem band place just above your knees
- Raise the upper leg towards the sky while keeping both legs straight
- Repeat the motion for 5-10 reps

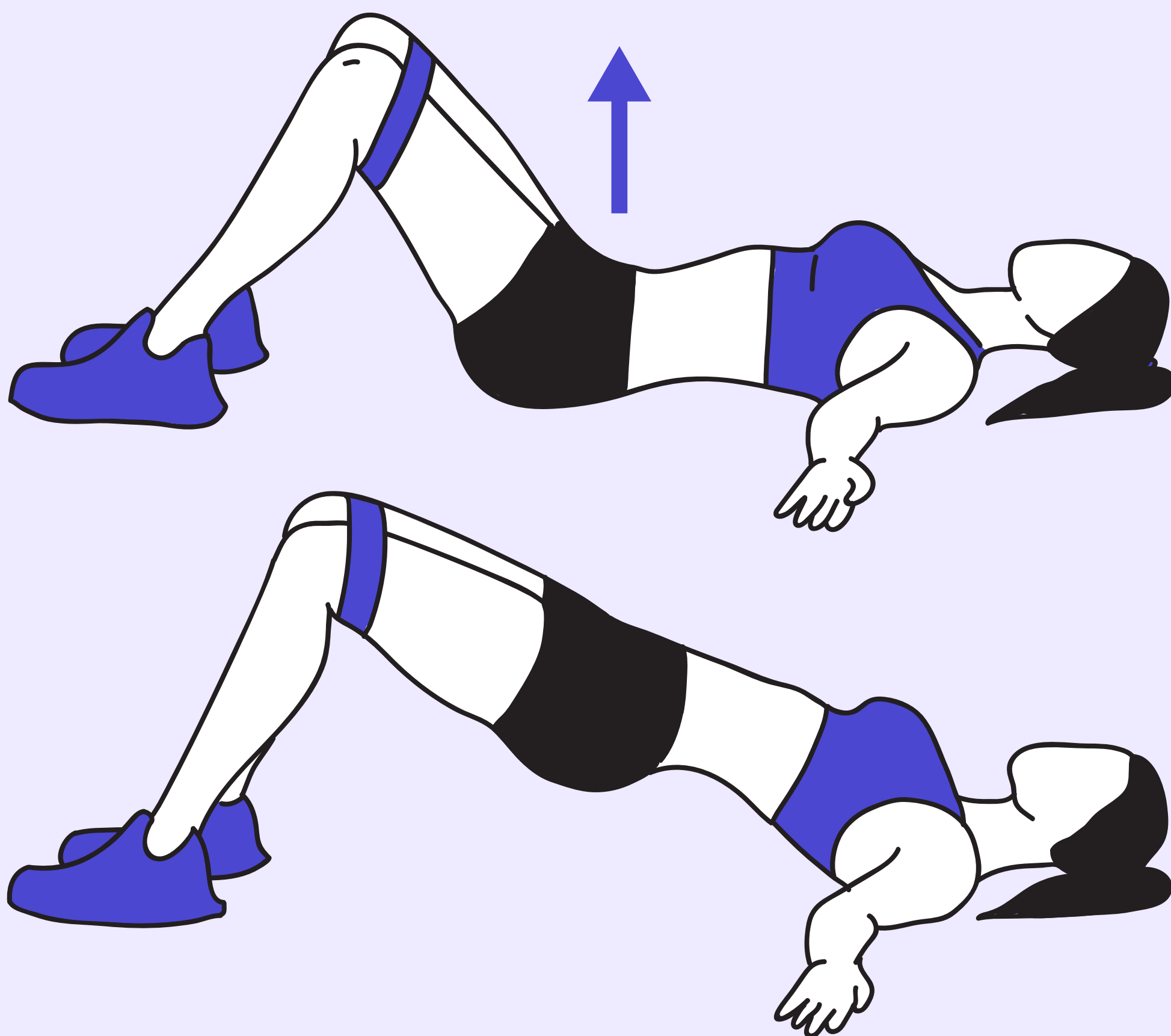
BODY POSITION

Keep your chest up and back straight with tension on the band while working with it

MUSCLE GROUPS

Working on your quads, inner/outer thighs and glutes

HIP RAISES / BUTT LIFT



STEPS

- Lie on the exercise mat with your knees bent, so that your feet are flat on the floor
- Keep your back straight
- Raise your glutes off the floor by extending your hips upward the sky. Continue until your back, hips and thighs are in a straight line.
- Return to the start position by lowering your hips back to the floor

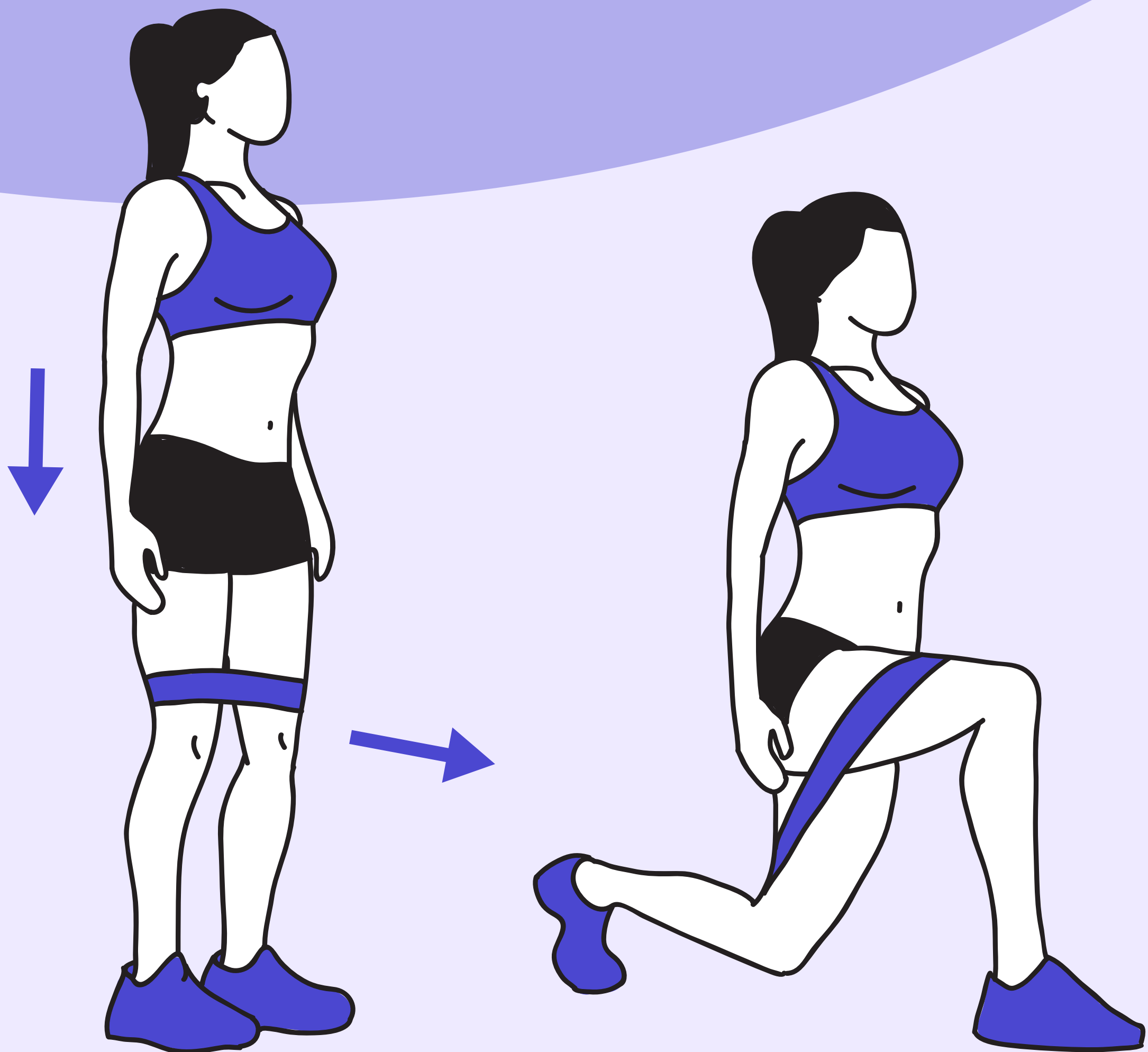
BODY POSITION

- Always keep your shoulder pressed to the ground
- Keep your back straight and feet must be flat on the floor
- Place your hands out to your sides palms flat for stability

MUSCLE GROUPS

Working on your glutes, quads and abs

LUNGES



STEPS

- Stand straight with your feet shoulder-width apart with Victorem band placed just above your knees, place your hands on your hips or hold them in front of your chest
- Step forward with either leg in a long stride. Keep your other foot in place behind you
- Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement
- Continue movement until your front knee is just above the ground (your front leg should be bent 90 degrees at the knee)
- Push down through your front heel and return to start position

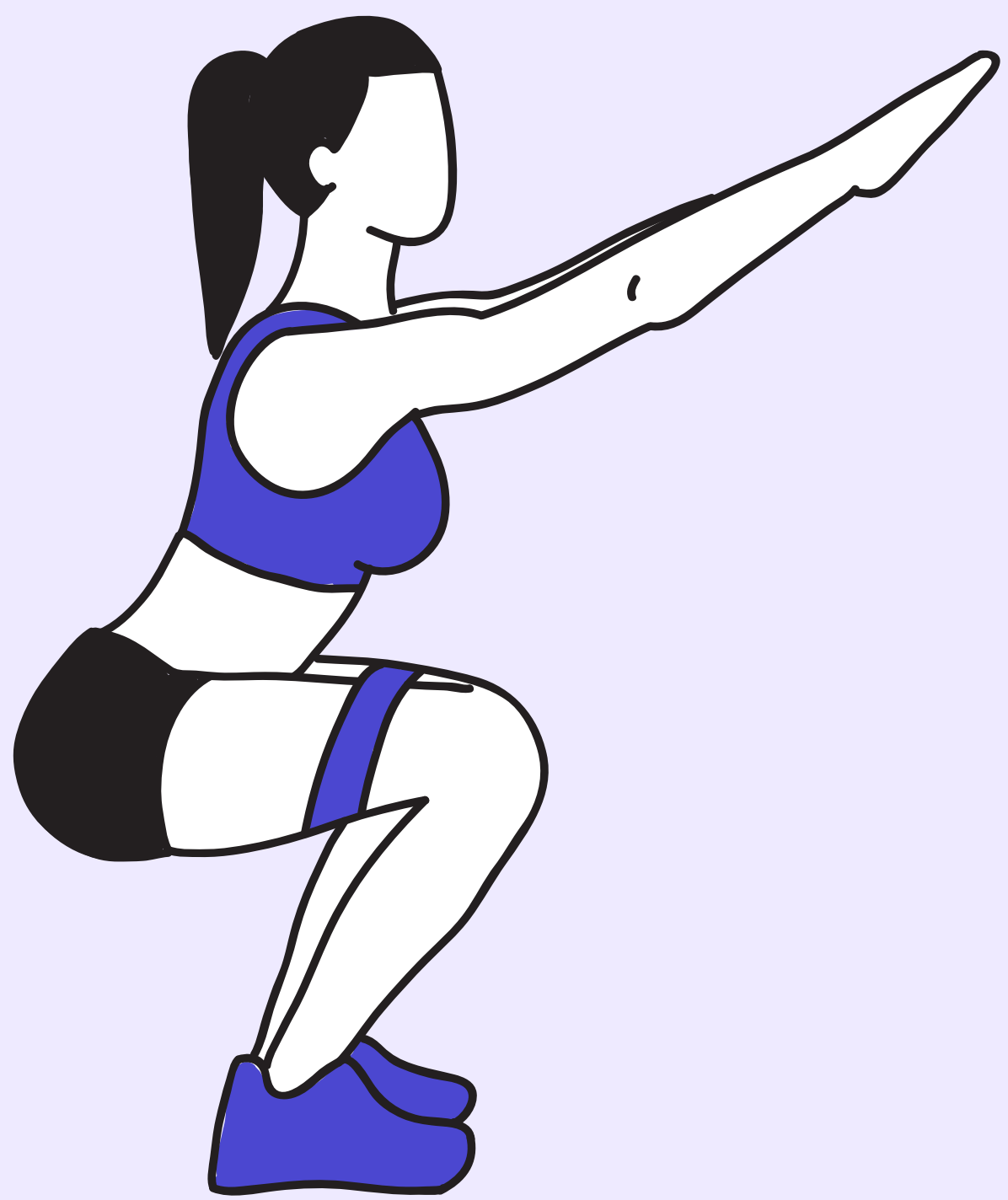
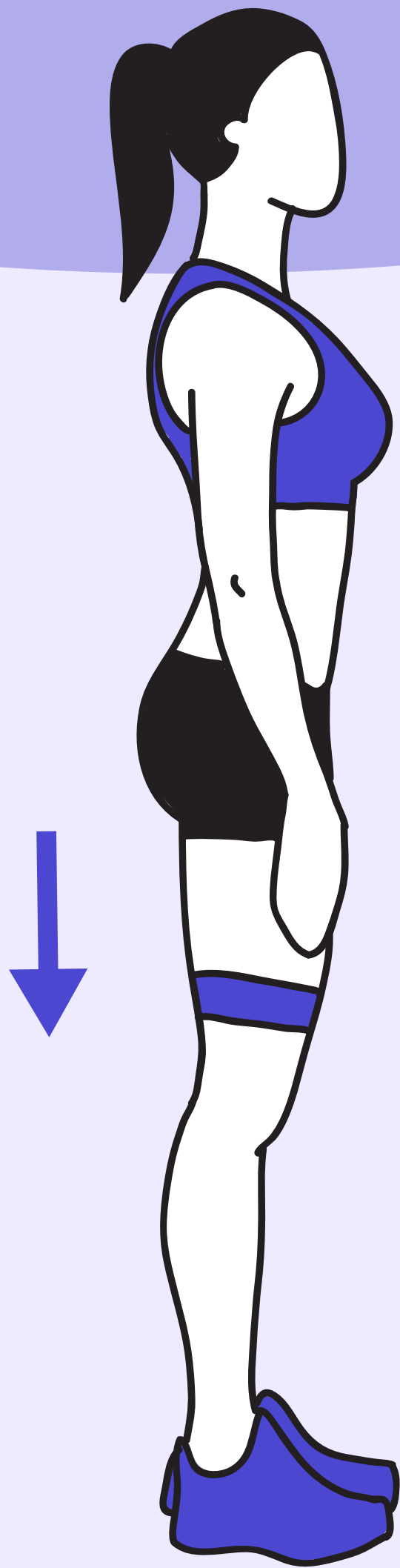
BODY POSITION

- Keep your back straight throughout exercise
- Front leg should be bent 90 degrees at the knee

MUSCLE GROUPS

Working on your glutes, quads, hamstrings

SQUATS



STEPS

- Stand up with your feet shoulder-width apart with Victorem band placed just above your knees
- Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than your knees
- Press your heels into the floor to return to the initial position

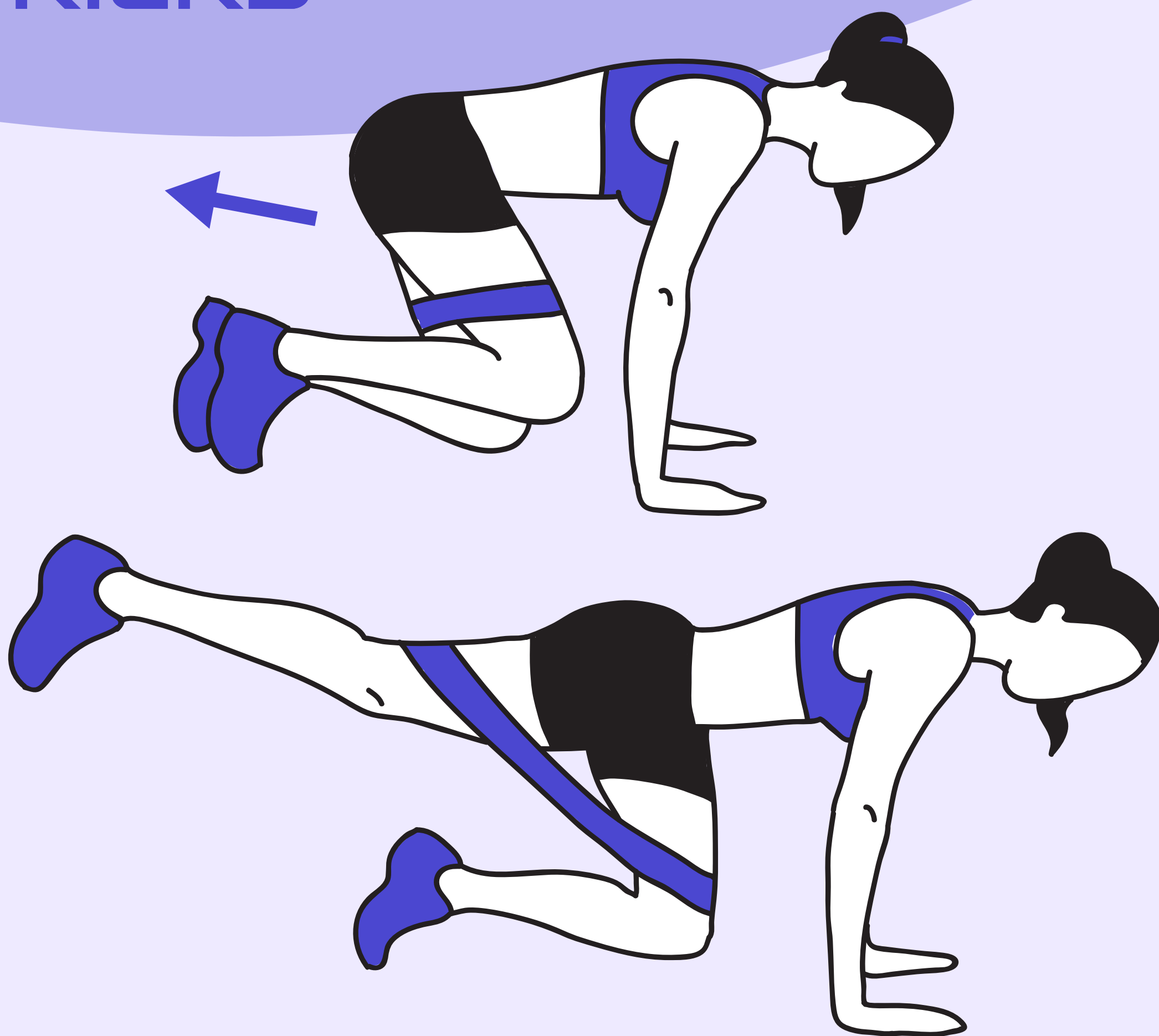
BODY POSITION

- Feet must be placed flat to the ground
- Knees must be shoulder-width apart
- Keeping your chest up and hips back is the key. Don't let the knees extend beyond the toes
- Breathe in as you squat and breathe out as you come up

MUSCLE GROUPS

Working on Quadriceps, glutes, hamstrings, upperback and lats

STRAIGHT LEG RAISE / DONKEY KICKS



STEPS

- Position yourself on all fours on a ground or mat, with Victorem band placed just above your knees
- Position your hands underneath your shoulders and place your knees under your hips
- Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is same level with the hip
- Lower the knee without touching the floor and repeat the lift
- Don't forget to switch legs

BODY POSITION

- Keep your fingertips straight forward and do not twist your arms
- Try to keep chest and back in the same level
- Breathe in while lifting the knee, breathe out while getting back into start position

MUSCLE GROUPS

Working on glutes, hip flexors and also involves abs