

Side to Side Step



Place band around legs just above ankles, keeping band taut. Take a step to the side with your right leg. Then bring left leg over while keeping band taut. Take up to 10 steps each direction (as space allows).

Tips: Keep core/abdominal muscles tight. Keep back straight. Keep knees slightly bent. Keep toes pointed forward.

Muscles worked: Glutes, Quadriceps, Calves, Core

Hip Extension



Place band around middle of feet and get on hands and knees. Kick back right heel and straighten leg, pointing toe towards ground. Hold for 3 seconds. Bring leg back. Repeat with left leg.

Tips: Keep hips square, keep core tight.

Muscles worked: Glutes, Hamstrings, Core

Standing Hamstring Curl



Twist band into figure 8 to keep band in place better. Place band around legs just above ankles. Feet hip-distance apart. Hands on hips. Bend your knee, raising heel towards buttocks. Do not kick to the

Tips: Keep core/abs tight. Keep back straight.

Muscles worked: Glutes, Quadriceps, Calves, Core

Seated Single Arm Row



Sit down with legs extended and feet spread apart comfortably. Place one end of band around middle of right foot and the other end in your right hand, with the band half twisted so your thumb is on top. Arm should be straight. Pull band with your arm, bending elbow to the side of your body.

Tips: Keep back straight. Keep core tight.

Muscles worked: Deltoids, Lats, Core

Tightrope Walk



Place band around legs just above ankles. Swing each leg in a wide semicircular motion to the outside and place it on front of the other foot. Walk along imaginary tightrope up to 10 steps (as space allows). Can also do same exercise, going backwards.

Tips: Keep chest up. Keep core tight. Keep back straight.

Muscles worked: Glutes, Quadriceps, Hip Flexors (Forwards), Hamstrings (Backwards)

Seated Upright Row



Sit down with legs extended and feet together. Place one end of band around middle of both feet and the other end in both hands, with thumbs together. Pull towards upper chest, bending elbows to the sides.

Tips: Keep back straight. Keep core tight. Keep chest

Muscles worked: Trapezius, Deltoids, Biceps

Step to Side Lunge



Place band around legs just above ankles. Place hands on hips. Take a large step to the right side and lunge toward the floor. Right leg should straighten as left knee bends. Lean upper body forward and sit back with buttocks sticking out. Shift weight to right leg and bring left leg in, keeping band taut. Repeat left side.

Tips: Keep core/abdominal muscles tight. Keep toes pointed forward.

Muscles worked: Quadriceps, Glutes, Core, Hamstrings

Overhead Outward Push



Place band around both hands. Stand with arms raised overhead, shoulder width apart. Palms facing forward, elbows slightly bent. Pull arms apart to sides.

Tips: Don't shrug shoulders. Keep back straight. Keep core tight.

Muscles worked: Triceps, Deltoids, Lats

General Tips Before Use

- Check your bands for wear before each use. If you detect any wear, please contact us at support@neeboofit.com.
- Do not use if you have a latex allergy.
- Take care to not use the bands against rough or abrasive surfaces.
- Try not to overstretch the bands. Normal stretching is 2-3 times the starting length.
- Make sure to warm up before using the bands.
- Consult your physician before starting any exercise program.

Exercise Tips

- Warm up each exercise by performing the motions without the band first.
- Complete 1-3 sets of each exercise doing 8-12 reps each set.
- Rest for 1 minute between each set.
- Make sure to perform each exercise on both arms or legs to prevent imbalanced muscles.
- Try to select the correct resistance level of band (or combination of bands) so that you can do 8-12 reps at a time.

Resistance Level Table

Below are the approximate resistance levels (in LBS) for each band stretched to 24" (2x) and 36" (3x):

Color	Level	24" (2x)	36" (3x)
Green	Light	7 LBS	11 LBS
Blue	Medium	10 LBS	17 LBS
Yellow	Heavy	13 LBS	21 LBS
Red	X-Heavy	16 LBS	27 LBS
Black	XX-Heavy	21 LBS	33 LBS
Orange	XXX-Heavy	28 LBS	44 LBS



Resistance Loop Band 6pc Set

Website: www.neeboofit.com

Email: support@neeboofit.com

Made in China with 100% Eco-friendly Latex

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If you ever have any problems with our bands, let us know by emailing us at support@neeboofit.com. We will make sure you are completely satisfied with our products.

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Find more tips and exercises here: www.neeboofit.com/loopbands/tips/