

## Alternating Bicep Curl



Stand on band, feet shoulder distance apart. Grab the band with palms facing each other, arms by your sides. Pull band up toward shoulder, bringing thumb toward shoulder. Lower slowly with control. Repeat with other arm.

**Muscles worked: Biceps, Forearms**

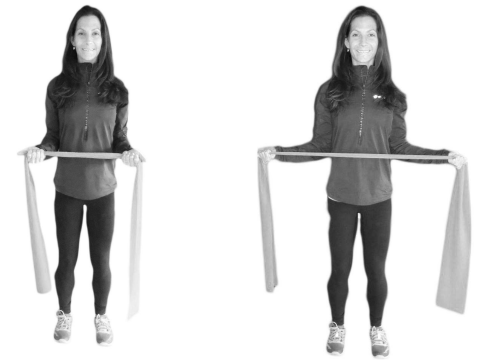
## Chest Press



Stand with feet shoulder distance apart. Wrap band around back under armpits and grab each side of band with palms facing body. Slowly extend arms out to chest level and bring back in with control.

**Muscles worked: Biceps, Shoulders, Chest, Forearms**

## Chicken Wing



Hold arms out in front of you with elbows bent at 90 degrees hugging into at waist, palms up. Open arms to the side while keeping elbows in. Feet should be shoulder distance apart.

**Muscles worked: Biceps, Shoulders, Lats, Rhomboids, Forearms**

## Squats



Stand on band with toes forward, feet shoulder distance apart. Grab each side of band with elbows bent, palms facing each other, at shoulder level. Slowly bend the legs and sit like you're sitting on a chair, keeping arms at shoulder level. Return to standing, squeezing your glutes as you come up.

**Muscles worked: Quads, Hamstrings, Glutes**

## Leg Press



Lie on back, with one leg bent and foot flat on floor, other leg bent to 90 degrees with foot in air. Wrap band around the arch of that foot. Pull each side of band in hands, anchoring elbows into mat. Slowly extend knee, pushing out into band. Hold for a second or 2, and return back start position.

**Muscles worked: Hamstrings, Glutes, Quads**

## Donkey Kick



Begin on all fours, shoulders over wrists, hips over knees. Grab band with each hand and wrap it around one foot. Slowly extend leg, squeezing glutes, keeping pelvis level, and then return to start position.

**Muscles worked: Core, Glutes, Hamstrings, Adductors, Abductors**

## Overhead Tricep Extension



Stand on band with one foot, feet shoulder distance apart. Grab other end of band, allowing it to go behind you, keeping your elbow pointing forward. With elbow at 90 degrees, slowly extend arm towards ceiling then lower slowly with control.

**Muscles worked: Triceps, Forearms, Shoulder, Biceps**

## Lunges



Begin with a split stance, stepping on band with front foot, with other foot about 3 feet behind the front foot. Keep elbows at 90 deg. Slowly bend both knees to 90 deg then return to standing.

**Muscles worked: Hamstrings, Glutes, Quads, Calves**

## General Tips Before Use

- Check your bands for wear before each use. If you detect any wear, please contact us at [support@neeboofit.com](mailto:support@neeboofit.com)
- Do not use if you have a latex allergy. o 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 24" to 96" total length:

Color	Level	24"
Green	Light	15 LBS
Blue	Medium	20 LBS
Yellow	Heavy	27 LBS
Red	X-Heavy	35 LBS

\*Number of bands vary depending on set purchased



## Resistance Therapy Flat Band Set

**Website:** [www.neeboofit.com](http://www.neeboofit.com)

**Email:** [support@neeboofit.com](mailto:support@neeboofit.com)

Made in China with 100% Eco-friendly Latex

Thank you for purchasing the NeeBooFit Resistance Loop Band Set. Please take a few seconds to register on our site for a 100% Lifetime Guarantee and receive updates on our products:

[www.neeboofit.com/flatbands/register/](http://www.neeboofit.com/flatbands/register/)

If you ever have any problems with our bands, let us know by emailing us at [support@neeboofit.com](mailto:support@neeboofit.com)

We will make sure you are completely satisfied with our products.

Please help us better support our customers by writing a review:

[www.neeboofit.com/flatbands/reviews/](http://www.neeboofit.com/flatbands/reviews/)

Find more tips and exercises here:

[www.neeboofit.com/flatbands/tips/](http://www.neeboofit.com/flatbands/tips/)