

Resistance Loop Bands Exercise Guide



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Welcome

The purpose of this ebook is to provide you with exercises which you can perform with our Core Balance Loop Bands.

Mini Loop Bands create tension when stretched to challenge your muscles, improve your flexibility and work your core.

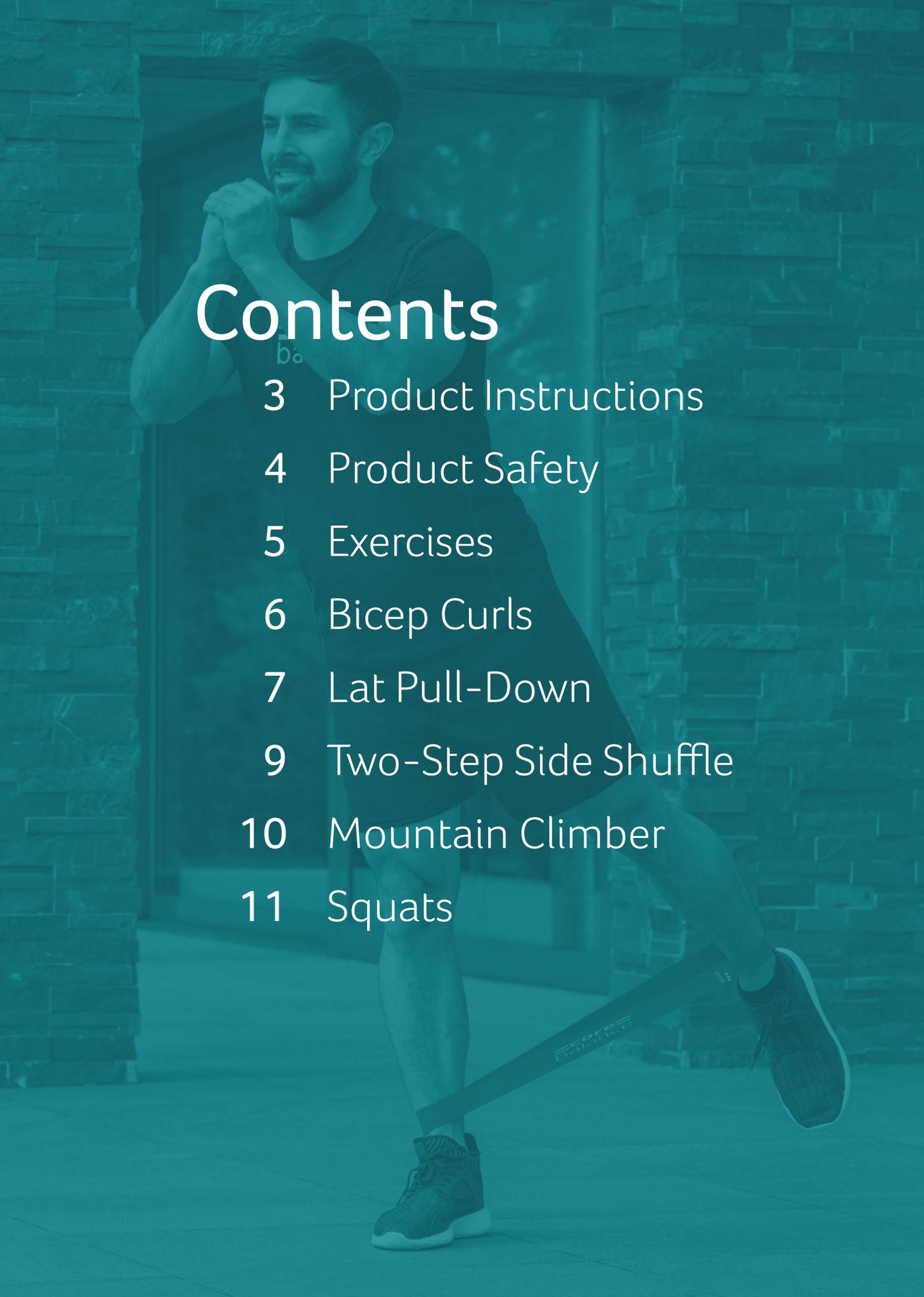
We recommend starting with a lighter band before progressing to a heavier band as your strength and fitness improves. Lighter bands are also better for building endurance whilst heavier bands are perfect for building power and strength.

We hope that you find the information in this ebook useful and, along with your new Core Balance product, it helps you to achieve your fitness goals.

Whether you choose to exercise at home, the gym or when you are on your travels, our products and ebooks are designed to be portable so you can work out wherever life takes you.

We are passionate about every product we sell and every customer we serve. We are here to help you meet your fitness goals and we hope this exercise guide helps you on your way.

Best wishes
The Core Balance Team



Contents

- 3 Product Instructions
- 4 Product Safety
- 5 Exercises
- 6 Bicep Curls
- 7 Lat Pull-Down
- 9 Two-Step Side Shuffle
- 10 Mountain Climber
- 11 Squats

Please read these instructions prior to use.

- Mini Loop Bands are an exercise aid and must always be used with the correct technique.
- Always consult your doctor prior to commencing any new exercise programme.
- Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using Mini Loop Bands.



Product Safety

- Before use, ensure that the Mini Loop Bands are in a safe operating condition. Inspect them for any signs of wear and tear. If damage is apparent, do not use the product.
- Do not use the bands on abrasive or jagged surfaces.
- Do not stretch to more than 3 times their original length.
- Never release a Mini Loop Band while it's under tension. This could cause the band to snap back toward you and cause you injury.
- Carefully return bands to their original length before releasing.
- Do not use soap or cleaning products to clean bands, as it may damage and/or weaken latex. Wipe them with a damp cloth to clean.
- Store in a cool, dry place away from moisture, heat and direct sunlight.

Safety Advice

Before using your Mini Loop Bands, always do a short warm up, such as a brisk walk or stretches.

Latex Warning

Caution: This product contains natural rubber latex which may cause allergic reactions.

Exercises



Bicep Curls

Add resistance to bicep curls to build your biceps and strengthen your arms.



1. Kneel on a yoga mat, lift your right leg and place your right foot flat on the ground.
2. Loop the band over your right leg and place it just above the knee.

3. With your right hand, make a fist with the band across your palm with the backs of your fingers facing upwards.



4. Slowly lift your hand up to try to touch your right shoulder, feeling the resistance from the band.



5. Once you have reached shoulder height, slowly bring it back down to the starting point.
6. Do 2 to 3 sets of 5 reps to begin with, then work your way up to 4 to 5 sets.

Lat Pull-Down

Lat pull-downs are a top way to target your back, shoulders and core.

1. Loop the band around the middle of your hands and clench them into fists.
2. Extend your arms over your head, so your hands are in line with your shoulders.
3. Keeping your left arm still, pull your right arm down to your side, bending your elbow 90-degrees to stretch the band and create resistance.



4. Bring your right arm back to the starting position and then repeat the exercise with your left arm, keeping your right arm extended over your head.
5. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

Two-Step Side Shuffle

Add resistance to a side shuffle to work your hamstrings, quads, thighs and glutes.

1. Loop the band around your ankles or just below your knees.
2. Create tension by placing your feet hip-width apart.



3. Point your feet forward, bend your knees slightly and push your butt back into a half-squat position.
4. Step laterally to the left to create resistance, maintaining the half-squat position at all times.

5. Bring your right foot in towards your left, but not too close that the band loses tension.
6. Repeat by taking another step to the left, before switching so you take two steps to the right.
7. Do 2 to 3 sets of 10 steps to begin with, then work your way up to 3 to 5 sets.

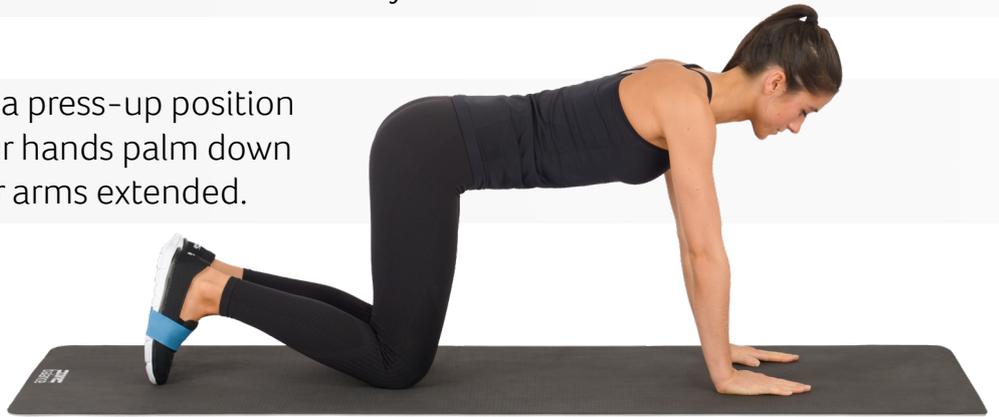


Mountain Climber

Strengthen your hips and tone your abs with resistance mountain climbers.

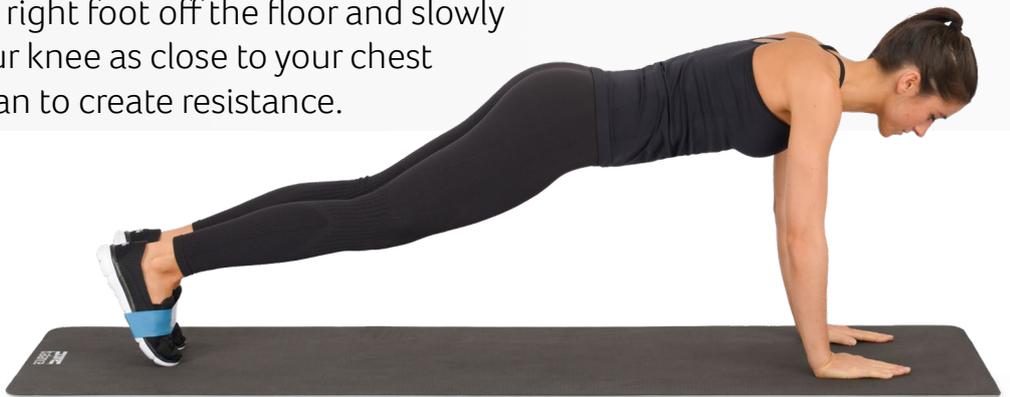
1. Loop the band around the arch of your feet.

2. Assume a press-up position with your hands palm down and your arms extended.



3. Ensure your hands are shoulder-width apart and your legs are extended behind you, so your weight is supported by your hands and the balls of your feet.

4. Lift your right foot off the floor and slowly raise your knee as close to your chest as you can to create resistance.



5. Return your right foot to its starting position and then repeat with your left leg.

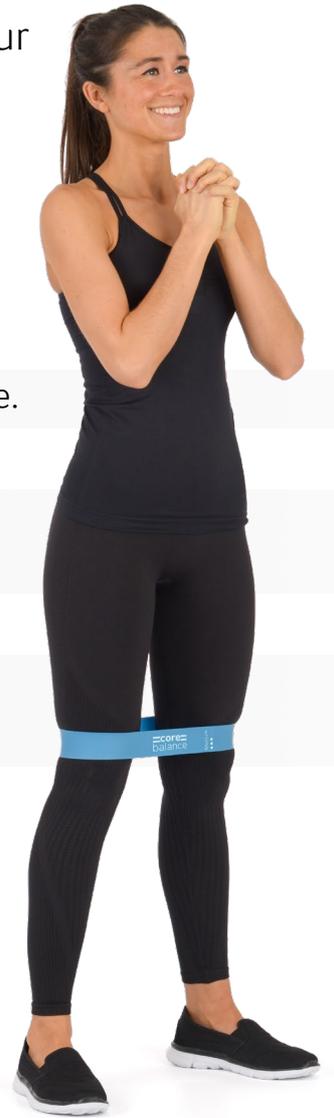
6. Do 2 to 3 sets of 10 reps to begin with, then work your way up to 3 to 5 sets.



Squats

Add resistance when you're doing squats to build your core strength and develop your lower body muscles, including your quads, calves, glutes and stabiliser muscles.

1. Loop the band around both legs, just above the knee.
2. Stand up straight with your feet at a 45-degree angle and shoulder width apart.
3. Clasp your hands together in front of your chest, as if you're praying.



4. Keeping your chest up and back straight, bend your knees so your thighs are parallel with the floor and you can feel band causing resistance.
5. Slowly extend your legs to return to a standing position, then repeat.
6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

Thank you for choosing

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Discover more of the Core Balance range at
www.corebalancefitness.co.uk