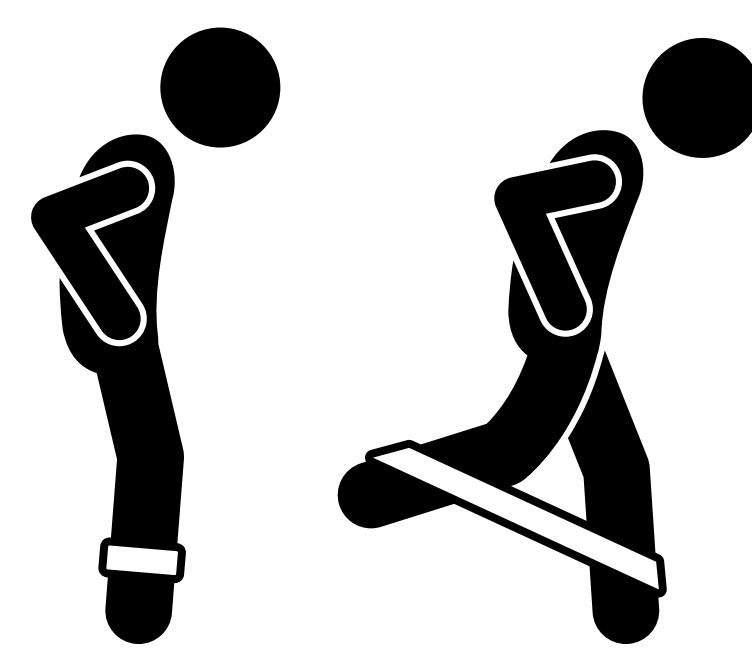


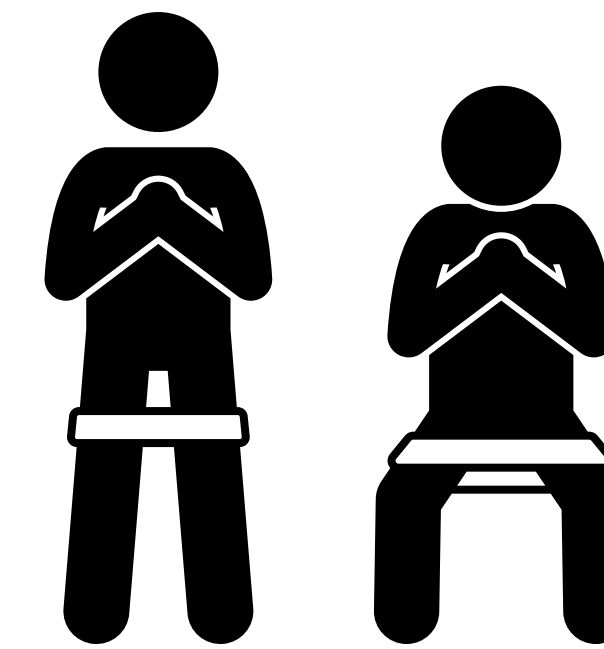
Standing Leg Abduction



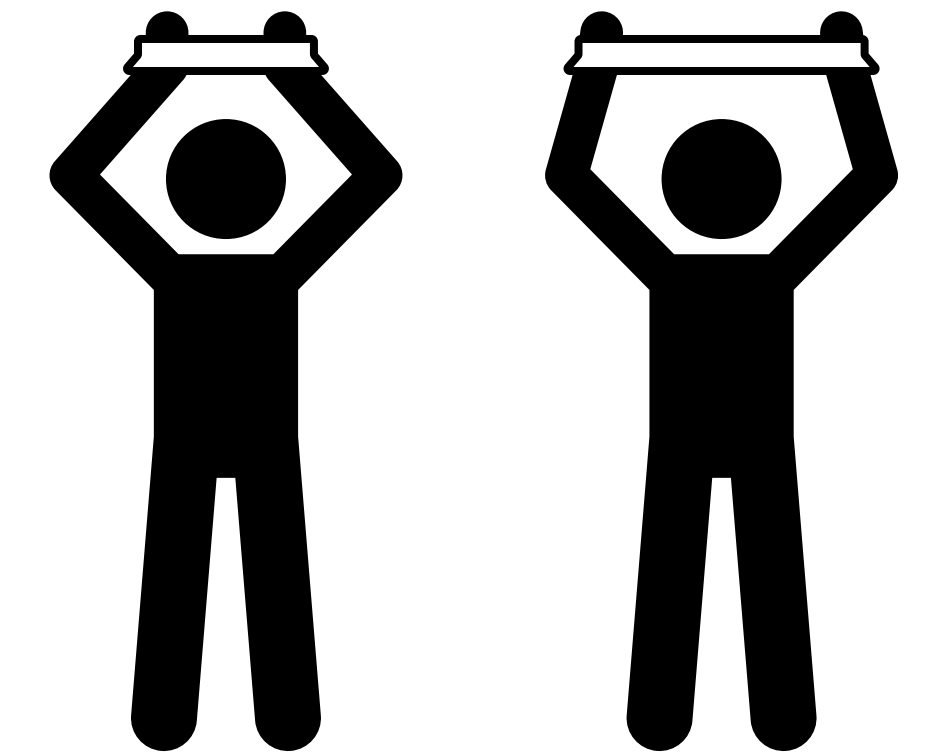
Standing Hip Extension



Standing Hamstring Curl



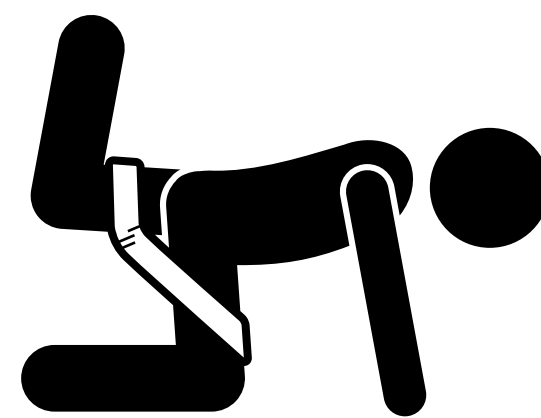
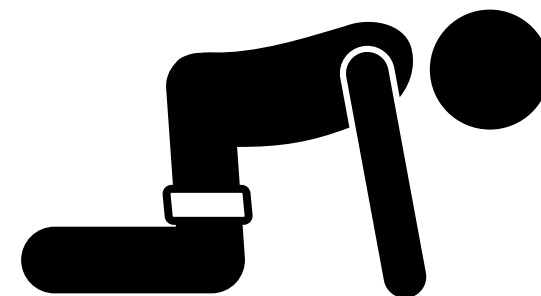
Squat



Overhead Outward Push



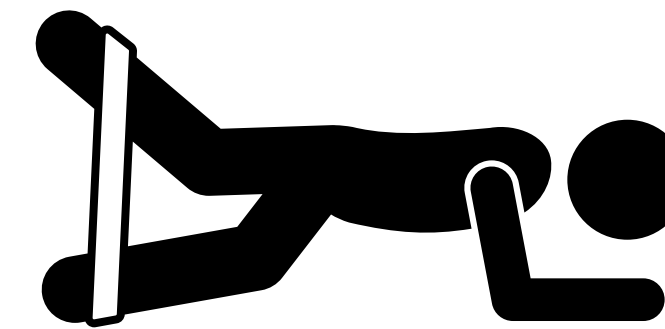
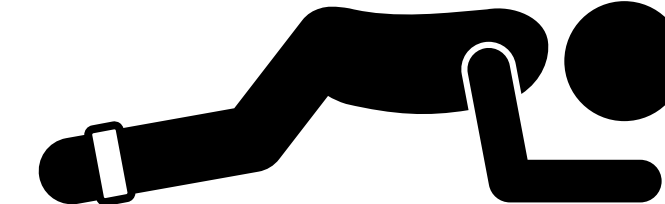
Side Lying Leg Raise



Donkey Kick



Glute Bridge



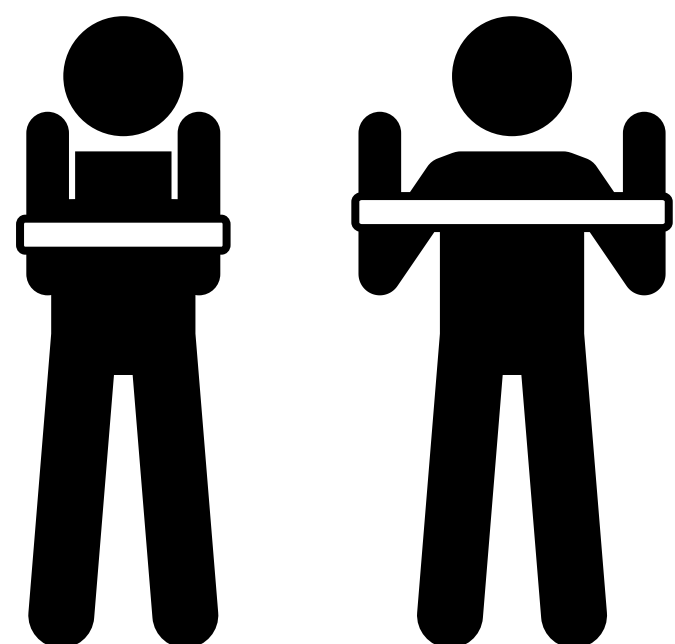
Plank Leg Lift



Sitting Rows



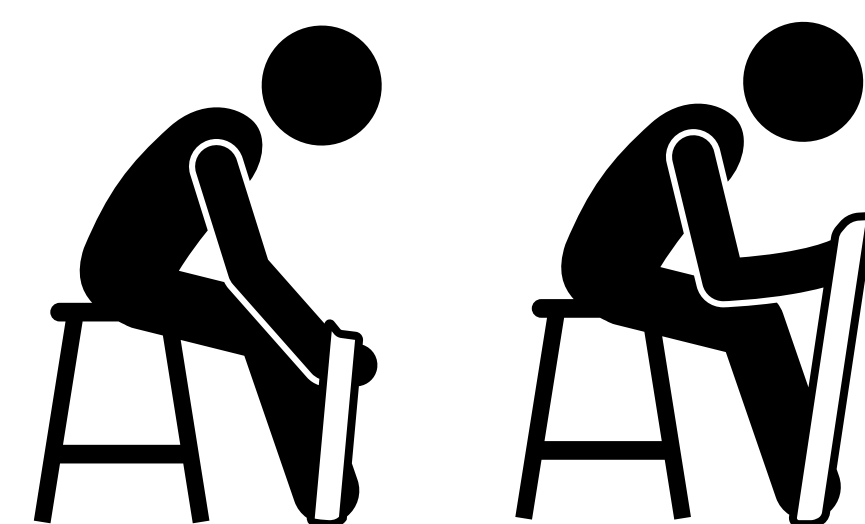
Clam Shells



Scapular Retraction



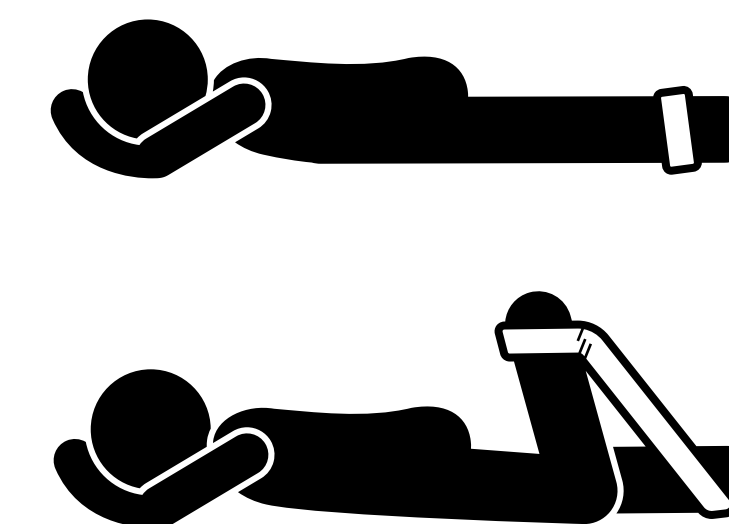
Bicep Curl



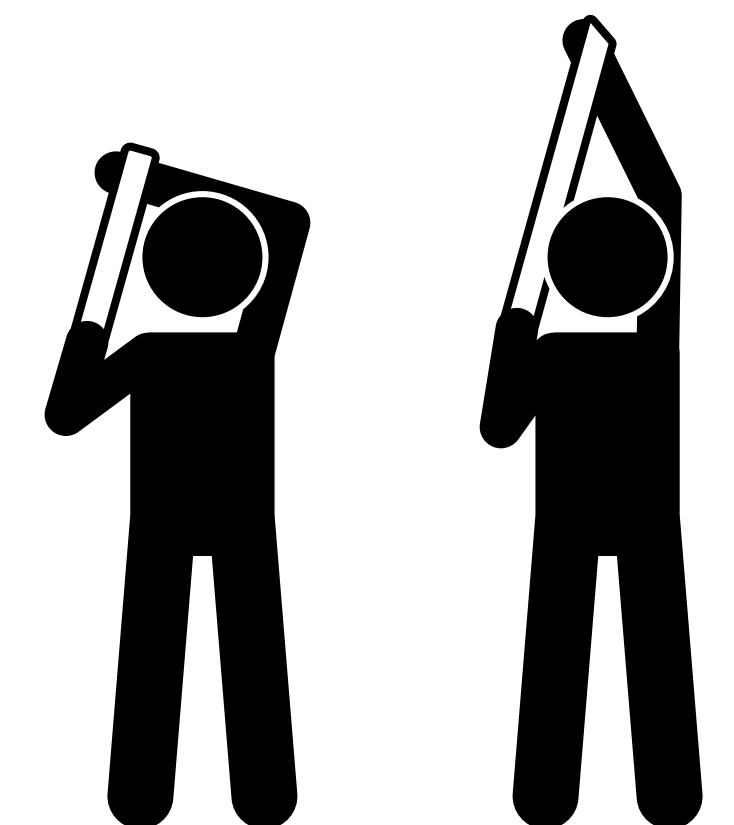
Seated Bicep Curl



Split Squat



Leg Curl Prone



Triceps Extension



Workout Tips, Care & Safety Guide

Please read thoroughly before using your resistance bands

Workout Tips

- Practice exercises from the exercise guide without your resistance bands. Once proficient with the movement, then incorporate your resistance bands.
- Always use your resistance bands in an open area free of furniture or other items that could get in the way while exercising.
- Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes looking forward.
- Use a smooth and steady motion when performing each exercise.
- Perform exercise routines to the best of your ability without strain.
- Avoid holding your breath while exercising.

Care

- Always allow your resistance bands to dry thoroughly before and after use.
- Hand wash your resistance bands in cold water with mild soap to clean.
- Avoid exposing your resistance bands to rough, sharp or abrasive surfaces, heat or excessive sunlight.
- Store in a cool, dry place.

Important Safety Precautions

- To reduce the risk of injury, consult a physician before beginning this or any exercise program, or before using this or any exercise equipment. These instructions are in no way intended as a substitute for advice from a qualified medical professional.
- If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
- Inspect your resistance bands before each workout for tears or loose stitching. Discontinue use if either is observed, as it can lead to injury.
- Ensure your resistance bands are securely positioned before and during each exercise.
- Always look forward and avoid looking at bands during exercise.
- Perform exercises in a slow, controlled manner.
- Stop and rest if you experience dizziness or shortness of breath.
- Use product only as intended and demonstrated in the exercise guide.
- This product is made with natural latex that has been known to cause allergic reactions in certain people.
- This product is sold without any warranties or guarantees of any kind. The distributor, manufacturer and licensor disclaim any liability, loss or damage caused by its use.



WARNING

- Keep out of reach of children
- Always use caution to avoid serious injury
- Inspect your resistance bands for damage (tears or loose stitching)
- Product tensile strength is a maximum of 75 lbs
- Recommended user weight limit for product is a maximum of 200lbs