



**PRODUCT
ADVENTURE**

RESISTANCE BANDS - EXERCISE E-BOOK

Working Guide Lines & Safety

General Workout Guide lines

Different people will have different fitness levels, so to begin with, start slow then work up to higher reps, heavier bands or a combination of bands.

Complete between 1 to 3 sets of 3 to 10 repetitions (reps) for each exercises, (more advanced users may want to complete 8 to 12 reps).

Rest time is important, make sure to rest for at least 30 - 60 seconds between each exercise set. Only perform each exercise set for a maximum of 2 - 3 times a week, this will allow your body recover properly.

Allow between 24 - 48 hours of rest (not doing exercises relating to those muscle groups) between each routine when using your exercise band loops.

It is important to focus on completing exercise with good form. This is much more important than using heavier bands or doing more reps. Good form will allow you to work your muscles correctly, and the slow movements will mean you are able to focus on your form.

Start by using the lower strength bands and only move up to heavy bands when you feel you have progressed enough to correctly perform the exercises with good form when using a heavier band.

If you find you are starting to tire and are unable to perform the exercises correctly or with good form, try increasing your rest times or move to a lower strength band.

The Product Adventure Exercise bands loops can be used in many locations, but make sure you are on an even surface and have enough room around you to move and that you will not slip over.

Exercise:

Full Body - Cardio + Resistance

Complete a range of exercises that suit your abilities.



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General Safety Guide Lines

With the correct use the Product Adventure Resistance Band Loops can be a great way to work out in many location performing a large range of cardio and resistance exercises. But please make sure to read through this safety information before using the bands.

The exercises we provide details are to be used as a guide line only and are not to be a replacement of any information provided by your doctor or other health professionals.

Consult your doctor before taking part in any exercise program. Only perform exercises that are within your ability and if you feel pain, shortness of breath or dizziness when performing any of the exercises we have described, stop all activities immediately and consult your doctor.

If you are taking medication or are using a current training program consult your doctor before beginning any exercises described.

Always warm up and stretch before engaging in any exercise activities described.

We have listed all the exercises based on our own personal experience of using the Product Adventure Resistance bands. There for we recommend you only use these bands for the exercises we have detailed. Check back for future additions via our website as we may add more exercises.

Perform all exercises in a slow controlled manner, this will not only improve the effectiveness of the exercises, but it will also allow you to focus on your form which will reduce the chance of injury.

Make sure to keep your core tight and strong during movements.

Always perform exercises as details in this document or on our website videos.

Avoid holding your breath during these exercises, try to take deep breaths filling your lungs deeply and exhaling in a controlled manner.

Always perform an equal number of exercises on each side of the body to help balance your body and avoid excess muscle development on one side.

Before using the bands check them for wear and abrasions, and if you find and damage, do not use the band.

Do not stretch the bands before twice their natural length.

Do not use the bands in or around an abrasive environment.

Exercise:

Full Body - Cardio + Resistance

Complete a range of exercises that suit your abilities.