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## Product Adventure Resistance Band Exercise Reference



Exercise:

Full Body - Cardio + Resistance

Complete a range of exercises that suit your abilities.



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**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:**

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**RESISTANCE BANDS - EXERCISE E-BOOK**

**Working Guide Lines & Safety**

## **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.**



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Ankle Jumping Jack

\* always seek medical advice before starting any exercise routine

#### Exercise overview:

In a standing position working the full body, in a dynamic motion.

#### Starting position:

Stand up straight with feet shoulder width apart. Place the band around both legs just above the ankle. Arms at your sides and weight distributed evenly between your feet.



#### Finishing position:

In a smooth jumping motion bring your legs out to a comfortable position, while doing so lift your arms up and away from your body until they are at 10 and 2 on a clock face. When you land bend the knees slightly to allow you to bounce back up and return to the starting position.

#### Exercise:

Full Body - Dynamic Movement

Complete between 3 to 10 reps.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Bicep Curl

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#### Exercise overview:

In a kneeling position working the arms.

#### Starting position:

When kneeling have the band looped around your right thigh. Making sure to keep your legs at right angles as much as is comfortable. Hold the band with the right hand in relaxed but firm hold. Face forwards keeping your shoulders square.



#### Finishing position:

Keeping your body square and strong, pull in a controlled manner upwards and towards your body. Make sure to keep your back straight and shoulders square.

Release slowly to return to the start position.

Exercise:

Upper Body - Arms

Complete both sides, doing between 3 to 10 reps each side.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Clams

\* always seek medical advice before starting any exercise routine

#### Exercise overview:

In a lying position on your side with your feet touching and knees bent, working the legs

#### Starting position:

When lying on your side you can either support yourself with your arm or lay on your side completely. Place both legs through the band and position it just above the knee. Keep gentle tension on the band by holding your legs slightly apart.



#### Finishing position:

Use the inside edge of the soles of your shoes as a pivot, slowly bring the upper leg upwards and away from the leg on the floor. This will be a sweeping motion, hold at the top briefly before bringing your leg back down in a controlled motion to the start position.

**Exercise:**

**Lower Body - Legs + Outer Thighs**

Complete both sides, doing between 3 to 10 reps each side.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Donkey Kick

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#### Exercise overview:

In a hands and knees position with your head looking forwards, working on the legs and gluteals.

#### Starting position:

On all fours with the band looped around the bridge of both feet, keep your shoulders square and strong, with your back straight and neck in a comfortable position.

#### Finishing position:

Maintaining a strong square posture, begin to push the right legs up and away from you. Be aware

of the band on the stationary foot slipping and compensate where you need to keep the band in position. Push your right foot upwards until your right thigh is level with your back. Hold here for 1 - 2 seconds before slowly returning your leg back down to the starting position.

**Exercise:**

**Lower Body - Legs + Gluteals**

Complete both sides, doing between 3 to 10 reps each side.



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## Glute Bridge

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gluteals and upper legs to raise your back off the floor. As your pelvis lifts make sure to keep your shoulders firmly on the floor, and hands facing down next to you. As you lift, try to find the balance between effort and comfort. Hold at the upper position that is best for you for 1 - 5 seconds before slowly returning the the starting position.

### Exercise overview:

Lying on your back with your feet flat on the ground working on the legs and gluteals.

### Starting position:

On your back with your lower back and shoulders flat to the ground. Loop the band around your thighs just above the knees. Keep gentle tension on the band throughout the movement.

### Finishing position:

Keeping your feet hip width apart, gently start to push your feet into the ground by engaging your

### Exercise:

Lower Body - Legs + Gluteals

Complete between 3 to 10 reps.





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## RESISTANCE BANDS - EXERCISE E-BOOK

### Hand and Knees - Knee Out

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#### Exercise overview:

In an all fours position, with straight back and firm shoulders, working the outside of the thigh and gluteals



#### Starting position:

With your head in a comfortable position, and the band looped round both legs positioned just above the knees. Keep your shoulders strong and hips facing forwards.



#### Finishing position:

Begin to lift your right leg up and to the side away from the stationary knee. As you

move your knee out, keep your back straight and shoulders square. Depending on your flexibility, raise your leg up until a position that feels comfortable. Hold this position for 1 - 3 seconds before slowly returning to the start position.

**Exercise:**

**Lower Body - Legs + Gluteals**

Complete both sides, doing between 3 to 10 reps each side.



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## Hip Bridge Outward Pulse

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### Exercise overview:

Laying on your back with your feet flat on the ground working on the legs and gluteals.

### Starting position:

On your back with your lower back and shoulders flat to the ground. Loop the band around your thighs just above the knees. Hands flat on the ground.

### Finishing position:

Keeping your feet hip width apart, push your feet into the ground to raise your pelvis off the ground the same as for a Glute Bridge. When you reach the top, push your knees outwards and hold for 1 - 3 seconds before returning to the start position.

### Exercise:

Lower Body - Legs + Gluteals

Complete between 3 to 10 reps.



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## Knee Lift

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### Exercise overview:

In a standing position, with a straight back and firm shoulders, working the upper thigh, core and gluteals

### Starting position:

With your head facing forwards, hips and shoulders square, back straight and bands looped around the bridge of you feet. Stand with your weight evenly distributed between both feet.

### Finishing position:

Begin to lift your left knee up, while holding your foot level to keep the band in place. While lifting your leg make sure to keep your back straight, hips and

shoulders square to the front. Stand strong on your right leg keeping your balance by focusing on a single point in front of you. Once you reach a comfortable position, hold for 1 - 3 seconds , before slowly returning back to the starting position.

**Exercise:**

**Lower Body - Legs + Abs**

Complete both sides, doing between 3 to 10 reps each side.





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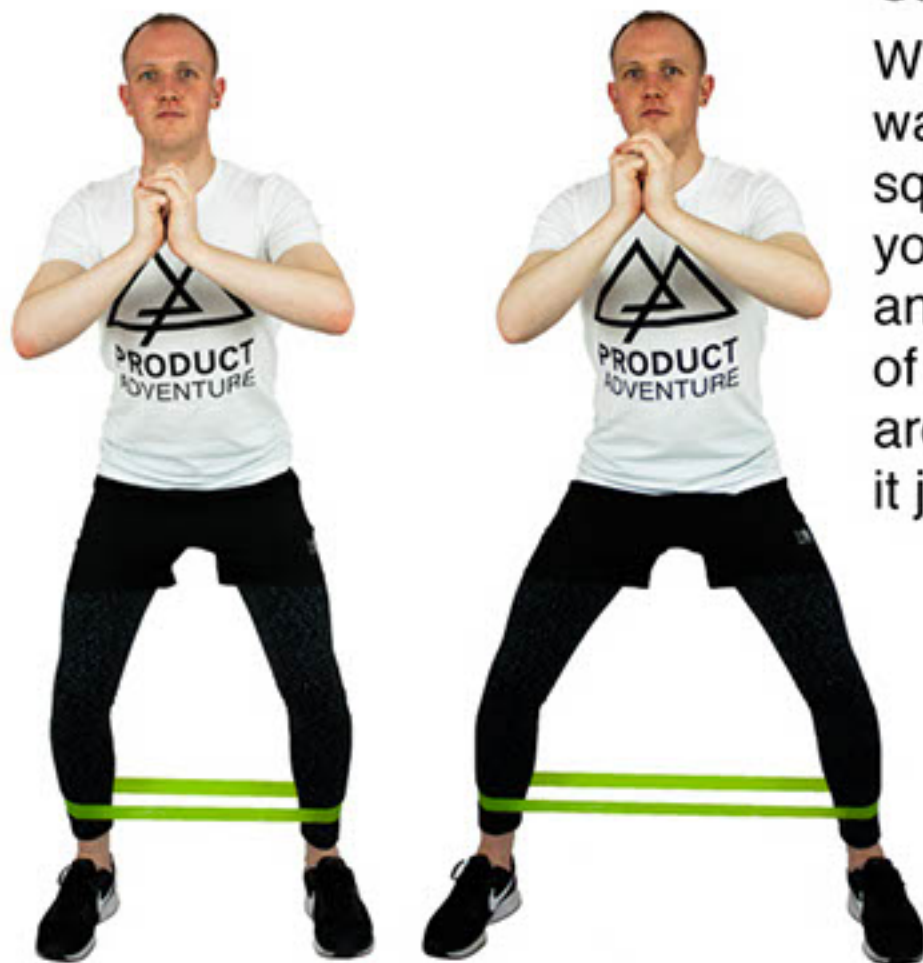
## RESISTANCE BANDS - EXERCISE E-BOOK

### Lateral Side Step

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#### Exercise overview:

In a standing position with straight back and firm shoulders, working the outside of the legs and gluteals



#### Starting position:

With your head facing forwards, hips and shoulders square, back straight with your knees slightly bent and hand clasped in front of your chin. Loop the band around both legs, position it just above the ankle.

#### Finishing position:

Begin to shift your weight to your left foot, as you do this bring your right foot to the side and step

outwards so that you are putting tension of the band. Step as far to the side as is comfortable, but so you still feel comfortable and stable. Continue in the same direction and bring your left leg towards your right. Place it down when it is about hip width from your left foot, repeat this in each direction until you have come back to your original position for one repetition.

#### Exercise:

Lower Body - Legs + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Leg Curl

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#### Exercise overview:

In a lying position on your front with your head on your hands, working the legs.

#### Starting position:

Lying on your front with your head down, with the band looped round your legs, positioned on the ankles. Keep your shoulders square and refrain from twisting during movement.



#### Finishing position:

Keeping your back straight and head down, lift your right foot up off the ground. During this slow controlled movement, keep

your hips square and hold your left foot firmly in place with your toes touching the ground. Make sure to keep a steady slow pace while lifting to help prevent the band from rolling. As your right leg reaches 90 degree to the floor, hold this position for 1 - 3 seconds before slowly returning to the starting position.

#### Exercise:

Lower Body - Legs

Complete both sides, doing between 3 to 10 reps each side.



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# RESISTANCE BANDS - EXERCISE E-BOOK

## Leg Extension

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### Exercise overview:

In a seated position, leaning back on your elbows or with your back flat on the ground, working the legs.



### Starting position:

With your feet flat on the floor, legs making a 90 degree angle. Loop the bands around the bridges of both feet.



### Finishing position:

Looking forwards, keeping your shoulders square, back straight and hips firmly on the ground. Begin to lift the left leg up off the ground and away from you. The band may

move down to your ankle which is fine, if this happens just make sure it not twisted and continue. With your right foot being held firmly in place bring your left leg up until it is straight, hold for 1 - 3 seconds and slowly bring it back down to the starting position.

**Exercise:**

**Lower Body - Legs**

Complete both sides, doing between 3 to 10 reps each side.



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## Leg Raise

\* always seek medical advice before starting any exercise routine

### Exercise overview:

Lying on your side, with your head resting on your hand, working the legs and side gluteals.

### Starting position:

With your head resting on your hand or arm, (which ever is more comfortable), loop the bands round your legs, position at the knee, rest your upper leg on top of the lower leg.



### Finishing position:

Hold your balance (stopping yourself from rolling forwards or back), begin to engage the upper leg muscles to raise your upper leg upwards. Make sure to keep the leg straight and move in a controlled slow movement. Once you reach the top, hold for 1 - 3 seconds before returning to the starting position.

**Exercise:**

**Lower Body - Legs**

Complete both sides, doing between 3 to 10 reps each side.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Reverse Chest Flies

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#### Exercise overview:

In a standing position you will be working both arms as well as the shoulder and upper back.

#### Starting position:

Stand up straight with the band round both wrists, hold your arms up in front of you with your forearms parallel to each other. Bring your arms up until your fists are in front of your face.

#### Finishing position:

Keeping your right hand in position, use your left arms parallel to each other, move your forearms away from each other in a controlled motion. Hold for 1 - 2 seconds before slowly returning to start position.

#### Exercise:

Upper Body - Arms + Back + Chest

Complete both sides, doing between 3 to 10 reps each side.





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## RESISTANCE BANDS - EXERCISE E-BOOK

### Side Knee up and Front Kick

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#### Exercise overview:

In a seated position with your legs out in front of you, lying position on your side, either resting on your elbow or with your head on your arm. Working the legs and gluteals.



#### Starting position:

In position, with the band looped around both legs, positioned just above the knee. Support yourself to prevent rolling, with your top foot resting on the lower foot, knees bent.

#### Finishing position:

Slowly bring your top knee up towards your torso. Once you reach a point that is comfortable, stop and hold for 1 second, then slowly straighten your leg. Hold for 1 - 3 seconds, before slowly returning your leg to the starting position.

#### Exercise:

Lower Body - Legs + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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## Side Step Squat

\* always seek medical advice before starting any exercise routine

### Exercise overview:

In a standing position, you will be working both legs and gluteal muscles.

### Starting position:

Stand up straight with hands clasped in front of you, angle your toes out slightly.

Step to the side (alternate between reps) with your feet hip width apart.



### Finishing position:

Keeping your right hand in position, use your left hand to push up in front of you, and your back straight. Push your bum out behind you as you squat down.

Make sure your knees don't go past your toes.

### Exercise:

Lower Body - Legs + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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## Squat Star Jumps

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### Exercise overview:

In a standing position arms by your sides, working the full body in an explosive dynamic movement.

### Starting position:

Standing with the band looped around both legs just above the ankle. Slightly bend your knees to pop up off the ground while sweeping both arms up and away from you, during the jump push your legs outwards before landing.

### Finishing position:

When landing absorb the impact by slightly bending the knees before popping back to the starting position. Now clasp your hands in front of your chest. Angling your feet slightly outwards, keep your back straight and bend your knees to squat down. Keeping your head looking forwards return to the starting position.



**Exercise:**

**Full Body - Legs + Gluteals + Arms**

**Complete between 3 to 10 reps.**



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## Squat to Lateral Leg Lift

\* always seek medical advice before starting any exercise routine

### Exercise overview:

In a standing position with hands clasped in front of you. Working the legs and side gluteals.

### Starting position:

Standing with the band looped around both legs just above the ankle. Begin to slowly squat down to a comfortable position and hold for 1 second. Push back up to a standing position by engaging your gluteals and thigh muscles.



### Finishing position:

Once you are back up to a standing position, keep your head looking forwards, begin to shift your weight onto your left foot while doing this start to lean to the left while pushing your right leg up and out. When you get to a comfortable position hold for 1 second before slowly returning to the start position.

**Exercise:**

**Full Body - Legs + Gluteals**

Complete both sides, doing between 3 to 10 reps each side.



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## Standing Kick Back

\* always seek medical advice before starting any exercise routine

### Exercise overview:

Standing on one leg, hands on hips or out to side for balance, working the gluteals and legs.



### Starting position:

With your head facing directly forwards, shoulders and hips square. Loop the band round the left ankle and over the bridge of the right foot. While supporting your weight on your left leg, gently apply tension to the band by pushing the right foot backwards.

### Finishing position:

Standing firmly on the left leg, slightly bend both knees, as you start to push back with the right foot straighten both legs, while maintaining balance. Keeping your body square. With your right leg, find the balance between comfort and effort as you push back. Hold for 1 - 3 seconds, before slowly returning to the starting position.

**Exercise:**

**Lower Body - Legs**

Complete both sides, doing between 3 to 10 reps each side.



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## Tricep Extensions

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### Exercise overview:

In a standing position you will be working both arms with a focus on the left tricep.

### Starting position:

Stand up straight with weight evenly distributed between both feet. Place the right hand through the band and lay it against the upper left chest. Now put your left hand through the band below the right hand.



### Finishing position:

Keeping your right hand in position, use your left hand to pull down on the resistance band. Hold at the lower position for 1 - 2 second before slowly returning to the start position.

**Exercise:**

**Upper Body - Arms**

Complete both sides, doing between 3 to 10 reps each side.



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## RESISTANCE BANDS - EXERCISE E-BOOK

### Under Arm Row

\* always seek medical advice before starting any exercise routine



#### Exercise overview:

In a seated position with your legs out in front of you, working both arms as well as the shoulders and back.

#### Starting position:

Sit up straight, legs in front place the bands around both feet, holding the bands at arms length.

#### Finishing position:

Keeping your back straight and at 90 degrees to your legs, pull slowly on the band until your arms are at right angles. Hold for 1 -2 seconds before slowly returning to the start position.

**Exercise:**

**Upper Body - Arms + Back**

**Complete between 3 to 10 reps.**