Introduction

With these loop bands there are a lot of different exercises possible and many different muscles to focus on. In this eBook we will give you some options which will benefit the beginner and the more experienced. We will provide you with options for working out your lower body (legs and glutes) and also provide work out options for the upper body (arms).

Remember to ease yourself into a new routine, be sure to warm up before working out and that you have a full understanding of the exercise and the form before you start. With any new exercise routing the aim is to complete, nice and steady controlled movements and focus on your breathing and keeping your back straight at all times.

We will provide you with examples of the movement and images of the shape and with text we will explain the form.
Disclaimer

Fitness training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your doctor.

If you experience any discomfort while using this product, or whilst following any of the exercises in this guide, stop the activity immediately. Always check equipment for worn or damaged parts before use. If any defects are found do not use the product.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program, or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Insonder | Fit advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Don't perform any exercise without proper instruction.

Always do a warm-up prior to any exercise. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to the exercises that follow.

If your physician recommends that you don't use this or any other program, please follow your doctor's advice.

IMPORTANT! Always warm up before doing any workout and follow the advice of your doctor. Please see our full disclaimer of this guide.
Resistance Loop bands Exercises

To get the most out of these exercises you will have to repeat these exercise at least 1-3 times a week for a longer period of time. Be aware though that you let your muscles rest before repeating the same exercises. Usually this takes up to 1-2 days.

Do not perform these exercises every day as you will strain instead of strengthen the muscle.

Side Step Squat

Keep your back straight

- Place the resistance band just above your knees or the shins (more advanced!)
- Start in an upright position with the feet shoulder width apart
- Move your right leg outwards, place it on the floor and perform a squat.
- Hold this position for 3-5 seconds.
- Bring the right leg back to shoulder with position
- Repeat step 3 and 4 also with the left leg.
- Repeat the whole exercise for 10-15 times.
Hip Abductions

Keep Your Legs Straight

- Place the loop resistance band just above your ankles (or thighs for a more advanced option).
- Start in an upright position with your legs shoulder width apart. It can be helpful to lean against a wall or something.
- Slowly raise your right leg outwards and hold for 3-5 seconds.
- Slowly bring your right leg back to shoulder width position.
- Repeat the whole exercise 10-15 times and switch to the left leg.
Standing Hip Extension

Keep Your Back Straight

- Place the loop resistance band just above your ankles.
- Start in an upright position with your legs shoulder width apart. It can be helpful to lean against a wall or something.
- Slowly curl your right knee backwards and hold for 3-5 seconds.
- Slowly bring your right feet back to the ground and stand in shoulder width position.
- Repeat the whole exercise 10-15 times and switch to the left leg.
Leg Lifts

Keep Your Back Straight

- Place the loop resistance bands on your feet just above your toes.
- Start in upright position with your legs shoulder width apart. It can be helpful to lean against a wall or something.
- Slowly raise your right knee and when your knee is in a 90-degree corner hold for 3-5 seconds.
- Slowly bring your feet back down and stand in shoulder width position.
- Repeat the whole exercise 10-15 times and switch to the left leg.
Sitting Thigh Stretch

Keep Your Back Straight

- Place the loop band just above your knee and sit down on a chair
- Place your feet next to each other
- Spread your legs and point the knees out as wide as you can and hold for 3-5 seconds
- Slowly bring your knees back together
- Repeat the whole exercise 10-15 times.
Glutes Curl

Keep Your Back Straight

- Get on all fours, with your hands shoulder width apart and your feet hip width apart, place the band just above your knees.
- Slowly raise your right leg (keep it in a 90-degree corner and when your thigh is parallel to the floor hold for 3-5 seconds)
- Slowly bring your knee back to the floor
- Repeat the whole exercise for 10-15 times and switch to your left leg.
Glute Extension

Keep Your Back Straight

- Get on all fours, with your hands shoulder width apart and your feet hip width apart, place the band just above your knees.

- Slowly stretch your leg and raise your foot until your leg is parallel to the floor, make sure you point your right leg a little bit towards the right and stretch it as high as you can go without bending the leg, hold for 3-5 seconds.

- Slowly bring your feet back to the ground and get back in your starting position.

- Repeat the whole exercise for 10-15 times and switch to your left leg.
Lying Hip Abductions

Keep Your Legs Straight

- Place the resistance band just above your ankles (or just above the knee for a more advanced option).
- Lay down on your right side with your legs shoulder width apart; support your upper body with your right forearm flat on the floor (keep your back straight).
- Slowly raise your left leg upwards and hold for 3-5 seconds.
- Slowly bring your left leg back to shoulder width position.
- Complete 10-15 times then switch sides and repeat exercise for your right leg.
Lying Leg Raises

Keep Your Legs Straight

1. Place the resistance band just above your ankles (or knees for a more advanced option).
2. Lay down on your back with your legs shoulder width apart; support your upper body by placing both arms flat on the floor by your sides. (keep your back straight during this exercise)

- Slowly raise your right leg upwards and hold for 3-5 seconds.
- Slowly bring your right leg back to shoulder width position.
- Complete 10-15 time and repeat exercise for your left leg.
Bridge Thrusts

Keep Your Back Straight

- Place the resistance band just above your knees.
- Lay down on your back with your legs bent, feet flat on the floor shoulder width apart; support your upper body by placing both arms flat on the floor by your sides.
- Slowly raise your hips upwards and hold for 3-5 seconds.
- Slowly bring your left leg back to shoulder width position.
- Complete 10-15 times then switch sides and repeat exercise for your right leg.
Horizontal Arm Extensions

Keep a slight bend in your Arms

- Place the resistance band around your wrists, with your arms straight out in front of you, shoulder width apart.
- Stand with your feet shoulder width apart or sit on a chair with your back straight, whichever is most comfortable.
- Slowly pull your arms apart and hold for 3-5 seconds.
- Slowly bring your arms back to shoulder width position.
- Focus on smooth, controlled movements and try to keep tension on the band at all times.
- Repeat exercise for 10-15 times
Vertical Arm Extensions

Keep a slight bend in your Arms

- Place the resistance band around your wrists, with your arms straight out in front of you, one above the other.
- Stand with your feet shoulder width apart or sit on a chair with your back straight, whichever is most comfortable.
- Slowly pull your arms apart and hold for 3-5 seconds.
- Slowly bring your arms back to the starting position.
- Focus on smooth, controlled movements and try to keep tension on the band at all times.
- Repeat exercise for 10-15 times.
Rear Arm Extensions

Keep a slight bend in your Arms

- Place the resistance band around your wrists, with your arms behind you.
- Stand with your feet shoulder width apart.
- Slowly pull your arms apart and hold for 3-5 seconds.
- Slowly bring your arms back to the starting position.
- Focus on smooth, controlled movements and try to keep tension on the band at all times.
- Repeat exercise for 10-15 times.
Biceps Curls

Keep you back straight and a slight bend in your arms

- Loop the resistance band around your right knee and hold the other end in your right hand.
- Go down on your left knee and place your right foot flat on the floor.
- Slowly raise your arm and hold for 3-5 seconds.
- Slowly bring your arm back to the starting position.
- Focus on smooth, controlled movements and try to keep tension on the band at all times.
- Repeat exercise for 10-15 times
- Repeat exercise with the band on your left knee and in your left hand for your left arm.
Triceps Extensions

Keep you back straight and a slight bend in your arms

- Hold one end of the loop band against your collar bone and grip the other end with your other hand.
- Stand with your feet shoulder width apart.
- Slowly extend your arm and hold for 3-5 seconds.
- Slowly bring your arm back to the starting position.
- Focus on smooth, controlled movements and try to keep tension on the band at all times.
- Repeat exercise for 10-15 times
- Repeat exercise with the band on your left knee and in your left hand for your left arm
Routines

We also provide you with 5 full workout routines which you can follow step by step to help you get the most out of your fitness and achieve your goals!

### Bootylicious
- Side Step Squat
- Bridges Curl
- Glutes Extension
- Glutes Curl
- Hip Abductions

Repeat the exercises 4 times each
Do this work out 2/3 times a week to achieve to most result

### Stronger Legs
- Leg Lifts
- Standing Hip Extension
- Sitting Thigh Stretch
- Lying Hip Abductions
- Lying Leg Raises

Repeat the exercises 4 times each
Do this work out 2/3 times a week to achieve to most result

### Upper Body
- Rear Arm Extensions
- Horizontal Arm Extensions
- Vertical Arm Extensions
- Bicep Curls
- Triceps Extension

Repeat the exercises 4 times each
Do this work out 2/3 times a week to achieve to most result
Full Body Workout 1:
- Rear Arm Extension
- Bicep Curls
- Bridge Trusts
- Side Step Squats
- Lying Leg Raises

Repeat the exercises 4 times each
Do this work out 2/3 times a week to achieve to most result

Full Body Workout 2:
- Glutes Curl
- Glutes Extension
- Sitting Thigh Stretch
- Hip Abductions
- Horizontal Arm Extension
- Vertical Arm Extension
- Biceps Curl

Repeat the exercises 4 times each
Do this work out 2/3 times a week to achieve to most result