

# BOOTY BAND - VARIABLE RESISTANCE 3 PACK



LIGHT

MEDIUM

HARD

## PRODUCT DESCRIPTION & INFORMATION

Pink :

Size - 500\*50\*0.7 mm (weight 15-20lbs) LIGHT

Mustard :

Size - 500\*50\*0.85 mm (weight 20-25lbs) MEDIUM

Teal:

Size - 500\*50\*1.05 mm (weight 30-35lbs) HARD

Material Composition : 100% TPR

- Strengthen & tone legs, hips, back, arms, gluts & more
- Ideal for stretching muscles, Pilates, yoga, gyms, balance & resistance training
- Great physical therapy tool for muscular rehabilitation & improving mobility
- Minimizes pressure on joints when compared to weight-bearing exercises
- The great travel exercise companion

## Exercise 1



Fig. (a)



Fig. (b)

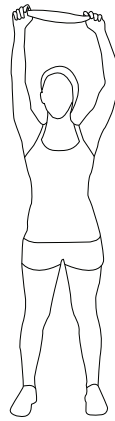


Fig. (c)



Fig. (d)

Keep a straight and stable posture. Follow the steps shown in Fig.(a) - (d). Breath in as you pull the resistance band down and breath out as you go back to the position shown in Fig (a). While pulling the band with one hand, the other hand should be kept straight.

## Exercise 2



Fig. (e)



Fig. (f)



Fig. (g)



Fig. (h)

Keep a straight and stable posture. Hold your shoulder and chest back with one hand. While keeping the hand stable at the shoulder, pull the other hand for a full arm extension. Repeat the same for the other hand.

## Exercise 3

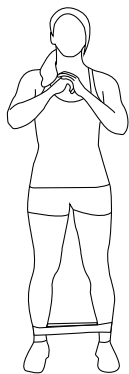


Fig. (i)



Fig. (j)



Fig. (k)



Fig. (l)

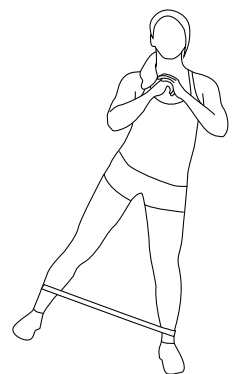


Fig. (m)

Follow this exercise [Fig (i) - Fig. (m)] for a combination of squat and side leg raises using resistance band for a great lower body workout.

## Exercise 4

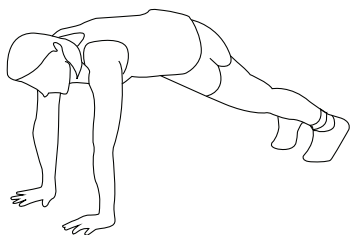


Fig. (n)

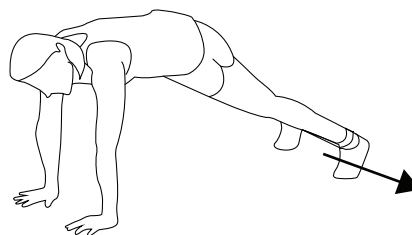


Fig. (o)

Follow Fig. (n) keeping the torso parallel to the floor in a plank-like position. Now extend one leg sideways as shown in Fig. (o) and bring the leg back to the original position. Repeat the same for the other leg.

## Exercise 5

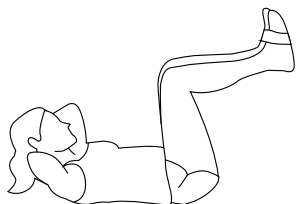


Fig. (p)

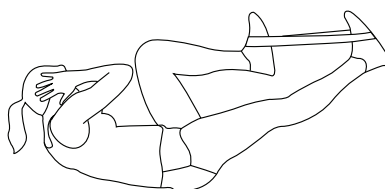


Fig. (q)

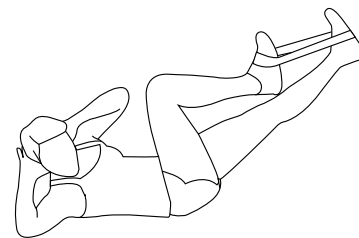


Fig. (r)

Follow Fig. (n) keeping the torso parallel to the floor in a plank-like position. Now extend one leg sideways as shown in Fig. (o) and bring the leg back to the original position. Repeat the same for the other leg.

**\*\* Note :** Use the three resistance bands with three different resistance levels separately to increase or decrease the intensity of workout.

