



FULL BODY STRENGTH & CORE BUNDLE

A THREE PRODUCT SET (*INSTRUCTION MANUAL*)

WARNING: Sports training can result in serious or fatal injury. Protective equipment will not eliminate all injuries, but can reduce their severity in some instances. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instructions or supervision or without first consulting your physician. Always check equipment for worn or damaged parts before using. If any defects are found, do not use this product. This fitness product is not a toy and should not be touched or used by children. PLEASE KEEP AWAY FROM PETS & CHILDREN. CHOKING HAZARD.

Medical Disclaimer : Please consult with your physician before using this product. You should be in good physical condition and be able to use this product. The information provided in this manual is not intended to be a substitute for professional medical advice, diagnosis or treatment. During exercise if you feel discomfort, dizziness or pain, please discontinue the routine immediately & immediately seek help.

If you would like for us to email you a digital version of this exercise pamphlet, please visit us at
<https://www.majisports.com/pages/exercises>

CONNECT WITH US!



At Maji Sports, We Care

We are committed to having a zero-carbon footprint with all the products that we manufacture and sell around the world. This is the reason why we have teamed up with EcoCart. For every product you buy a percentage of your purchase is given back to EcoCart for the purpose of funding Certified Carbon Offset Projects around the globe. The way it works is that each purchase that's made has its CO2 impact calculated and an amount is given to fund various Certified Carbon Offset Projects. This makes it so that your purchase has a zero-carbon impact on the planet.

ROTATING PUSH UP BAR



PRODUCT DESCRIPTION & INFORMATION

Diameter - 7.9 inches

Height - 3.2 inches

Material Composition - PP

Weight - 1.76 lbs/pair

Made in China

- Skid resistant & quality design for load bearing capacity
- Rotating base allows extra range of motion and workout options
- THE GREAT AT HOME OR TRAVEL EXERCISE COMPANION

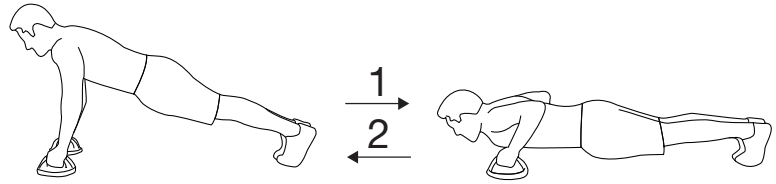
NEUTRAL GRIP PUSH UP

Major Target Muscles:

Pectorals, Triceps

Accompanying Target Muscles:

Deltoids, Core



A. Form & Breathing :

1. The initial position should be the plank position with your body perfectly aligned straight from head to heels. Hold the push up bars with both hands right below the shoulders and your palm facing towards each other.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and engaged. Avoid arching in as well as rounding out of the lower back.
3. Keep the neck in neutral position without craning it down or up.
4. Retract your shoulder blades while going down and bring them back to neutral position while pushing up.
5. Shoulders should be held back without rounding forward to avoid overload and injury.
6. Inhale while going down and exhale while pushing up.

B. The Exercise :

1. Go down completely from plank position bending your elbows and keeping them tucked in close to your body (inhale simultaneously).
2. Exhale and push up to plank position.
3. Complete the above two steps for one rep. Do 4-10 reps for a set.

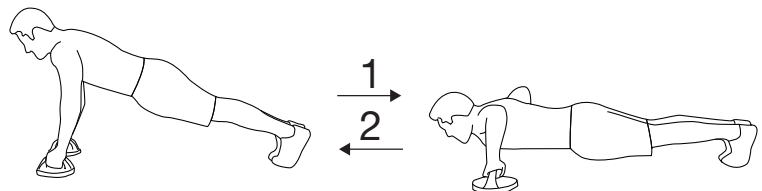
ROTATING GRIP PUSH UP

Major Target Muscles:

Pectorals, Triceps

Accompanying Target Muscles:

Deltoids, Core

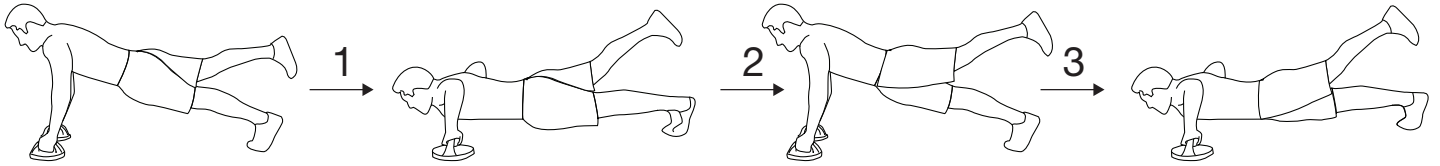


A. Form & Breathing :

1. The initial position should be the plank position with your body perfectly aligned straight from head to heels. Hold the push up bars with both hands right below the shoulders and your palm facing towards each other.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and engaged. Avoid arching in as well as rounding out of the lower back.
3. Keep the neck in neutral position without craning it down or up.
4. Retract your shoulder blades while going down and bring them back to neutral position while pushing up.
5. Shoulders should be held back without rounding forward to avoid overload and injury.
6. Inhale while going down and exhale while pushing up.

B. The Exercise :

1. Go down completely from plank position. Now rotate the bars and move the elbows outwards. (inhale simultaneously). Rotate the bars back to neutral grip.
2. Exhale and push up to plank position.
3. Complete the above two steps for one rep. Do 4-10 reps for a set.



SINGLE LEG ROTATING GRIP PUSH UP

Major Target Muscles:

Pectorals, Triceps

Accompanying Target Muscles:

Deltoids, Core

A. Form & Breathing :

1. The initial position should be the plank position with one of your legs raised in line with the hips. Hold the push up bars with both hands right below the shoulders and your palm facing towards each other.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and engaged. Avoid arching in as well as rounding out of the lower back.
3. Keep the neck in neutral position without craning it down or up.
4. Retract your shoulder blades while going down and bring them back to neutral position while pushing up.
5. Shoulders should be held back without rounding forward to avoid overload and injury.
6. Inhale while going down and exhale while pushing up.

B. The Exercise :

1. Go down completely from plank position while keeping your leg raised. Now rotate the bars and move the elbows outwards (inhale simultaneously). Rotate the bars back to neutral grip.
2. Exhale and push up to plank position while still keeping the leg raised.
3. Now raise the other leg & repeat the above steps.
4. Complete the above three steps for one rep. Do 3-7 reps. (1 rep is completing the push up with both legs raised alternatively).

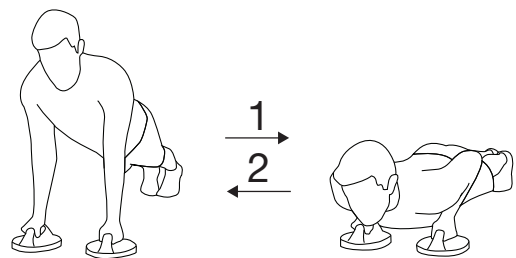
CLOSE NEUTRAL GRIP PUSH UP

Major Target Muscles:

Pectorals, Triceps

Accompanying Target Muscles:

Deltoids, Core



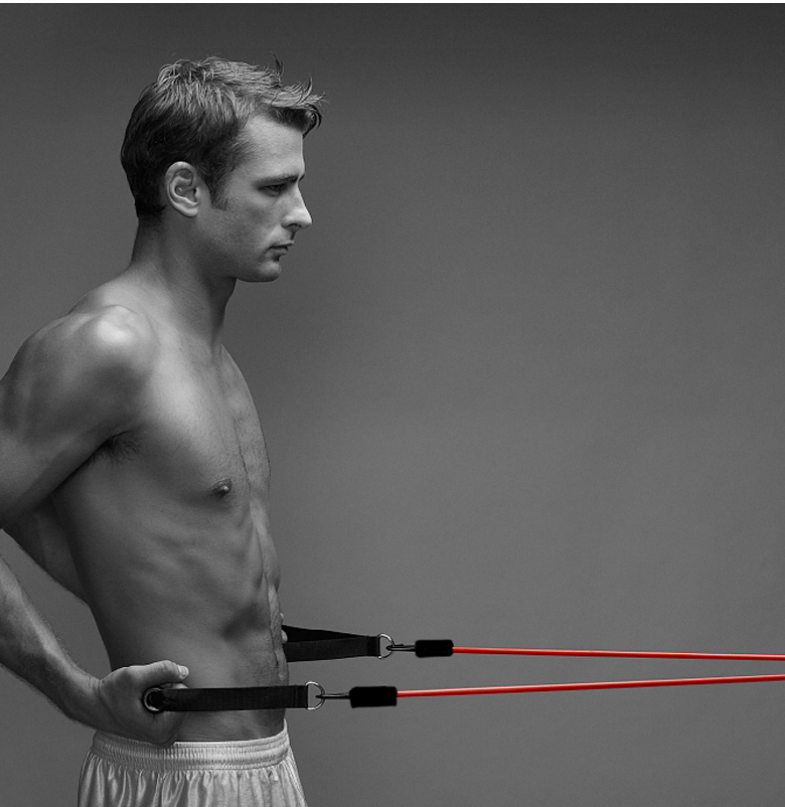
A. Form & Breathing :

1. The initial position should be the plank position with your body perfectly aligned straight from head to heels. Hold the push up bars with both hands close to each other and your palm facing towards each other (close grip).
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and engaged. Avoid arching in as well as rounding out of the lower back.
3. Keep the neck in neutral position without craning it down or up.
4. Retract your shoulder blades while going down and bring them back to neutral position while pushing up.
5. Shoulders should be held back without rounding forward to avoid overload and injury.
6. Inhale while going down and exhale while pushing up.

B. The Exercise :

1. Go down completely from plank position bending your elbows and keeping them tucked in very close to your body (inhale simultaneously).
2. Exhale and push up to plank position.
3. Complete the above two steps for one rep. Do 4-10 reps for a set.

FULL BODY WORKOUT RESISTANCE TUBE KIT



PRODUCT DESCRIPTION & INFORMATION

Resistance Levels - Blue- 4~6 lbs, Green- 10~12 lbs, Black- 15~20 lbs

Material Composition - TPR

Product Components - 3 pcs resistance bands with carabiners on both ends, 2 pcs handles, 1 pc big ankle strap, 1 pc big door anchor, 1 pc carry bag

Made in China

- Multiple components for a variety of setups make this product a great choice for a full body workout routine
- Variable resistance tubes for different strength levels
- THE GREAT AT HOME OR TRAVEL EXERCISE COMPANION

CHEST PRESS

Major Target Muscles:
Chest (Pectorals)

Accompanying Target Muscles:
Shoulder (Deltoids), Triceps

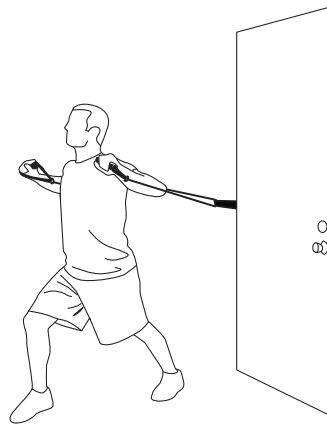


Fig. (a)

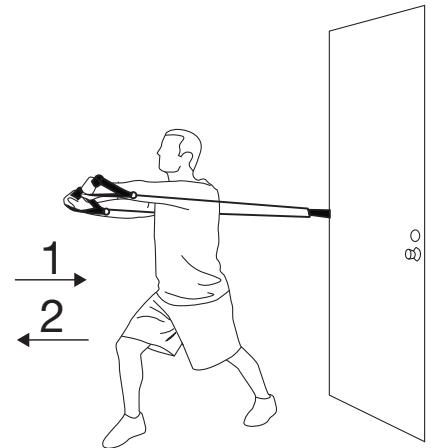


Fig. (b)

A. Equipment Setup :

Place the door anchor on the hinge side of a door keeping the loop on your side of the door where you will be performing the exercise (Never place the door anchor on the side on which the door opens to avoid injury). Please ensure that the door is locked and does not open on its own. Put the door anchor at the height of your lower part of chest. Loop in the resistance band inside the loop of door anchor dividing it into two equal halves. Now attach both handles to the ends of resistance band using carabiners.

B. Form & Breathing :

1. Shoulders should not be shrugged and need to be held down in a neutral position
2. Proper protraction and retraction of shoulder blades should be done while stretching and releasing the shoulder blades to engage pectorals.
3. The chest should be stretched outwards while performing the exercise.
4. The position of the elbows should be lower than shoulders at around 70 degrees from the body at the end of each rep. Elbows should not go too much behind towards the door from the start till the end of each rep. The position of both the fists should be in line with the chest
5. Inhale while releasing the band. Exhale while stretching the band.

C. The Exercise :

1. Stand keeping one leg forward and bent at the knee. Place the other leg behind straight and stretched.
2. Start with the elbows and fists in the position as explained above in Part B (4).
3. Stretch the band straight forward bringing both fists close to each other and feeling the contraction at the chest.
4. Release the band while retracting the shoulder blade.
5. Complete the above four steps for one rep. Do 8-12 reps for a set.

BICEPS CURL

Major Target Muscles:
Biceps

Accompanying Target Muscles:
Shoulder (Deltoids), Wrist and Forearm Muscles

A. Equipment Setup :

Attach both handles to the ends of resistance band using carabiners.



Fig. (c)

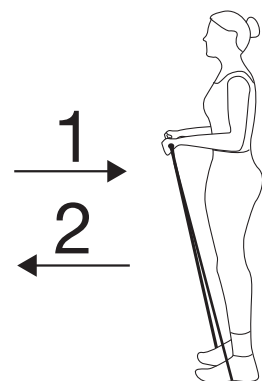


Fig. (d)

B. Form & Breathing

1. Stand with your feet hip-width apart holding the band with the handles equally on both sides. Bend your knees slightly, engage your core and maintain good upright posture with no swinging of the body.
2. Position your arms so that the palms are facing inwards towards your legs.
3. Without bending the wrists, twist them facing upwards while performing the exercise.
4. Do not shrug your shoulders. Keep them back to avoid slouching.
5. Exhale as you pull the band up and inhale while releasing the band.

C. The Exercise :

1. Loop the band under the feet so that you have equal length of the band to pull with both hands.
2. Pull the band up with both hands while breathing out. Pause briefly at full contraction.
3. Release the band with control while breathing in simultaneously.
4. Complete the above three steps for one rep. Do 8-12 reps for a set.



Fig. (e)

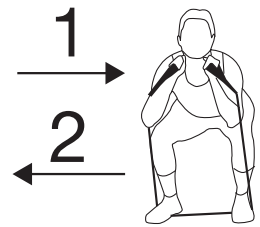


Fig. (f)

FRONT SQUAT

Major Target Muscles:

Quadriceps, Hamstrings, Calves, Glutes

Accompanying Target Muscles:

Abdominal Muscles, Lower Back

A. Equipment Setup :

Attach both handles to the ends of resistance band using carabiners.

B. Form & Breathing

1. Stand with your feet hip-width apart holding the band with the handles equally on both sides.
2. Keep your posture straight upright while standing. Do not shrug your shoulders. Keep them back to avoid slouching.
3. Keep your hands elbows tucked in close to the body and both fists close to the chin.
4. While squatting down, do not bend your back and keep looking straight.
5. The knees should not go beyond the toes during the entire rep.
6. Engage your glutes while coming back to the initial position [Fig. (e)].
7. Exhale as you stretch the band and inhale while releasing the band.

C. The Exercise :

1. Loop the band under the feet so that you have equal length of the band on both sides.
2. Squat down with control till your knees are bent at a minimum of 90 degrees.
3. Stand back up pulling the band without any change in the hand position and engage your glutes.
4. Complete the above three steps for one rep. Do 8-12 reps for a set.

SEATED ROWS

Major Target Muscles:

Lats, Rhomboids

Accompanying Target Muscles:

Trapezius, Biceps, Core

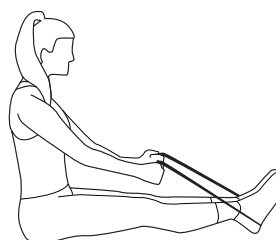


Fig. (g)

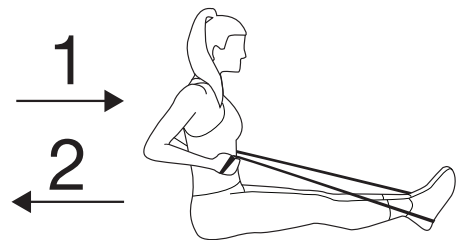


Fig. (h)

A. Equipment Setup :

Attach both handles to the ends of resistance band using carabiners. Tie the actual band around your fists without the handles if there isn't enough resistance at the beginning position.

B. Form & Breathing

1. Sit tall with upright posture holding the band with the handles equally on both sides.
2. Do not shrug your shoulders. Keep them back to avoid slouching.
3. While pulling the band, retract your shoulder blades. Keep your elbows tucked in close to the body.
4. Bring your chest a little outward.
5. The knees should be slightly bent.
6. Do not lean forward at any point of the exercise.
7. Exhale as you pull the band & inhale as you release the band.

Note : Special care to be taken to place the band close to the heel portion (ball of the feet) to avoid injury from the band snapping back.

C. The Exercise :

1. Loop the band under the feet so that you have equal length of the band on both sides.
2. Pull the band keeping your elbows tucked in while exhaling and retracting your shoulder blades at the same time.
3. Release the band while inhaling.
4. Complete the above three steps for one rep. Do 8-12 reps for a set.

RESISTED KNEE DRIVE

Major Target Muscles:

Hip Flexors, Hamstrings

Accompanying Target Muscles:

Abdominal Muscles

A. Equipment Setup :

Place the door anchor on the hinge side of a door keeping the loop on your side of the door where you will be performing the exercise (Never place the door anchor on the side on which the door opens to avoid injury). Please ensure that the door is locked and does not open on its own. Put the door anchor at a height slightly above the ankles. Loop in the resistance band inside the loop of door anchor dividing it into two equal halves. Now attach both ends of the band to the ankle strap using the carabiners.

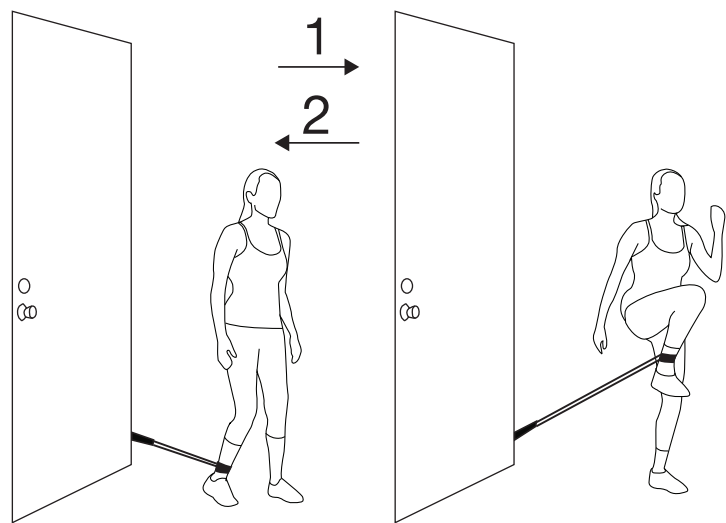


Fig. (i)

Fig. (j)

B. Form

1. Keep the leg with the ankle strap behind and the standing leg forward and slightly bend at about 15 degrees with knee behind your toes.
2. Place both your feet are hip width while making sure to engage the core muscles of your stomach, lower back and glutes.
3. Do not shrug your shoulders. Keep them back to avoid slouching.
4. Lift your knee up straight while lifting the opposite hand making a running stance and maintain awareness of core being engage during the entire exercise.

C. The Exercise :

1. Walk a little away from the door so that your leg is already resisted from the beginning.
2. Lift your knee straight up and bring it back to initial position.
3. Complete the above step for one rep. Do 8-12 reps for a set for one leg
4. Wrap the ankle strap around the other leg to repeat the exercise for 8-12 reps for the other leg.

AB WHEEL



PRODUCT DESCRIPTION & INFORMATION

Handgrip Length - 11.8 inches

Material Composition - PP + TPE

Weight - 1.1 lbs

Made in China

- *Special wider wheel design*
- *Skid resistant & quality design for load bearing capacity*
- *Wheel covered by thick TPE making it anti-slip and noiseless*
- *The thick TPE covering helps protecting the floor from abrasion*
- *THE GREAT AT HOME OR TRAVEL EXERCISE COMPANION*

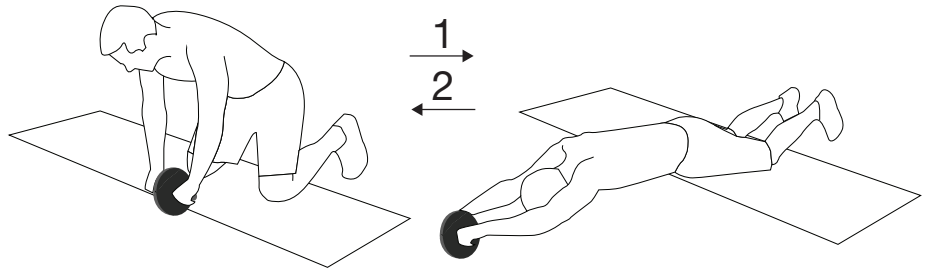
KNEELING AB ROLLOUT

Major Target Muscles:

Core

Accompanying Target Muscles:

Triceps

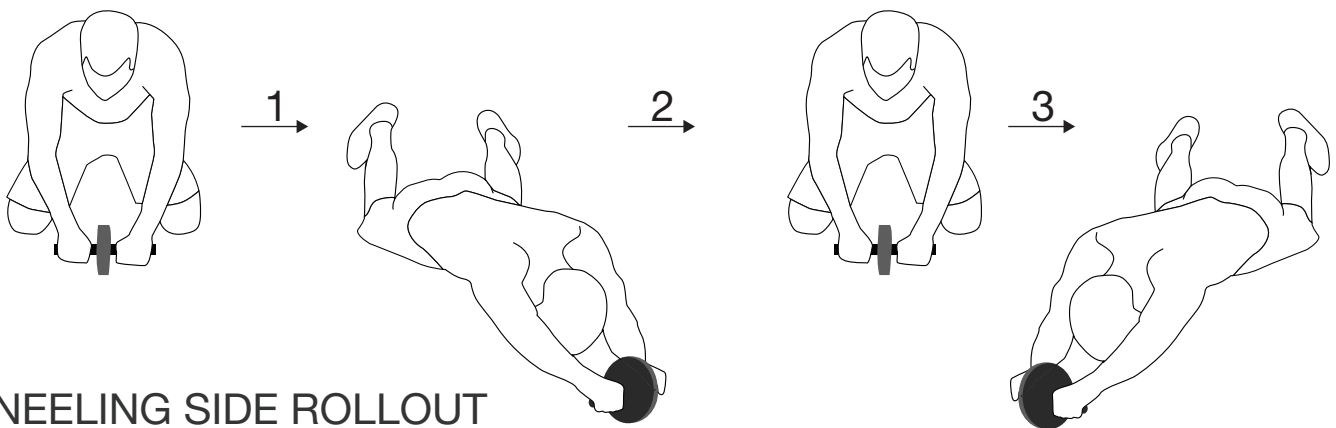


A. Form & Breathing :

1. The initial position should be the table top position holding the roller with both hands. Do not bend your elbows and wrists during the entire exercise.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and tucked in. Avoid arching in as well as rounding out of the lower back.
3. The illustrations show advanced full extension being performed during the exercise. Roll out till the point you think you can handle the extension while maintaining perfect form.
4. Special attention should be taken while rolling back to table top position so that you do not pull back using your hips but with your core. Come back to the table top position with your knees bent at 90 degrees.
5. Inhale while rolling out. Exhale while squeezing your core in.

B. The Exercise :

1. Start with holding the roller right below your shoulders in table top position.
2. Inhale and roll out till the point you can handle while holding the perfect form.
3. Roll back to table position while exhaling and squeezing your core in.
4. Complete the above three steps for one rep. Do 4-10 reps for a set.



KNEELING SIDE ROLLOUT

Major Target Muscles:

Core, Obliques

Accompanying Target Muscles:

Triceps

A. Form & Breathing :

1. The initial position should be the table top position holding the roller with both hands. Do not bend your elbows and wrists during the entire exercise.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and tucked in. Avoid arching in as well as rounding out of the lower back.
3. The illustrations show advanced full extension being performed during the exercise. Roll out till the point you think you can handle the extension while maintaining perfect form.
4. Special attention should be taken while rolling back to table top position so that you do not pull back using your hips but with your core. Come back to the table top position with your knees bent at 90 degrees.
5. Inhale while rolling out. Exhale while squeezing your core in.

B. The Exercise :

1. Start with holding the roller right below your shoulders in table top position.
2. Inhale and roll out sideways till the point you can handle while holding the perfect form.
3. Roll back to table position while exhaling and squeezing your core in. Repeat and roll out to the other side
4. Complete the above three steps for one rep. Do 4-10 reps for a set.

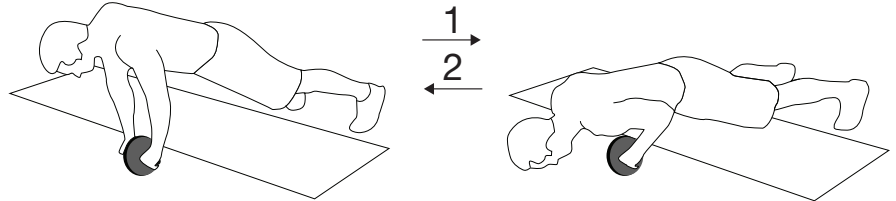
AB WHEEL PUSH UP

Major Target Muscles:

Pectorals, Triceps

Accompanying Target Muscles:

Deltoids, Core



A. Form & Breathing :

1. The initial position should be the plank position with your body perfectly aligned straight from head to heels. Hold the roller with both hands right below the shoulders.
2. During the entire exercise, special care should be taken to keep the abdominal muscles tight and engaged. Avoid arching in as well as rounding out of the lower back.
3. Keep the neck in neutral position without craning it down or up.
4. Retract your shoulder blades while going down and bring them back to neutral position while pushing up.
5. Shoulders should be held back without rounding forward to avoid overload and injury.
6. Inhale while going down and exhale while pushing up.

B. The Exercise :

1. Go down from plank position keeping your elbows tucked in close to your body (inhale simultaneously)
2. Exhale and push up to plank position.
3. Complete the above two steps for one rep. Do 4-10 reps for a set.

