



BOOTY BAND - VARIABLE RESISTANCE 3 PACK (INSTRUCTION MANUAL)

PRODUCT DESCRIPTION & INFORMATION

	Pink :	
	Size - 25cm x 5cm x 0.5mm	(weight 12g) LIGHT
	Blue :	
	Size - 25cm x 5cm x 0.65mm	(weight 16g) MEDIUM
	Grey :	
	Size - 25cm x 5cm x 0.8mm	(weight 20g) HARD
	LIGHT	Material Composition : 100% TPR
	MEDIUM	<ul style="list-style-type: none">- Strengthen & tone legs, hips, back, arms, gluts & more- Ideal for stretching muscles, Pilates, yoga, gyms, balance & resistance training
	HARD	<ul style="list-style-type: none">- Great physical therapy tool for muscular rehabilitation & improving mobility- Minimizes pressure on joints when compared to weight-bearing exercises- The great travel exercise companion

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.

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.

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>

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Exercise 1

Single Arm Lat Pull Down (For Lats)

Keep a straight and stable posture. No bending at wrists. Follow the steps shown in Fig.(a) - (d). Exhale as you pull the resistance band down and inhale 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 and stable with no bending at wrists.



Fig. (a)



Fig. (b)



Fig. (c)



Fig. (d)

Exercise 2

Front squat & side leg raises for side hip flexors, glutes, quadriceps, hamstrings, calves, abdominal muscles, lower back and butt

Stand with feet shoulder width apart. Loop the resistance band above your ankles. Follow this exercise [Fig (e) - Fig. (i)] for a combination of squat and side leg raises using resistance band for a great lower body workout.



Fig. (e)



Fig. (f)



Fig. (g)



Fig. (h)

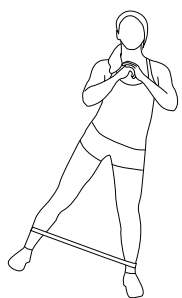


Fig. (i)

Exercise 3

Plank & Side Toe Tap for side hip flexors, glutes, core, arms & shoulders

Follow Fig. (j) keeping the torso parallel to the floor in a plank-like position. Now extend one leg sideways and tap the toe lightly as shown in Fig. (k) and bring the leg back to the original position. Repeat the same for the other leg. Repeat 5-10 times for each leg.

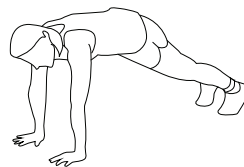


Fig. (j)

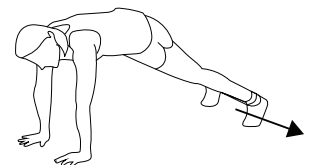


Fig. (k)

Exercise 4

Bicycle Crunches

Loop the band on your feet. Lie on the back and support your head with both hands. Do not push your head forward with pressure. Bend your knees at 90 degrees and touch your left elbow to the right knee while pushing the left knee forward. Repeat the same for opposite knee and elbow. Do this exercise for 1-2 minutes.



Fig. (p)

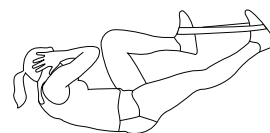


Fig. (q)

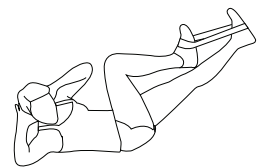


Fig. (r)

DO 2-3 SETS OF EXERCISE 1-4

**** Note :** Use the three resistance bands with three different resistance levels separately to increase or decrease the intensity of workout. Please make sure to adjust the resistance band to its proper position as shown in the figures above if it happens to move during exercise. You can combine two or all three resistance bands to increase the intensity of your workout; however, we only recommend this if you have the proper level of strength and fitness to be able to endure this added amount of load to joints and muscles as not to injure yourself.