



# RESISTANCE TRAINING & CARDIO 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>**

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# BOOTY BAND - VARIABLE RESISTANCE 3 PACK



## PRODUCT DESCRIPTION & INFORMATION

### Resistance Levels & Size -

- Yellow - 600\*50\*0.5 mm (Medium)
- Pink - 600\*50\*0.7 mm (Heavy)
- Purple - 600\*50\*0.9 mm (X-Heavy)

### Material Composition : TPE

- Strengthen & tone legs, hips, back, arms, glutes & 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 AT HOME OR TRAVEL EXERCISE COMPANION

# 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)

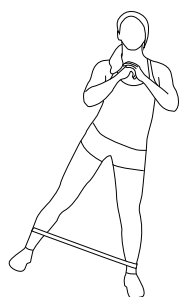


Fig. (i)

# 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.

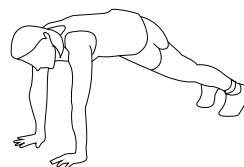


Fig. (j)

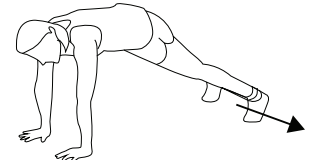


Fig. (k)

# 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)

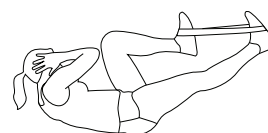


Fig. (q)

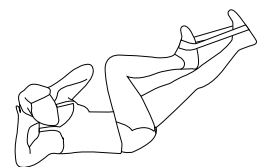
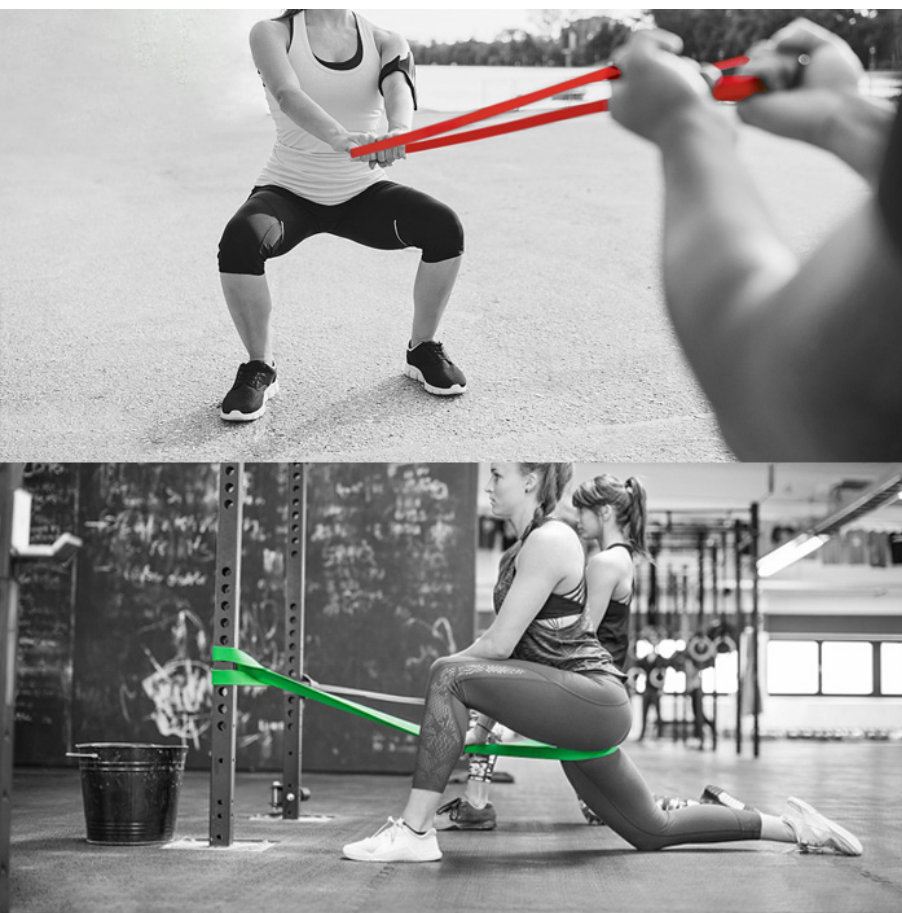


Fig. (r)

## 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.



# PACK OF THREE FULL BODY WORKOUT SUPER BANDS

## PRODUCT DESCRIPTION & INFORMATION

Size, Color & Resistance Levels -

Blue	- 41*0.75*0.18 inches	18-45 lbs	(Light)
Purple	- 41*0.87*0.18 inches	25-50 lbs	(Medium)
Cool Gray	- 41*1.26*0.18 inches	35 - 85 lbs	(Heavy)

Material Composition - Latex

Made in China

- *Strengthen & tone your entire body.*
- *Ideal for stretching muscles, pilates, yoga, gyms, balance & resistance training*
- *Minimizes pressure on joints when compared to weight-bearing exercises*
- *THE GREAT AT HOME OR TRAVEL EXERCISE COMPANION*

## BICEPS CURL

### Major Target Muscles:

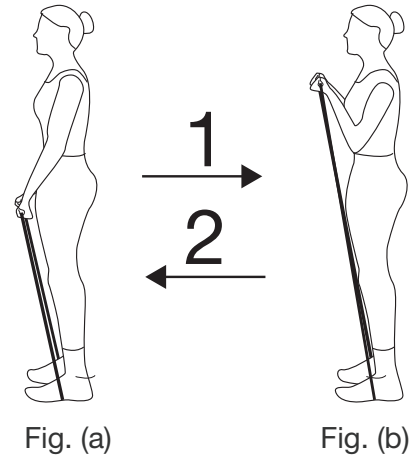
Biceps

### Accompanying Target Muscles:

Shoulder (Deltoids), Wrist and Forearm Muscles

### 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 forward. Do not bend your wrists.
3. Do not shrug your shoulders. Keep them back to avoid slouching.
4. Exhale as you pull the band up and inhale while releasing the band.



### C. The Exercise :

1. Loop the band under the feet and hold it with both hands.
2. Pull the band up with both hands while breathing out. Pause briefly at full contraction of biceps.
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.

## OVERHEAD PRESS

### Major Target Muscles:

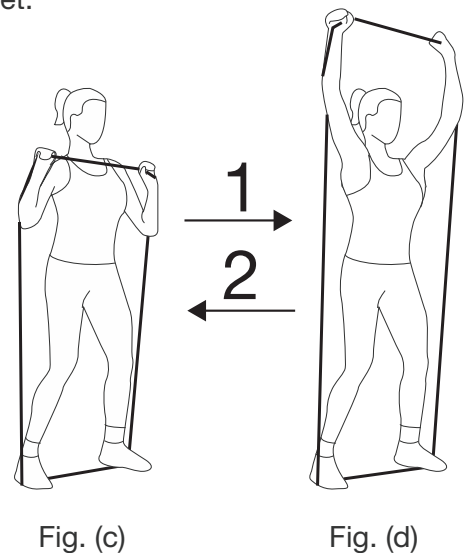
Deltoids (Shoulders)

### Accompanying Target Muscles:

Pectorals (Chest), Triceps, Trapezius

### B. Form & Breathing

1. Stand with your feet hip-width apart holding the band in a way that it is looped under your feet and the elbows make a 30-degree angle sideways with your body.
2. The grip should be such that the position of thumbs is at the outermost point of shoulders making your elbows to point slightly forward.
3. The starting position of the band will be right above your chest under the chin.
4. The movement of the band should be in a straight line while moving up. To make this happen, stick your chest slightly up and pull your chin back during the exercise (bring your head back to neutral once the band is right above the head in line with your ankles).
5. Do not arch your lower back. Create a stable posture by contracting your glutes, quads and abdominals.
6. Avoid excessive bending of the wrists.
7. Exhale while pressing up and inhale while bringing the band back to starting position.



### C. The Exercise :

1. Take a deep breath and while exhaling, perform overhead shoulder press maintaining the perfect form.
2. Inhale and bring the band to the starting position.
3. Complete the above two steps for one rep. Do 8-12 reps for a set.

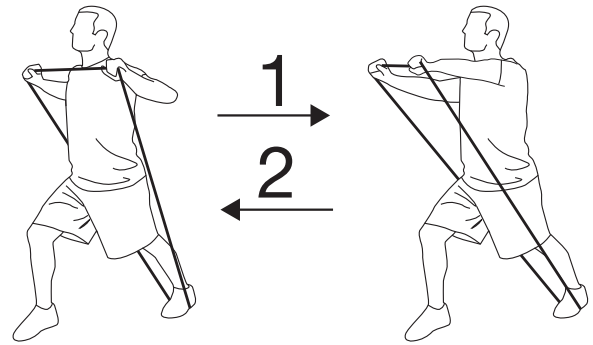


Fig. (e)

Fig. (f)

## CHEST PRESS

### Major Target Muscles:

Chest (Pectorals)

### Accompanying Target Muscles:

Shoulder (Deltoids), Triceps

### 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 respectively to engage pectorals.
3. The chest should be stretched outwards while performing the exercise.
4. The position of 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 with respect to shoulders 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 (loop the band firmly under the foot which is stretched back).
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 blades.
5. Complete the above four steps for one rep. Do 8-12 reps for a set.

## OVERHEAD SQUAT

### Major Target Muscles:

Quadriceps, Hamstrings, Calves, Glutes, Shoulders

### Accompanying Target Muscles:

Triceps, Core, Trapezius

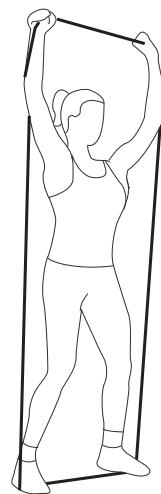


Fig. (g)

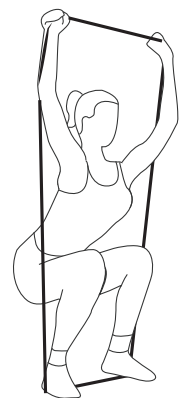


Fig. (h)

## B. Form & Breathing :

1. Stand with your feet hip-width apart holding the band in a way that it is looped under your feet and the elbows make a 30-degree angle sideways with your body.
2. The grip should be such that the position of thumbs is at the outermost point of shoulders making your elbows to point slightly forward. Now stretch the band overhead with a wider grip than shoulder width and hold the position during the entire exercise.
3. Do not arch your lower back. Create a stable posture by contracting your glutes, quads and abdominals.
6. Avoid excessive bending of the wrists.
7. Inhale while squatting and exhale while standing back to the original position.

## C. The Exercise :

1. Start squatting down while inhaling with the band stretched over head.
2. Stand back exhaling and maintaining a straight back.
5. Complete the above four steps for one rep. Do 5-10 reps for a set.

## SEATED ROWS

### Major Target Muscles:

Lats, Rhomboids

### Accompanying Target Muscles:

Trapezius, Biceps, Core

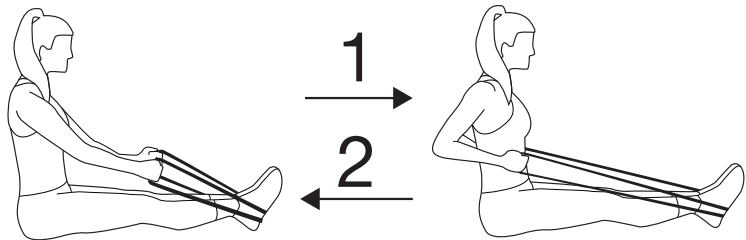


Fig. (i)

Fig. (j)

## B. Form & Breathing

1. Sit tall with upright posture holding the band such that it is looped in under the feet folded in half.
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 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.

\*\* Note : Use the three super bands with four 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.



# HIGH SPEED JUMP ROPE



**360** degree double  
ball-bearing



Size - 3 m in length  
Material Composition - PP handles + PVC  
coated steel  
Weight - 180g  
Made in China

- Steel jump ropes are very strong & durable
- Portable & Lightweight
- Comfortable & slip resistant handles
- High quality ball bearings system avoids the twisting or winding
- THE GREAT AT HOME OR TRAVEL EXERCISE COMPANION



# Important points to use a jump rope

1. Make sure you put on a comfortable pair of light weight tennis shoes. Make sure to use your jump rope on a comfortable surface as to prevent discomfort to your feet.
2. You can stand on top of your yoga mat while jump roping for added cushioning protection.
3. Jump on the balls of your feet
4. Don't jump too high
5. Don't swing your arms/shoulders too much
6. Hands slightly above waistline
7. Get in a rhythm with rhythmic breathing

