



FITNESS BANDS WITH HANDLES



Exercises & Instructions

Thank you for your purchase of this Jobar® item.

IMPORTANT SAFETY RULES

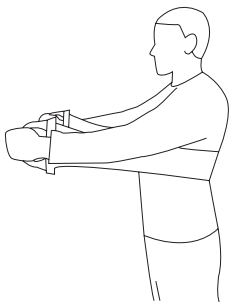
- 1.** Please consult your physician if you have any pre-existing medical conditions prior to use.
- 2.** Use this equipment **ONLY** for the intended use as described in this manual.
- 3. DO NOT** modify the equipment.
- 4.** Keep children, pets, furniture and other objects out of the way when using your equipment.
- 5.** You should have a minimum of 3 feet of clearance space.
- 6. THIS EQUIPMENT IS NOT FOR USE BY CHILDREN.**
- 7.** The bands have elastic properties and may snap towards you if they break during use or if released while under stress.
- 8.** Inspect the bands before each use. If you find any nicks, tears, punctures and other flaws do not use the bands.

9. Use smooth, controlled movements and never release the bands while they are under stress.
10. Do not use the bands if your hands are wet or greasy.
11. Securely grip the handle to prevent it from slipping out of your hand.
12. Keep bands away from sunlight, direct heat sources, dampness and sharp objects.

▲WARNING

Bands contain natural rubber latex which may cause allergic reactions

Short Band Exercises



Chest Press

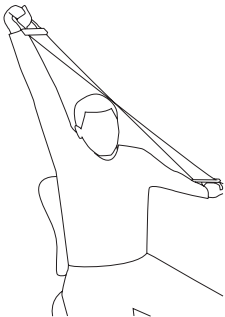
Wrap the band around your waist. Stand up with feet hips width apart and wrap the band around your waist. Securely grip one band handle in each hand at shoulder level. Begin with arms bent at 90 degrees and palms facing each other.

Keep back straight and press arms out in front of you keeping the band stable. While maintaining a firm grip on band handles, hold in place; slowly return to the start position. Repeat as desired.



Biceps Curl

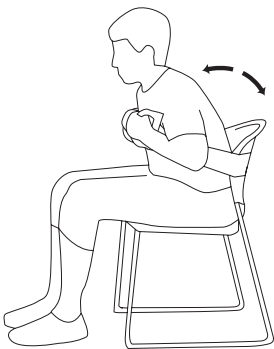
Lay one end of the Resistance band on the floor. Place Right foot into the handle and step firmly. With your Right hand securely grip the handle at waist level with palm facing upward and elbow straight. In a lifting motion curl your arms up toward your shoulders. While maintaining a firm grip on band handles, hold; slowly return to the start position. Switch sides and repeat as desired.



Triceps Extension

Sit in a sturdy chair and securely grip one Resistance band handle above your head. Securely grip the other band handle at waist level off to your side. Have your palms facing forward and keep your arms straight. While maintaining a firm grip on band handles extend your lower arm

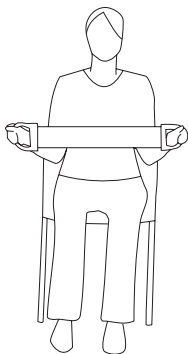
towards your thigh and hold in place. Slowly return to the start position. Switch sides and repeat as desired.



Seated Abdominal Crunch

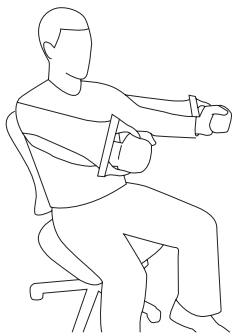
Sit in a sturdy chair and loop middle of the Resistance band around the back of a chair. Sit up straight and all the way back. Securely grip one band handle in each hand at your chest. Lean forward while keeping the band handles at your chest.

Keep your back straight by bending at the hips. Slowly return to starting position. **TIP:** Keep your back straight and bend at the hips. Be sure band is securely attached behind chair.



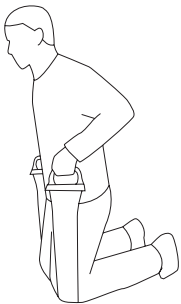
Shoulder External Rotation

Sit in a sturdy chair and securely grip one band handle in each hand. Keeping your back straight, elbows bent at your side and palms facing each other, Pull band handles outwards and away from your body. While maintaining a firm grip on the handles, hold in place. Slowly return to the start position. Repeat as desired.



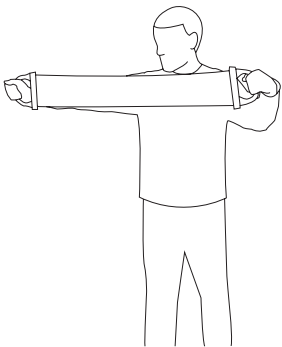
Chest Press

Sit in a sturdy chair and loop middle of the Resistance band around your back and over your shoulders. Securely grip one band handle in each hand at shoulder level. The band should be on the outer side of your arms. Begin with arms bent at 90 degrees and palms facing each other. Keep back straight and press arms out in front of you in place. While maintaining a firm grip on band handles, hold; slowly return to the start position. Repeat as desired.



Triceps Curl

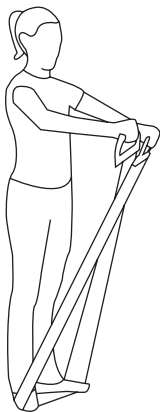
Lay band on the floor and kneel in the middle of your Resistance band, knees hips width apart. Securely grip one band handle in each hand at your sides, palms facing inwards. Keeping your back straight, and shoulders relaxed, bend arms at the elbow. While maintaining a firm grip on band handles, hold in place; slowly return to the start position. Repeat as desired.



Bicep Extension

Stand with feet hips width apart and securely grip one band handle in each hand, palms facing each other. Extend one arm straight out to the side at shoulder level, while firmly gripping the handle. With the other hand slowly pull band towards your shoulder. While maintaining a firm grip on handles, hold in place; slowly return to the start position. Switch sides and repeat as desired.

Long Band Exercises



Shoulder Front Raise

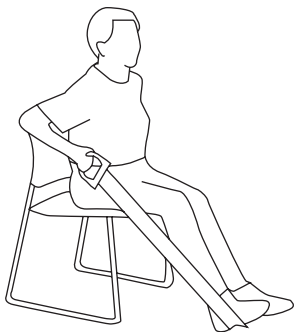
Lay band on the floor and with both feet stand on the middle of your band. Cross band and securely grip the band handles in each hand at waist level in front of you. Keep palms facing down. Keep your back and elbows straight and raise arms upward until arms extend straight at shoulder level. While maintaining a firm grip on handles, hold in place; slowly return to the start position. Repeat as desired.



Seated Hip Flexion

Sit in a sturdy chair. Begin by securely looping the center of the Resistance band around the top of the knee of your exercising leg. Bring the band handles underneath the foot of the opposite leg. Firmly grip and hold the handles next to your knee. Slowly flex your hip against the band, pulling upward. Hold and slowly return.

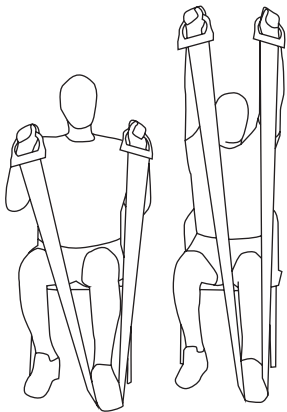
TIP: Keep your back straight; don't lean forward.



Resistance Band Rows

Sit in a sturdy chair with legs extended, securely grip one band handle in each hand and place both feet in the middle of the Resistance band. Start with handles directly above your knees with arms extended and palms facing

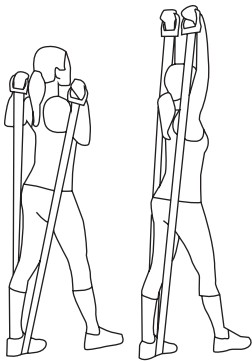
each other. Keep your back straight and pull the handles back toward your abdomen and allow band to slowly return to the start position. Repeat as desired.



Seated Shoulder Overhead Press

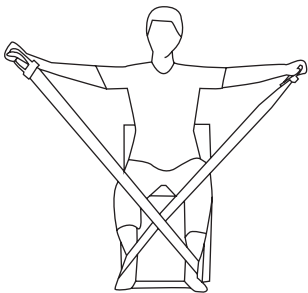
Sit in a sturdy chair and secure the middle of Resistance band under one foot. Securely grip one band handle in each hand. Keep back straight, feet hips width apart and arms at waist level. Curl hands up to shoulder and rotate palms to face forward. While securely

gripping band handles, press arms straight overhead. Slowly lower elbows to shoulder height and hold in place. Repeat as desired.



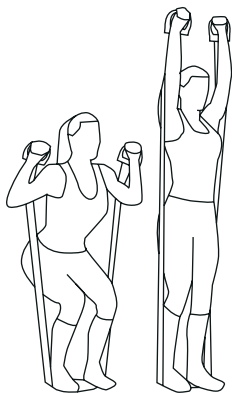
Standing Shoulder Overhead Press

Lay band on the floor and place one foot on the middle of your Resistance band. Step forward with the other foot. Securely grip one band handle in each hand at your sides with palms facing up. Curl hands up to shoulder and rotate palms to face forward. While securely gripping band handles, press arms straight overhead and hold in place. Slowly lower elbows to shoulder height. Repeat as desired.



Shoulder Flys (Shoulder Side Raise)

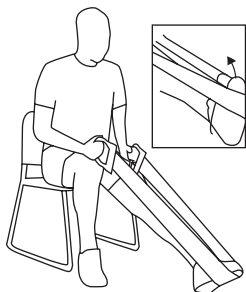
In a sturdy chair, sit and lay Resistance band on the floor in front of you. Place both feet on the middle of your band. Cross band and securely grip each band handle at waist level and with palms facing your thighs. Keeping your back and elbows straight, raise arms upward until raised slightly above shoulders. While maintaining a firm grip on band handles, hold; slowly return to the start position. Repeat as desired.



Overhead Press Squat

Lay band on the floor and with both feet stand on the middle of your Resistance band. Stand up straight with feet hip width apart. Securely grip one band handle in each hand at waist level and hold your hands above your shoulder with palms facing forward. The band should be behind your arms. Keep tension on the band as you squat down, bending your

knees and keeping your back straight. While maintaining a firm grip on band handles, hold in place. Slowly return to the start position and extend your arms above your head. Repeat as desired.



Ankle Plantarflexion (stepping on the gas pedal)

Sit in a sturdy chair and secure the middle of the Resistance band to the ball of your foot. Securely grip one band handle in each hand. Press your toes into the Resistance band and

bend forward at the ankle. Maintain a firm grip on band handles and slowly return to the starting position. Repeat as desired.

GENERAL PRINCIPLES

1. Do not overexert yourself. Start out slowly and progress sensibly to become familiar with all of the exercises before moving on to more advanced modifications.
2. Warm up before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.
3. Wear appropriate clothing when exercising. Workout clothing should be comfortable and lightweight, and allow movement. Wear comfortable close toed athletic shoes.
4. Breathe naturally, never holding your breath during an exercise.
5. **ONLY** one person at a time should use this equipment.