

# MINI LOOP BANDS

Live on the  
**Edge**  
BALANCE & FLEXIBILITY

Bands are an effective, versatile, and travel-size training tool proven to increase strength and stability while burning fat and toning lean muscle. Those looking to lose weight, enhance their fitness level, and tone their entire body will find great benefits when training with bands. The resistance added to body-weight exercises will challenge the stamina in your full body strength while toning the upper body, legs, glutes, and core.

- ✓ Get the benefits of resistance training in a portable and affordable size.
- ✓ Effective and versatile training tool to increase strength and stability.
- ✓ Warm up, general conditioning.
- ✓ Stretching, and flexibility.
- ✓ Build muscular endurance.
- ✓ Maximize your body weight workouts.
- ✓ Bands are made of 100% Latex.

## BEFORE USE

### Please read the instructions below before using the bands.

- Before each workout, check the band for possible wear.
- Always perform a warm up prior to exercising with a band.
- Ensure the band is secured before use.
- Perform exercises in a slow and controlled manor.
- Workout at an appropriate level.
- Ensure you breathe whilst performing the exercises to avoid excessive strain.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- As with any other physical activity, it is recommended you consult with your doctor when beginning any type of exercise program.
- Always remain hydrated.

## CAUTIONS

- Avoid exposing the band to rough or abrasive surfaces.
- NEVER use a damaged band!
- Always use proper footwear when looping bands over the foot. Proper footwear does not include flat soiled shoes, which may allow the band to slip off the foot. Use running shoes or shoes that have rubber tread soles for band safety.
- Never stretch any band more than twice its original length.
- To avoid the band sticking together, it is advisable to place in bag with non-fragranced powder.

## Disclaimer

Live On The Edge Ltd assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to always consult your health care professional or licensed medical doctor before exercising with these bands or beginning any type of exercise program.

## Exercise Instructions

- Warm up before you commence the workout.
- Complete 1-3 sets of 8-12 reps of each exercise.
- Rest in-between each set.
- Perform each exercise through a full Range of Motion.

### • CHEST PRESS

1. Wrap the band around a sturdy object behind you and hold in each hand, beginning the move with elbows bent and arms parallel to the ground.
2. Squeeze the chest and press the arms out without locking elbows. Return to start and repeat.

**Medium-Heavy Band.**

### • SEATED ROW

1. Wrap the band around a sturdy object in front of you, arms extended and palms face each other.
2. Squeeze the back to pull the elbows in just a bit past the torso, keeping them close to the body. Release and repeat.

**Medium-Heavy Band.**

### • REAR DELT FLY

1. Hold band with arms straight out, hands a few inches apart (adjust hands on the band to change resistance).
2. Squeeze the shoulder blades together and pull band so that arms are out to the sides like an airplane. Return to start and repeat, keeping tension on the band the entire time.

**Light-Medium Band.**

### • LAT PULLS

1. Begin with arms straight up overhead, holding the band towards the middle. Adjust hands closer to increase tension.
2. Contract the back and pull the band out while bringing the elbows towards the rib cage. Raise back up and repeat.

**Medium-Heavy Band.**

### • TRICEPS EXTENSIONS

1. Hold the band in both hands at shoulder level with right arms bent in front of the chest.
2. Keeping the left hand stationary, contract the triceps to straighten the right arm out to the side. Return to start and repeat before switching sides.

**Light-Medium Band.**

### • BICEPS CURLS

1. Stand on the band and hold handles with palms facing out.
2. Keeping abs in and knees slightly bent, bend arms and bring palms toward shoulders in a bicep curl. Position feet wider for more tension. Return to start and repeat.

**Medium-Heavy Band.**

