

## MILITARY PRESS



Firmly step on tubing with handles at shoulder height.



Extend arms upward. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## SAFETY AND USAGE INSTRUCTIONS



### Using Door Anchor

- 1) Feed door strap through opening on the hinged side of door so that door strap loop is on one side and circular foam stopper is on the other. **DO NOT EVER** use door strap on door handle side of door as strap may come loose causing tube to snap free, potentially causing serious injury.
- 2) Close door tightly to ensure it cannot open during exercise.
- 3) Once door strap is anchored on hinge side of door, feed tubing with handles through door strap loop.

### Using Ankle Strap

- 1) Be sure Ankle Strap is securely attached with hook and loop closure to prevent detaching during exercise.
- 2) Snap tubing connector into Ankle Strap metal D ring and confirm connection is secure before doing any exercises.

## LUNGES



Firmly step on tubing, assume starting lunge position with handles positioned above shoulders and tubing behind upper arms.



Extend legs upward, keeping shoulders aligned above hips. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## BICEPS CURLS



Firmly step on tubing and hold handles waist high with palms upward.



Curl arms upward, keeping elbows still. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## SAFETY AND USAGE INSTRUCTIONS

(continued)

### Use of Resistance Bands

- 1) Always verify tubing is anchored in place to prevent any snap which can cause serious injury.
- 2) Always check tubing hardware connections to ensure tubing will not detach from door strap or ankle strap, as detachment during use can cause serious injury.

### Care instructions:

- 1) Store at room temperature, between 60 and 70 degrees Fahrenheit. Exposure to heat or extreme cold can damage tubes.
- 2) DO NOT USE any tube that has been damaged in any way.
- 3) To clean, wipe tubes with a damp cloth.

**Disclaimer:** Pro-Tec Athletics assumes no responsibility or liability for any injury that occurs while using this product.

**Note:** Pro-Tec Athletics strongly urges consultation with a medical doctor before using this product. Discontinue use immediately if pain or excessive discomfort occurs.



pro-tecathletics.com  
(800) 779-3372  
Pro-Tec Athletics  
Redmond, WA USA



**TOTAL BODY  
RESISTANCE  
BANDS**

Exercise Guide

## LEG EXTENSION



With both hands securely holding handles on the ground, position resistance tube across bottom of foot, keeping tubing fairly taught.



Extend leg backward, hold for a few seconds. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## SQUATS



Place feet approximately shoulder width apart and secure tubing underneath both feet as shown. Grip handles and while keeping back straight, lower body into squat position.

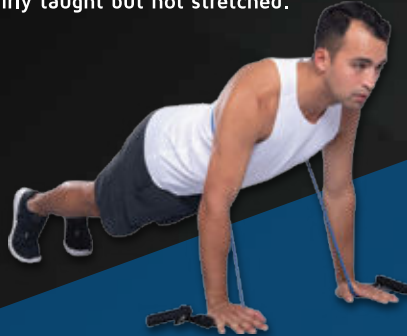


Straighten body upwards to full upright position. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## PUSHUPS



Wrap tubing over back and secure by placing hands firmly over tubing on ground. Assume starting push up position with tubing fairly taught but not stretched.



Extend arms, creating resistance as body lifts upwards to push up position. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## LATERAL RAISES



With feet together, secure tubing underneath both feet as shown. Grip handles while leaning forward slightly keeping back straight.



Extend arms outward away from body as shown, keeping arms straight. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## TRICEPS EXTENSION

Important: Read safety instructions on back side of this sheet prior to performing any exercises using door anchor.



With door anchor securely positioned behind door and door firmly closed, turn back to door while gripping handles behind head, elbows raised as shown.



Extend arms outward creating resistance. Keep body still during exercise to isolate arms and triceps. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.

## CORE ROTATION

Important: Read safety instructions on back side of this sheet prior to performing any exercises using door anchor.



With door anchor securely positioned behind door and door firmly closed, stand at 45 degree angle to door, gripping handle as shown.



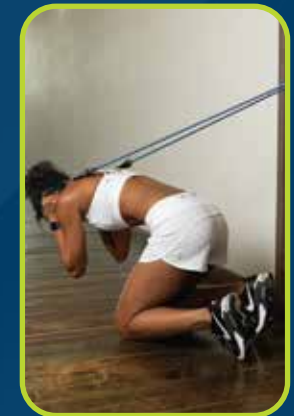
Keep lower body stable and rotate core away from door, creating resistance. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets. Then switch sides and repeat 2-3 sets.

## CRUNCHES

Important: Read safety instructions on back side of this sheet prior to performing any exercises using door anchor.



With door anchor securely positioned behind door and door firmly closed, position yourself on knees with back at 45 degree angle to door, gripping handles as shown.



Keeping back straight, bend at waist, and rotate upper body downward to create resistance. Pause and repeat. 8-10 reps, 2-3 sets, resting at least 30 seconds in between sets.