



Exercise Bands ebook

Get started with your new set of
exercise bands and massage ball

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S&N BAND BENEFITS

- 5 resistance levels for a full-body workout
- Great for beginners to pro-athletes
- Resistance changes in the band, not the length
- No rolling, no tearing, no pinching & no slipping
- Light weight, durable & high quality
- Perfect width (not too wide or too narrow)

ESTIMATED CALIBRATION

	X-Heavy	30 lbs - 40 lbs
	Heavy	25 lbs - 30 lbs
	Medium	15 lbs - 20 lbs
	Light	10 lbs - 15 lbs
	X-Light	05 lbs - 10 lbs

Your set of resistance bands offers 5 unique categories of estimated collaboration in order to customize workouts to your desired level of challenge.

If you are new to working out - or you are trying a new exercise for the first time - it is better to select a lighter band. Get a feel for the exercise and if the first 3-5 reps are too easy you can quickly change to a more appropriate band for your needs.

Enjoy!

Full List of Exercises

name	category
1. Massage ball - lats 2. Massage ball - glutes 3. Massage ball - calves 4. Massage ball - feet 5. Side Stretch 6. Tricep Stretch 7. Hip Flexor Stretch 8. Wall Slides	warmup
9. Leg Raises 10. Bicycles	core
11. Pushup 12. Monster Walks 13. Squat 14. Hip Hinge 15. Side Steps 16. Crawling 17. Jumping Jacks 18. Jump Squats	strength movement

Summary

key ideas

- **Listen to your body**
 - if an exercise causes any sort of pain please do not push through that feeling. Modify the exercise or simply skip it.
- **Choose wisely**
 - select a band that gives you enough challenge while also allowing for proper form. When in doubt, select the easier band and focus on the quality of movement.
- **Rest is good**
 - If you need to rest a little more in between exercises, please do that. No need to overdo it.
- **Have fun!**
 - Enjoy challenging yourself with new exercises and/or trying a more challenging band, when appropriate.

Exercises

images + descriptions

The following pages will show images of each movement, stretch, and exercise in this ebook.

There will also be a short description to help provide details and areas of focus.

Please refer back to any part of this ebook throughout your journey with your exercise bands.



warmup

massage ball

Start at lats (above) then the glutes (below). Position ball in middle of the muscles, apply gently pressure for ~20 seconds. Make sure to breathe.





warmup

massage ball

Start at lats (above) then the glutes (below). Position ball in middle of the muscles, apply gently pressure for ~20 seconds. Make sure to breathe.





side stretch

use a light resistance band that helps you feel the
stretch in your lats (back muscles)





tricep stretch

use a light resistance band that helps you feel the stretch in your tricep (on top arm, switch arms)



warmup



hip flexor stretch

Hook band on left foot, increase the stretch on left "jean pocket area". Repeat on right foot.



warmup



wall slides

Have forearms flush against a wall to start. Keep tension on band as you glide arms up and down wall.



10



core

leg raises

In pushup position with bands on forearms, alternate lifting left then right foot. Focus on abs throughout the exercise.





core

bicycles

From the ground, lean back and balance with your feet off the ground. Alternate pulling your right then left foot up toward your chest - feel your abs doing the work to control the movement while maintaining balance.



strength



pushup

With band around mid forearms, start with arms extended. While keeping your body in one strong piece, slowly lower your chest towards the ground. Exhale as you press hands through the ground to return to starting position.



strength



monster walks

With band around upper legs, strongly and under control take 1 step forward then 1 step forward with other leg. Repeat walking backwards.



strength



squat

With band around upper legs, create tension in band by driving knees out to the sides. Maintain that tension in band as you bring yourself into the bottom position of the squat (below). Exhale as you drive your feet through the ground to return back to standing position.



15

strength



hip hinge

From standing position with band around forearms, simultaneously extend arms out in front while pushing hips back. Maintain tension in the band as your spread your arms. Focus on back and hamstring during exercise.





movement

side steps

From standing position with feet at shoulder width and with band around upper legs, forcefully drive left leg out to the side. Slowly bring right leg to regain shoulder width position. Continue for desired reps or time.

Return to starting positioning by switching legs





crawling

From hands and knees (hands and feet is more advanced version) and with bands around forearms and lower legs,





jumping jacks

From standing position with feet close together and with a light band around lower legs, explosively jump and extend arms and legs out to the sides. Land under control. Repeat for time or reps.





jump squats

From standing position with feet shoulder-width and with a light band around lower legs, do a small quick squat then immediately reverse direction and jump as high as possible. Land under control. Repeat for time or reps.



20

workouts

Workout 1

Goal: Full-body workout

Equipment Needed: 1 set of exercise bands

Length of Time: 20 - 30 minutes

Description

Step 1

Complete all of the massage ball and stretching movements from pages 1 to 6

- Spend minimum 15 seconds on each muscle for the Massage ball:
 - Lats
 - Glutes
 - Calves
 - Feet
- Get at least 5 deep breaths while holding each position for Stretches on:
 - Side stretches
 - Tricep stretches
 - Hip Flexor (5 breaths for each leg)

Step 2

Complete exercises 1 thru 9. That's 1 round. Perform up to 3 rounds. Rest in between each exercise as needed.

1. Pushups



Perform "AMGRAP"
As Many Good Reps as Possible

2. Side Steps



Perform Side Steps for 15-20 seconds

3. Bicycles



Perform Side Steps for 15-20 seconds

4. Monster Walks



Perform Monster Walks for 15-20 seconds

5. Crawling



Perform Crawling for 15-20 seconds

6. Squats



Perform "AMGRAP"
As Many Good Reps as Possible

7. Wall Slides



Perform Wall Slides for 10 reps

8. Leg Raises



Perform Leg Raises for 10 reps per leg

9. Hip Hinge



Perform Hip Hinges for 10-15 reps

workouts

Workout 2

Goal: Cardio / Endurance workout

Equipment Needed: 1 set of exercise bands

Length of Time: 10 - 15 minutes

Description

Step 1

Complete all of the massage ball and stretching movements from pages 1 to 6

- Spend minimum 15 seconds on each muscle for the Massage ball:
 - Lats
 - Glutes
 - Calves
 - Feet
- Get at least 5 deep breaths while holding each position for Stretches on:
 - Side stretches
 - Tricep stretches
 - Hip Flexor (5 breaths for each leg)

Step 2

Complete exercises 1A & 1B, then 2A & 2B, then 3A & 3B. That's 1 round. Perform up to 3 rounds. Rest in between each exercise as needed.

1A.Squats



Perform "AMGRAP"

As Many Good Reps as Possible for 15 seconds.

Rest for 15 seconds before starting Side Steps.

1B. Side Steps



Perform Side Steps for 15 seconds

Rest for 15 seconds before starting next exercise.

2A. Bicycles



Perform "AMGRAP"

As Many Good Reps as Possible for 15 seconds.

Rest for 15 seconds before starting Side Steps.

2B. Crawling



Perform Crawling for 15 seconds

Rest for 15 seconds before starting next exercise.

3A. Jumping Jacks



Perform Jumping Jacks for 10 seconds

Rest for 10 seconds before starting Jump Squats

3B. Jump Squats



Perform Jump Squats for 10 seconds

Rest for 2-3 minutes before starting another round

Thanks!

Thank you for being part of our journey in providing the world with resources to improve their strength and nutrition!

We know that you have many options and hope that this ebook has provided you with a solid foundation to discover fun and healthy options to improve your fitness.

Please stay connected with us on social media to share your experience and highlight your wins!



StrengthandNutrition_



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Sincerely,
Cami & Joey

