

Standing Rows

Place the door anchor in door at chest level. Stand with feet shoulder distance apart, arms at shoulder level, palms facing each other. Pull hands back, as you squeeze your elbows into your sides, and lift your chest. Extend back out slowly.



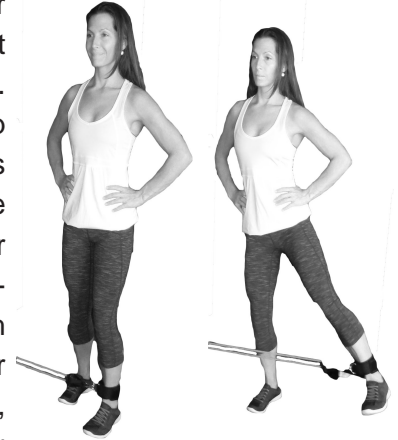
Tricep Extensions

Place the door anchor in door above your head. Stand with feet shoulder distance apart, elbows by side, palms facing up. Slowly extend arms, as you squeeze back of arm. Slowly return to start position.



Lateral Leg Raises

Place the door anchor in door at ankle level. Attach ankle strap with both bands attached, to ankle furthest from door while facing sideways. Stand with feet shoulder distance apart, attached leg slightly in front of standing foot. Slowly lift leg out to side, without leaning. Return back to start position with control. Repeat with other leg.



Wood Chops



Place the door anchor in door above your head. Stand with heels slightly wider than shoulder distance apart, knees and toes turned out. Hold band with both hands above your shoulder to one side. Engage abs as you pull band down toward your opposite knee. Slowly return to start position. Repeat on other side.

Hamstring Curls

Place the door anchor in door at ankle level. Attach ankle strap to ankle with both bands attached. Face door with a microbend in knees, chest lifted, tummy tight. Slowly bend attached leg just past 90 degrees, bringing heel toward your glutes. Slowly lower down to start position. Repeat on other leg.



Medial Leg Raises

Place the door anchor in door at ankle level. Attach ankle strap with both bands attached, to ankle closest to door while facing sideways. Stand with feet shoulder distance apart, attached leg slightly in front of standing foot. Gently pull attached leg across body, without leaning. Slowly return to start position. Repeat with other leg.



Bicep Curls

Stand with feet shoulder distance apart, with the middle of band under the arches of your feet. Keep your toes forward, chest lifted, arms by sides, and palms facing forward. Slowly bend elbows, bringing hands to shoulder level. Hold for 1 second and then lower down slowly.



Squats

Stand with feet shoulder distance apart, toes and knees forward. Bands behind your shoulders, thumbs at shoulder height. Sit with weight in heels, like you're sitting in chair. Push through heels and engage glutes as you stand up.



General Tips Before Use

- Check your bands for wear before each use. If you detect any wear, please contact us at support@neeboofit.com
- Do not use if you have a latex allergy.
- Take care to not use the bands against rough or abrasive surfaces.
- Try not to overstretch the bands. Normal stretching is 2-3 times the starting length.
- Make sure to warm up before using the bands.
- Consult your physician before starting any exercise program.

Exercise Tips

- Warm up each exercise by performing the motions without the band first.
- Complete 1-3 sets of each exercise doing 8- 12 reps each set.
- Rest for 1 minute between each set.
- Make sure to perform each exercise on both arms or legs to prevent imbalanced muscles.
- Try to select the correct resistance level of band (or combination of bands) so that you can do 8-12 reps at a time.

Resistance Level Table

Below are the approximate resistance levels (in LBS) for each band* stretched 2x to 96" total length:

Color	96"
YELLOW	3 lbs
GREEN	5 lbs
RED	8 lbs
BLUE	13 lbs
BLACK	19 lbs

*Number of bands vary depending on set purchased



Resistance Tube Band Set

Website: www.neeboofit.com

Email: support@neeboofit.com

Made in China with 100% Eco-friendly Latex

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Find more tips and exercises here:

www.neeboofit.com/tubebands/tips/