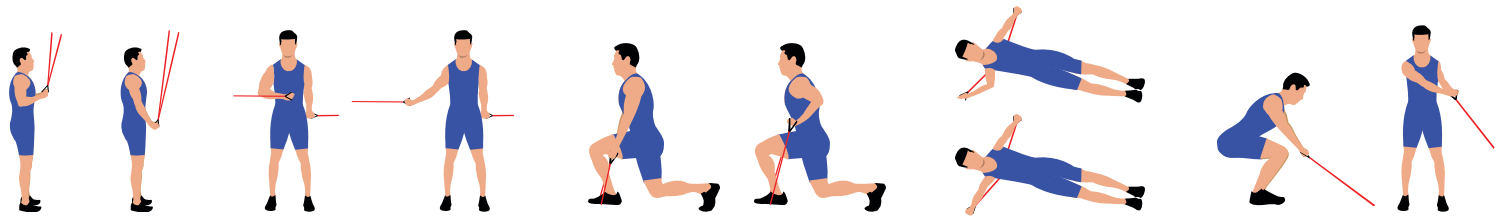
DOTHIS®

FITNESS

16PC - Premium Resistance Bands & Tubing Set

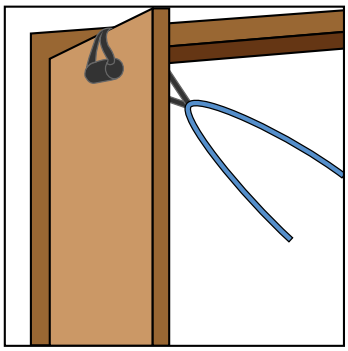


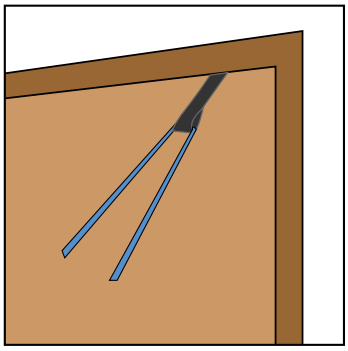
QUICK Instruction Manual

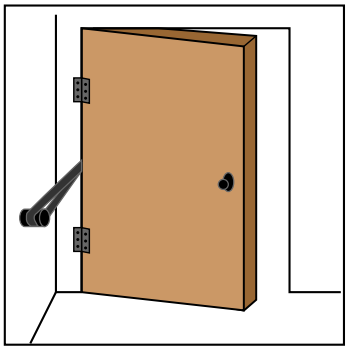
Product Safety

- Use of any products described in this manual can cause serious injury when not used properly.
- Avoid choosing bands and tubing that are too short. Health care professionals should ensure adequate length of the band to avoid overly high pull forces and to provide more user control.
- Avoid exercises that involve stretching the resistance band or tube in such a fashion that it may snap toward the head and cause injury to the head or eyes.
- Always examine the resistance band or tube before use for small nicks, tears or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.
- Always make sure the resistance band or tube is securely anchored to a sturdy objector attachment before using.

How To Use Door Anchor







1. Open the door

2. Place the large foam piece (door anchor) inside the door and position it so that when you close the door it is on the opposite side of the door (the loop should be on your side of the door)

3. Close the door

4. Lock the door (this is especially important if you are NOT using the hinge side of the door)

5. Thread your band(s) through the loop

- If the door is not strong enough, it is recommended to place the door anchor on the side

Outcomes

Clinical research has proven that elastic resistive exercise, including DOTHIS® resistance bands and tubing:

- Increases Strength
- Increases Power
- Improves Balance and Proprioception
- Prevents Falls
- Improves Posture
- Decreases Pain
- Improves Gait
- Increases Grip Strength
- Improves Cardiovascular Fitness
- Decreases Blood Pressure

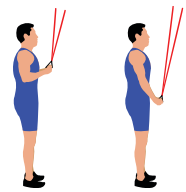
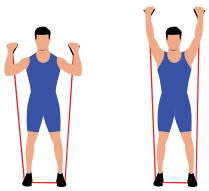
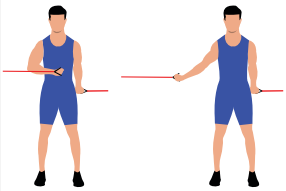
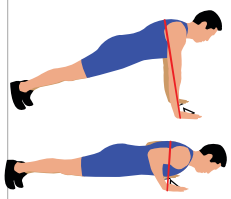
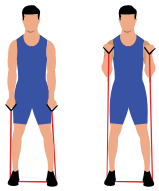
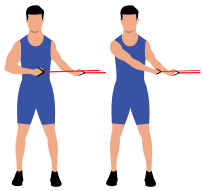
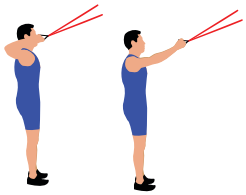
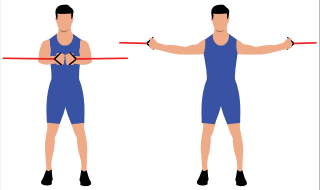
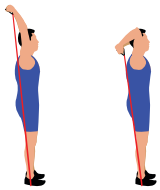
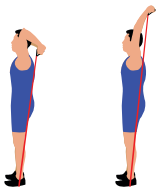
Package Contents

5 x Tube Resistance Bands

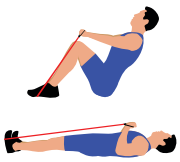
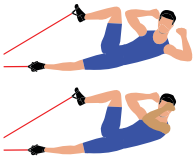
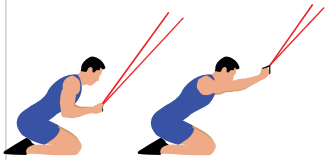
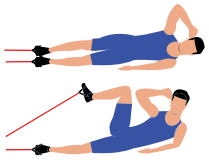
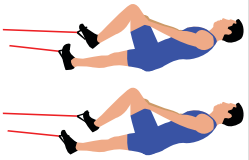
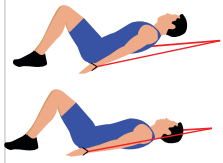
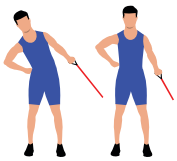
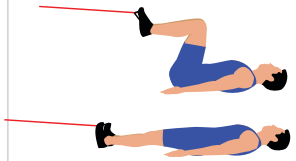
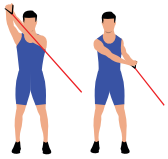
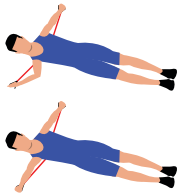
Red - 10LBS/4.5kg
Blue - 20LBS/9.1kg
Black - 30LBS/13.6kg
Orange - 40LBS/18.2kg
Grey - 50LBS/22kg

1 x Door Anchor
2 x Ankle Straps
2 x Cushioned Handles
1 x Small Carry Bag for Loop Bands
1 x Carry Bag for Full Kit

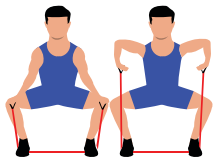
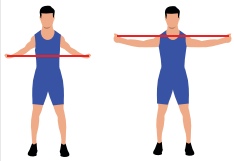
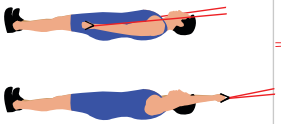
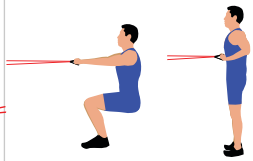
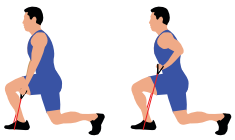
Upper Body

				
Tricep Pushdown	Shoulder Press	External Rotation	Push-Up	Bicep Curl
				
Internal Rotation	Face Pull	Chest Fly	Shoulder Press	Tricep Extention

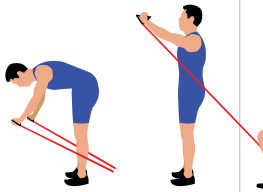
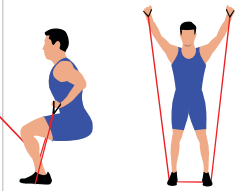
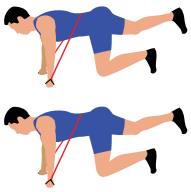
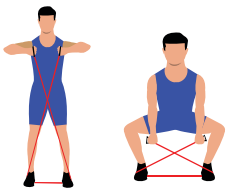
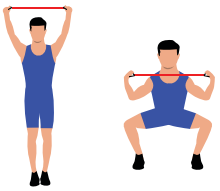
Core

				
Sit-Up	Bicycle	Kneeling Crunch	Lying Oblique Crunch	Alternating V-Ups
				
Crunch	Side Bend	Reverse Crunch	Reverse Wood Chop	Side Plank

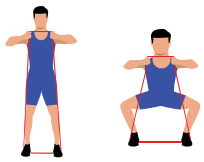
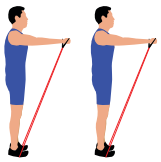
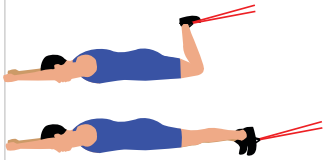
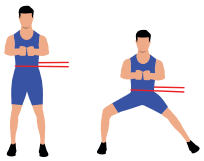
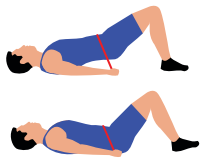
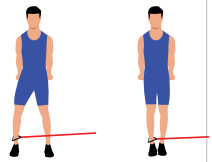
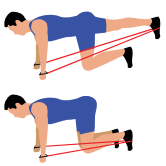
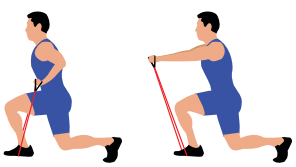
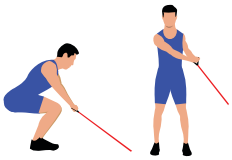
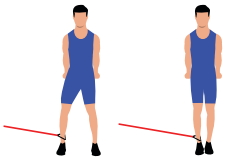
Back

				
Bent Over Row	Pull Apart	Lying Pullover	Squat Row	Split Row

Total Body

				
Pull Through	Thruster	Mountain Climber	Swing	Sumo Squat Pull

Lower Body

				
Squat	Calf Raise	Hamstring Curl	Lateral Lunge	Glute Bridge
				
Hip Abduction	Donkey Kick	Lunge	Romanian Deadlift	Hip Adduction

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