

SAFETY INSTRUCTIONS

- 1. For your own safety, read the instruction manual before using the resistance bands. Learning the product's application, limitations, and specific hazards will greatly minimize the possibility of accidents and injury. Black Mountain Products does not assume any risk of injury due to improper use as a result of not following the safety guidelines in this instruction manual.
- 2. Always wear eye protection (safety glasses) while using the resistance bands. Everyday eyeglasses are NOT safety glasses. Use certified safety equipment. Eye protection equipment should comply with ANSI Z87.1 standard.
- 3. Always check resistance bands before and after use. If any imperfections are found, discontinue use immediately and contact Black Mountain Products, Inc.
- 4. Black Mountain Products, Inc. does not assume responsibility for misuse of resistance bands as stated in this manual.
- 5. The Ankle Strap is only intended for leg exercises. The Ankle Strap is not to be used in any other fashion than on the ankle.
- 6. Misuse of the Door Anchor can cause physical harm and danger to the user.



Ankle Strap - (Not included in all sets)



Door Anchor



BLACK MOUNTAIN PRODUCTS®
EXERCISE & USER GUIDE



LEVEL OF RESISTANCE

COLOR	STRENGTH	EST. LBS.
Yellow	Extra Light	2-4 Lbs.
Blue	Light	4-6 Lbs.
Green	Medium	10-12 Lbs.
Black	Heavy	15-20 Lbs.
Red	Extra Heavy	25-30 Lbs.



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For more exercises and information, scan the QR code
or visit us at BlackMountainProducts.com

DOOR ANCHOR AND ANKLE STRAP INSTRUCTIONS



Door Anchor

- 1. To install the door anchor, open the door and insert the thick end of the anchor through the door on the hinge side. Always use the hinge side of the door. Never use the bottom of the door, top of door, or non-hinged side.
- 2. Next, close and lock the door, leaving the thin open-ended side (loop) of anchor hanging through the door at the desired height. Pull on the anchor to ensure that it is secure for safety. Please make sure the door is secure against the wall.
- 3. Finally, slide the resistance band handle through the anchor opening until both sides of the band are equal to perform the exercise.



Ankle Strap

- 1. Wrap the Ankle Strap around your ankle, and only your ankle. Make sure the Ankle Strap is snug and the Velcro is connected securely before exercise.
- 2. Clip bands to the D-Ring and make sure the connection is secure before any exercise.
- 3. DO NOT use the Ankle Strap as an anchor point anywhere but your ankle. It should not be used to anchor the bands to doors, doorknobs, banisters, trees, chairs etc. The Ankle Strap is intended to only be used on your ankle: DO NOT use on any other part of your body, including arms, wrist, neck, head.

TIPS FOR USING YOUR NEW RESISTANCE BANDS

- 1. Wear flat bottom shoes when stepping on the bands. Shoes with large grips can cause damage when pulling on the bands.
- 2. Always avoid rough surfaces. Rough surfaces such as concrete, wood, and thin carpeting can compromise the integrity of the bands.
- 3. Use a yoga mat or exercise mat to avoid any abrasion to bands.
- 4. Do not wrap bands around any abrasive or sharp surfaces.
- 5. Avoid overstretching the resistance bands. Bands can be stretched up to 300% safely. For example, for one foot of band, the band can stretch three feet in length. Anything beyond this point can hurt the integrity of the band.
- 6. When using a door anchor, place the anchor on the hinge side of the door.
- 7. For more resistance, shorten the band. Standing on the band with two feet instead of one is a great way to add resistance.

For more exercises, please visit us at **BlackMountainProducts.com**.

Black Mountain Products ®

Warranty Support:

Visit us at www.blackmountainproducts.com to make a warranty claim.

WARNING --- READ BEFORE USE

- 1. **WARNING** - DO NOT wrap B.M.P.® Resistance Bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.
- 2. Consult your physician before beginning any regular exercise and for safety instructions.
- 3. Always examine your B.M.P.® Resistance Bands and accessories for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using bands immediately, and contact B.M.P.® support.
- 4. Never wrap B.M.P.® Resistance Bands around any objects including trees, poles, fences, chairs, vehicles, desks, etc.
- 5. Do not use B.M.P.® Resistance Bands for anything other use than exercise.
- 6. Do not overstretch B.M.P.® Resistance Bands. (max stretch 3X resting length)
- 7. Always exercise in a stable position. Do NOT rely on resistance bands to support the body.
- 8. Always use safety glasses when Using B.M.P.® Resistance Bands.
- 9. NEVER align stretch resistance bands with the face or any sensitive parts of the body.
- 10. When starting to exercise, start slowly. Start with a light tension band and move slowly towards higher tension bands.
- 11. Use B.M.P.® Resistance Bands only as directed.
- 12. Children below the age of 18, should use only under adult supervision.
- 13. Black Mountain Products assumes no liability for the accidents or damage that may occur with the use of B.M.P.® Resistance Bands.
- 14. All resistance bands should be replaced after 1 year of repeated use. Resistance bands are made of rubber and have a limited life span.

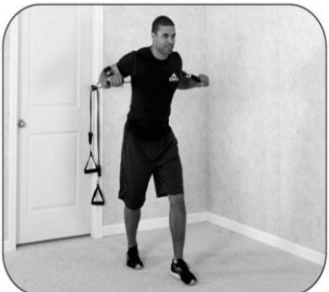
WARRANTY

- 1. All bands are fully warrantied for 90 days after purchase (shipping and handling charges may apply).
- 2. Inform Black Mountain Products® if there are any missing, damaged, or defective parts
- 3. Warranty does not cover any incidental damage.
- 4. Void, where limited or prohibited by law.
- 5. B.M.P.® reserves the right to alter the warranty at any time.

For more information about our products, please visit us at **BlackMountainProducts.com!**

1 **STANDING CHEST PRESS (ANCHORED)**

1. Insert the anchor at the midpoint of the door on the hinge side.
2. Facing away from the door, grab 1 handle in each hand.
3. Step away 1-2 feet, one foot behind the other in a staggered stance.
4. Raise bent elbows until your hands are just below shoulder height, palms facing down.
5. Stand tall - core engaged.
6. Begin with a deep breath - exhale and press both arms forward until arms fully extend.
7. Inhale and return to starting position with control - elbows pulled back.
8. Repeat for the desired number of reps.



2 **STANDING DECLINE CHEST PRESS (ANCHORED)**

1. Insert the anchor on the hinge side of the door, just above the first hinge.
2. Face away from the door, grab 1 handle in each hand.
3. Step away 1-2 feet, one foot behind the other in a staggered stance.
4. Raise bent elbows until your hands are just below shoulder height, palms facing down.
5. Stand with torso slightly forward - core engaged.
6. Begin with a deep breath - exhale and press both arms at a downward angle, until arms fully extend.
7. Inhale and return to starting position with control - elbows pulled back.
8. Repeat for the desired number of reps.



3 **UPRIGHT ROW**

1. Place the middle of the band underneath both feet, keeping your feet hip distance apart.
2. Cross the band in front of you and hold onto both handles. Stand tall and engage core.
3. Take a deep breath, then exhale and pull both elbows up until they are slightly above waist.
4. Inhale and slowly return to the starting position.
5. Repeat for the desired number of reps.



4 **STANDING TRICEP EXTENSION**

1. Grab the handles with both hands and step on the middle of the band with your right foot.
2. Step your left foot out in front for a comfortable stance and lunge slightly forward.
3. Bring both elbows up and forward so the upper arms are lined up with your ears, close to your head.
4. Inhale and release slowly to the starting position.
5. Repeat for the desired number of reps.



9 **STANDING OVERHEAD TRICEPS EXTENSION (ANCHORED)**

1. Insert the anchor on the hinge side of the door, just above the first hinge.
2. Face away from the door, grab 1 handle in each hand.
3. Extend arms straight over your head, inner arms parallel to the side of head. Bend elbows so that handles are behind your head and step away until slight tension is felt.
4. Stand with torso slightly forward, core engaged.
5. Begin with a deep breath - exhale and fully extend your arms upward.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



10 **SHOULDER PRESS (ANCHORED)**

1. Insert the anchor on the hinge side of the door, above the bottom hinge.
2. Face away from the door; grab 1 handle in each hand and raise to shoulder height - elbows angled slightly out to sides.
3. Step away 1-2 feet, one foot behind the other in a staggered stance.
4. Stand with your torso slightly forward - core engaged.
5. Begin with a deep breath - exhale and raise both hands upward.
6. Inhale and return to your starting position with control.
7. Repeat for the desired number of reps.



11 **SQUAT**

1. Place both feet hip width apart on the midsection of the band, 1 handle in each hand.
2. Bring hands to shoulder level, palms facing forward, keeping elbows tucked in.
3. Stand tall - core engaged.
4. Begin by inhaling and pushing hips down and back as if sitting in a chair.
5. Keep chest lifted, body weight in heels, knees in line with ankles.
6. Exhale and press back up to the starting position.
7. Repeat for the desired number of reps.



12 **PULL THROUGH (ANCHORED)**

1. Insert the anchor at the bottom of the door on the hinge side.
2. Face away from the door - straddle the band feet hip width apart.
3. Grab the handles, one in each hand between your legs.
4. Step away 1-2 feet; bend at hips and knees - lower torso to a 45° angle to the floor.
5. Keep chest lifted, back straight, and core engaged.
6. Begin with a deep breath - exhale and thrust hips forward while raising your torso to a straight standing position.
7. Inhale and return to the starting position with control.
8. Repeat for the desired number of reps.



17 **ABDOMINAL CRUNCH (ANCHORED)**

1. Insert the anchor at the bottom of the door on the hinge side.
2. Face away from the door; lay on back with knees bent and feet flat. Head should be positioned 1-2 feet from the door.
3. Grab 1 handle in each hand.
4. Position your hands by your shoulders, elbows bent and fists pointing forward.
5. Begin with a deep breath - exhale, engage core and lift shoulders and upper back off the floor.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



18 **STANDING FRONT RAISE**

1. Place both feet hip width apart on the midsection of the band; 1 handle in each hand - arms straight, palms facing back.
2. Stand tall, engage core.
3. Begin with a deep breath, exhale and raise both arms straight forward to shoulder height.
4. Inhale and return to the starting position with control.
5. Repeat for the desired number of reps.



19 **STANDING LATERAL RAISE**

1. Place both feet hip width apart on the midsection of the band; 1 handle in each hand - arms slightly bent, palms facing in.
2. Stand tall, engage core.
3. Begin with a deep breath, exhale and raise both arms straight out to shoulder height.
4. Inhale and return to the starting position with control.
5. Repeat for the desired number of reps.



20 **POST DELTS (ANCHORED)**

1. Insert the anchor on the hinge side of the door, just above the first hinge.
2. Stand facing the door; grab 1 handle in each hand - arms slightly bent, palms facing in.
3. Step away 1-2 feet; feet hip width apart.
4. Stand tall - core engaged.
5. Begin with a deep breath, exhale and pull arms out and back to a "T" position.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



5 **CHEST FLY (ANCHORED)**

1. Insert the on the hinge side of the door, just above the first hinge.
2. Face away from the door, grab 1 handle in each hand.
3. Step away 1-2 feet, one foot behind the other in a staggered stance.
4. Stand tall, core engaged.
5. Extend arms laterally at shoulder height, elbows slightly bent, palms facing forward.
6. Begin with a deep breath, exhale as you bring your arms together in front.
7. Inhale and return to the starting position with control.
8. Repeat for the desired number of reps.



6 **STANDING BACK ROW (ANCHORED)**

1. Insert the anchor at the midpoint of the door on the hinge side.
2. Face door, grab 1 handle in each hand.
3. Step back, arms fully extended until slight tension is felt in the band.
4. Stand tall, shoulders relaxed, feet hip distance apart and knees slightly bent.
5. Engage core.
6. Begin with a deep breath, exhale as you pull elbows back, bringing hands along the rib cage. Shoulder blades will squeeze together.
7. Inhale and return to the starting position with control.
8. Repeat for the desired number of reps.



7 **PADDLERS ROW (ANCHORED)**

1. Insert the anchor on the hinge side of the door, just above the first hinge.
2. Face door; grab 1 handle in each hand.
3. Step away 1-2 feet; arms extended palms facing down.
4. Lift chest and engage core.
5. Begin with a deep breath - exhale and pull arms straight down to sides, squeezing upper back together at the end of movement.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



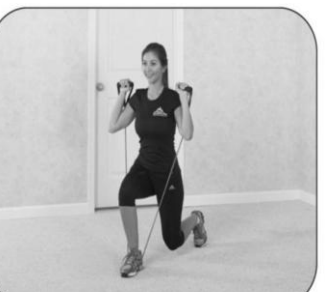
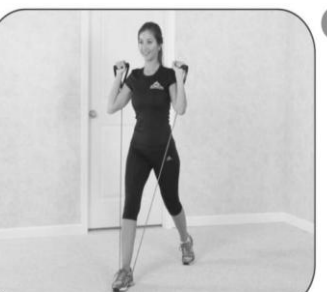
8 **STANDING BICEPS CURL**

1. Place both feet hip width apart on the midsection of the band.
2. Stand tall with 1 handle in each hand and core engaged.
3. Lock elbows against rib cage and relax shoulders.
4. Begin with a deep breath, exhale and bend arms forward, bringing palms to front of shoulders.
5. Inhale and return to the starting position with control.
6. Repeat for the desired number of reps.



13 **LUNGE**

1. Place your right foot on the midsection of the band, 1 handle in each hand.
2. Keep elbows near rib cage, relax shoulders. Bring hands to shoulder level, palms facing forward.
3. Step back with your left foot about 12" so that the left heel naturally lifts.
4. Stand tall, core engaged.
5. Begin with a deep breath and lower hips towards the floor bending your left knee until it is a few inches off the floor. Avoid leaning forward.
6. Exhale and return to the starting position, pressing the right heel into the floor as you rise.
7. Repeat for the desired number of reps then switch sides.



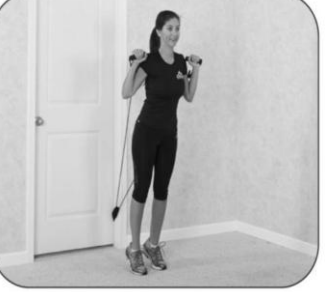
14 **LATERAL WALK**

1. Place both feet hip width apart on the midsection of the band, grab 1 handle in each hand.
2. Lock elbows against your rib cage and relax shoulders. Bring hands to shoulder level, palms facing inward.
3. Stand tall, engage core.
4. Begin with a deep breath, exhale and step to the right side, leading with your right heel.
5. Inhale and return to the starting position with control.
6. Repeat for the desired number of reps, then switch sides.



15 **STANDING CALF RAISE (ANCHORED)**

1. Insert the anchor on the hinge side of the door, above the bottom hinge.
2. Face away from the door, grab 1 handle in each hand, feet hip distance apart.
3. Keep elbows near rib cage and relax shoulders. Bring hands to shoulder level, palms facing forward.
4. Stand tall, engage core.
5. Begin with a deep breath, exhale and lift heels off the floor as weight shifts into toes.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



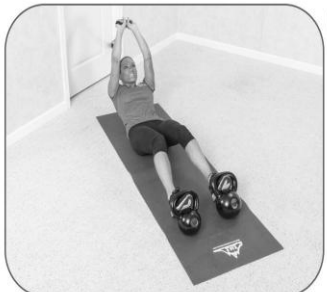
16 **STANDING ABDOMINAL TWIST (ANCHORED)**

1. Insert the Door Anchor at the midpoint of the door, on the hinge side.
2. Grab the handles with both hands, interlacing the fingers.
3. Stand with your left side to the door.
4. Cross right arm in front of chest until both arms extend to the left.
5. Step 2-3 feet away from the door, or until slight tension is felt in the band. Feet should be shoulder width apart.
6. Stand tall, engage core.
7. With torso twisted and arms straight, begin with a deep breath - exhale and pull the band across your body until facing right.
8. Inhale and return to the starting with control.
9. Repeat for the desired number of reps then switch sides.



21 **PUSH THROUGH CRUNCH**

1. Insert the anchor on the hinge side of the door, above the bottom hinge.
2. Attach both ends of desired band combination to 1 handle.
3. Facing away, lie on your back 1-2 feet from the door with knees bent and feet flat on floor - hip distance apart.
4. Grab the handle with both hands and extend your arms straight up over the chest/collarbone.
5. Begin with a deep breath, exhale and lift head/shoulders while pushing the band forward.
6. Inhale and return to the starting position with control.
7. Repeat for the desired number of reps.



22 **BENT ROW (ANCHORED)**

1. Insert the anchor on the hinge side of the door, above the bottom hinge.
2. Attach both ends of desired band combination to 1 handle. Facing the door, grab the handle in your right hand.
3. Step away 1-2 feet, right foot behind left in a staggered stance. Lower torso to a 45° angle to the floor. Keep chest lifted, back straight and core engaged.
4. Begin with a deep breath , exhale and pull your right arm back so the elbow is pointed to the ceiling, right hand just below the rib cage.
5. Inhale and return to the starting position with control.
6. Repeat for desired reps, then switch sides.



23 **STANDING SHOULDER PRESS**

1. Grab handles with both hands and step on the middle of the band with your right foot, grabbing 1 handle in each hand and raise to shoulder height - elbows angled slightly out to sides.
2. Extend both elbows up so the upper arms are lined up with your ears, parallel to your head.
3. Inhale and release to the starting position slowly.
4. Repeat for the desired number of reps.



24 **BICEP CURL W/ STACKED BANDS**

1. Place the middle of the stacked bands under both feet and hold both handles by your sides. With feet hip distance apart, stand tall and keep the core engaged.
2. To decrease the intensity, place fewer bands underneath feet.
3. To start, take a deep breath in, exhale and raise your hands up to your shoulders. Keep elbows against ribcage throughout movement.
4. Keep back straight, feet hip distance apart, knees slightly bent. Engage abs so the core is tight.
5. Inhale and slowly return to the starting position.
6. Repeat for the desired number of reps.



