awegym



LONG FABRIC RESISTANCE BANDS

Resistance Band Exercises

You don't need a whole gym at home to get your body working. And resistance bands are a great, space-aware way to engage and build muscles across your whole body.

Let's take a look at what's inside the bag:

- 3 Long Fabric Resistance Bands (Light, Medium, Heavy)
- 2 Handles
- 1 Door Anchor
- 1 Carry Bag
- 1 Surprise Bonus
- printed guidebook

Read Prior To Use

1) Always examine your bands, handles, and door anchor for any defects, cracks, cuts, tears, or imperfections before use.
2) Consult your physician before beginning any regular exercise.
3) Do not use resistance bands for any use other than exercise.
4) Warm-up before starting any exercise routine.
5) When exercising, be careful not to let resistance bands snap back at you.

Tips For Proper Use

1. Always avoid rough surfaces. Rough surfaces such as concrete can compromise the integrity of the bands. Use a yoga mat or exercise mat to avoid any abrasion to bands.
2. Do not wrap bands around any abrasive or sharp surfaces.
3. When using a door anchor, place anchor on the hinge side of the door for maximum safety.
4. For more resistance, shorten the band. Standing on the band with two feet instead of one is a great way to add resistance.

Door Anchor Instructions

1. To install the door anchor, open the door and insert the thick end of the anchor through the door towards the side with the hinges.
2. Next, close and lock the door, leaving the open-ended side (loop) of the anchor hanging at the desired height. Pull on the anchor to ensure that it is secure for safety. Make sure you are pulling the opposite way the door closes.
3. Finally slide the band through the anchor opening until both sides of the band are equal to perform the exercise.

Transport

Bands are lightweight and easy to transport. Just roll a few up and throw them in your new carry bag and you'll have resistance training equipment available wherever you go.

Versatility

Resistance bands are great for people at all levels of fitness. Moreover, they are extremely versatile in their uses. They can be used for warm ups, mobility, working out, and stretching.

You can do hundreds of exercises with resistance bands. Any dumbbell, barbell, cable pulley or even kettlebell exercise can be replicated with resistance bands. Overall, you are only limited by your creativity.

Try to maximize your time under tension if you want to build muscle and burn fat. Do what is challenging for you. For some it could be 4 sets of 20 reps, for others it could be 3 sets of 10 reps. Be in tune with your body and challenge yourself.

For most exercises, try aiming for 2–3 sets of 8–25 rep.

If you want to build muscle and strength, you will need to increase the difficulty of your workouts each week or every two weeks. To do this, you can add reps (or increase time under tension by using a slower tempo), add sets, add another exercise, decrease rest time, use the next band up, or add the hip resistance band.

HOW OFTEN SHOULD YOU DO RESISTANCE BAND TRAINING?

For beginners, resistance band workouts can be done three to four times a week.
Day 1: Upper Body
Day 2: Lower Body
Day 3: Rest
Day 4: Upper Body
Day 5: Lower Body
Day 6: Rest
Day 7: Rest

For intermediate and advanced trainees, you can workout with resistance bands as much as six times a week.

Lower-body exercises

Standing Leg Extension (Light / Medium band)

Anchor a loop band in a low position on a support (like an incline bench or a door).
Slide the LIGHT band through the loop of the door anchor until both sides of the band are equal.
Place your feet inside the loose ends of the band. Step away from the anchor to create tension on the band, and position your feet hip-width apart.
Shift your weight to your right foot and raise your left leg until your thigh is parallel to the floor.
Extend your knee until it straightens out in front of you. Slowly return to the starting position.
Repeat for 8–12 reps before switching legs.



To make the exercise even more challenging, add a hip resistance band. Just place the hip band slightly above your knees.

Standing Hamstrings Curl (Light / Medium band)

Secure the door anchor at the bottom of the door.
Slide the LIGHT long band through the loop of the door anchor until both sides of the band are equal.
Place your feet inside the loose ends of the band.
Move far enough away from the door so that the band starts to stretch (facing the door).
Place your hands on your hips or use a stationary object for balance.
Bend your active leg (up and back) until your calf is parallel with the floor.
Return your active leg to the starting position.
Repeat for 8–12 reps before switching legs.



To make the exercise even more challenging, add a hip resistance band. Just place the hip band slightly above your knees.

Standing abduction (Medium / Heavy Band)
Secure the door anchor at the bottom of the door.
Slide a medium/heavy long band through the loop of the door anchor until both sides of the band are equal. Place your feet inside the loose ends of the band.
Stand sideways against the door with your right hand bracing yourself. Move far enough away from the door so that the band starts to stretch. Keep your back straight, head straight, chest up, and activate your core. In a controlled motion drive the left leg outward as far as you can and pause at the end of the movement. Slowly return to the starting position. Repeat.

Split Squat (Heavy Band)
Stand on the band with your right foot, making sure the band is under the ball of your foot. Take the band overhead, and rest it across your upper back, holding each side of the band at chest-height with arms bent at 90-degree angles. Take a small step back with your left foot and bend your left knee to lower as far as possible with control into a lunge. Push through the right leg to stand. Repeat 10 to 12 times on each side.

Squat (Light / Medium band)
Start by standing with both feet on the band, feet just wider than hip-width apart, toes pointed slightly out, and pull the loop up in front to chest level. Tuck your elbows against your rib cage and grab the band with both hands. Initiate the movement by sending the hips back. Bend knees to lower down as far as possible with chest lifted in a controlled movement. Keep lower back neutral. Slowly press the back of your heels into the floor while returning to a standing position Repeat 12 to 15 times.

Arm Exercises

Standing biceps curl (Light / Medium Band)
Start by standing with both feet on the band. Grab a handle in each hand, starting with your arms down at your sides. With your palms facing in front of you, pull your arms toward your shoulders by bending at your elbow until you get a good bicep contraction. Slowly lower back down.
Do 12–15 curls.



Standing One Arm Biceps Curls
You can stand either with one foot on the band or with both feet together or slightly apart (this varies the resistance). Grasp the other end of the loop with one hand and perform bicep curls, keeping your elbow immobile and close to your body.



Pull-Apart (Light / Medium Band)
Stand with knees slightly bent, feet shoulder-width apart. Grip the middle section of the band with both hands at shoulder level with palms facing down. Keeping your arms straight, pull the band out and back until your shoulder blades contract. Slowly return to starting position and stretch, squeeze, and release for 8 to 10 reps.

Overhead Triceps Extension (Medium / Heavy Band)
Start in a split stance with right foot forward, left foot back, with the end of the band under your left foot. Holding onto the end of the band with your left hand, bend the left elbow and lift your arm up by ear (band should be behind the body). Extend arm up overhead, palm facing away from the body, then bend to lower. Try for 3 sets of 15 reps with each arm.



Core Exercises

Mountain Climbers (Light / Medium Band)
Anchor the loop bands at the mid-length around some pole or door anchor. Loop the two ends of the flat band through the toes of both feet, and you are good to go.



To make the exercise even more challenging, add a hip resistance band. Just place the hip band slightly above your knees.

Woodchopper (Light / Medium Band)
Anchor the loop band near the top of a cable column or support. With your right side toward the support, grab the free end of the band with your arms stretched out overhead. In one smooth motion, pull the band down and across your body to the front of your knees while rotating your right hip and pivoting your back foot.
Slowly return to the starting position.
Repeat for 8–10 reps on each side.

Reverse Crunch (Light / Medium Band)
Anchor the band on a low support. Lie faceup, bending your knees 90 degrees. Wrap the band around the tops of both feet and scoot back to create tension. With your abs tight and your back flat, pull your knees toward your shoulders, contracting your abdominal muscles. Slowly return to the starting position.
Repeat for 12–15 reps.

Russian Twist (Light / Medium Band)
Sit on the floor with your legs extended, wrapping the center of the band around the bottom of your feet. Hold the free ends in each hand. Slightly bend your knees, keeping your feet on the floor, and lean back at a 45-degree angle. Rotate the band right by bringing your left hand across your body and your right hand down by your right hip. Contracting your oblique muscles, bring the band toward your right hip while keeping your middle and low back neutral. Return to the starting position.
Rotate left then right for a total of 10–12 reps on each side.



Back Exercises



Bent-Over Row (Light / Medium Band)
Stand over the center of the band with your feet shoulder-width apart. Bend slightly at your knees and hinge at your waist, keeping your hips back. Grasp the handles with your hands facing the outsides of your knees. With your elbows bent, pull the band up toward your hips, squeezing your shoulder blades together until your elbows form a 90-degree angle. Lower and row for 10–12 reps.

Lying Pullover (Medium / Heavy Band)
For this effective pec and lat exercise, anchor the band in a low position. Lie face up, grabbing the free end of the band with both hands and stretching your arms straight out overhead. With your elbows slightly bent, pull the band overhead, crossing your torso until the handle reaches your knees. Slowly return to the starting position.
Keep it up for 8–10 reps.

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Repeat each circuit 2-3 times before moving on to the next one.

Circuit 1

Front Squat
10-15 reps

Bent-Over Row
10-15 reps

Standing abduction
10-15 reps

Circuit 2

Woodchopper
10-15 reps

Standing Biceps Curl
10-15 reps

Standing Leg Extension
10-15 reps

Circuit 3

Lying Pullover
10-15 reps

Pull-Apart
10-15 reps

Overhead Tricep Extension
10-15 reps

Today's

ACTIONS

are tomorrow's

RESULTS.