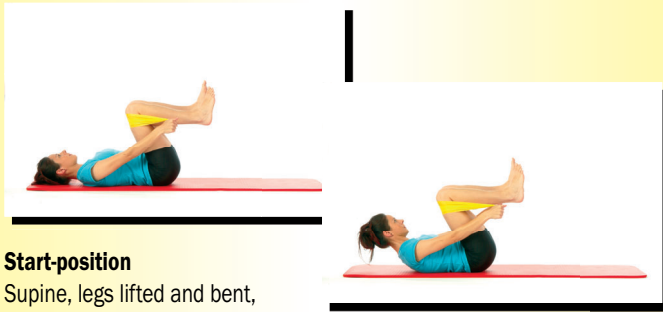


## ABDOMINAL SUPINE



### Start-position

Supine, legs lifted and bent, Band folded and placed just below the knees with arms almost extended.

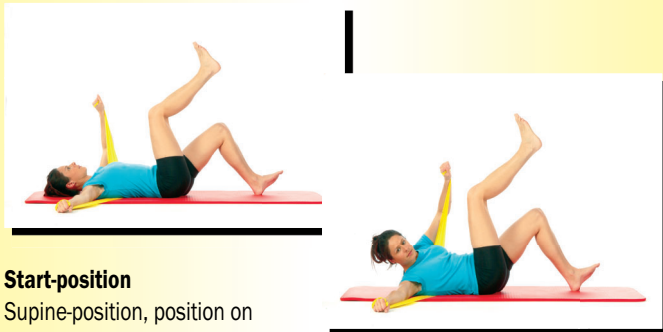
### Exercise

Lift upper body off the floor toward knees.

### Pay attention

Keep arms extended and don't lower all the way back down to the floor.

## ABDOMINAL SUPINE



### Start-position

Supine-position, position on mat with one leg bent the other one extended upwards. Both Hands holding the Band which is placed under your shoulders.

### Exercise

The lifted arm pulls diagonally to the upwards stretched leg against resistance of Band.

### Pay attention

Keep shoulders relaxed and down. Do not move your legs.

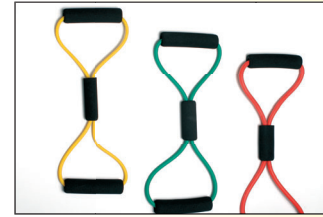
# Our range of products

## FITNESS-TUBE



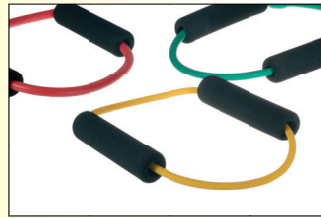
Level 1 - Yellow    Level 3 - Red  
Level 2 - Green    Level 4 - Blue

## FITNESS-TONER



Level 1 - Yellow    Level 3 - Red  
Level 2 - Green

## FITNESS-RING



Level 1 - Yellow    Level 3 - Red  
Level 2 - Green

## CUFF-TUBE



Level 1 - Green    Level 3 - Blue  
Level 2 - Red

## RUBBERBAND



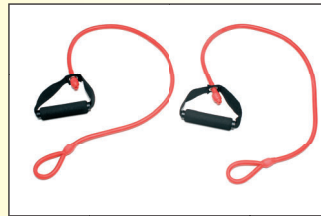
Level 1 - Yellow    Level 3 - Green  
Level 2 - Red

## PILATES-RING



Diameter 36cm, flexible plastic with inner-, and out foam-paddle;

## BOOTCAMP-EXPANDER



with feet-loop and Deluxe-handles, Set includes 2 pcs.

## BODYLASTICS®

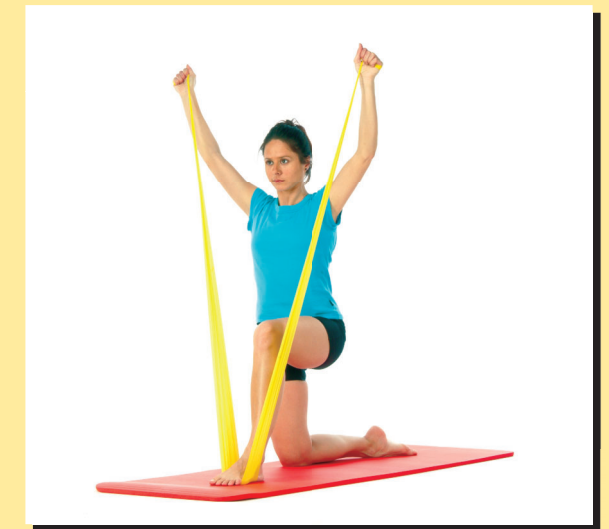


for personal-training, contains 4 Clip-Tubings, Level 1 - 4, Handles, door-anchor, ankle-strap, bag, leaflet



Training with the

# Fitness-Band



Your exercise manual

# The Fitness-Band - important informations

A daily exercise-workout of 10 – 15 minutes is the perfect way to stretch and strengthen your muscles.

## Some recommendations for usage of Fitness-Band:

- Use the Band for your workout while travelling or on vacation
- Use the Band during active breaks at school or in your job
- Use the Band to compensate general lack of moving
- Use the Band to stretch your short muscles

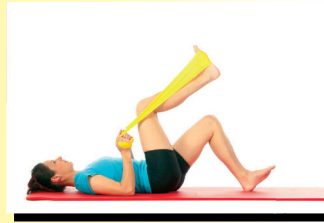
## Cross-Check before you can start :

- Check your Band prior starting your exercises for damages so as for kinks or tears
- Always warm up before beginning your exercises programm
- Keep the Band away from children, your exercise-band is not a toy

## Safety-instructios :

- Sprinkle the Band with babypowder or talc
- Keep the band away from sun, dust and heat
- Unknot after usage and take off the Clip
- Protect the Band from sharp objects like rings, watches, chains, etc.
- Store the Latexband on a dark and cold place

## QUADRICEPS AND CALF MUSCLES



### Start-position

Supine position on mat with one leg bent the other one extended on the floor. Place Band around foot of the bent leg.

Keep arms next to body while holding the Band in each hand.



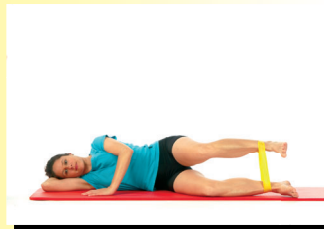
### Exercise

Extend the leg against the resistance of the Band.

### Pay attention

Keep the knee soft, don't extend it all the way.

## HIPS AND ABDOMINALS



### Start-position

Lay on side with knees bent. Use the Band around the ankles. (knot the Band or use Clip)



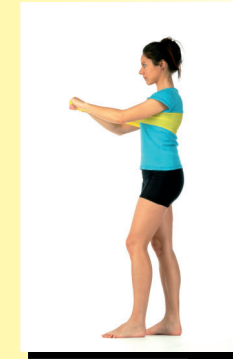
### Exercise

Lift the top leg against resistance of the Band.

### Pay attention

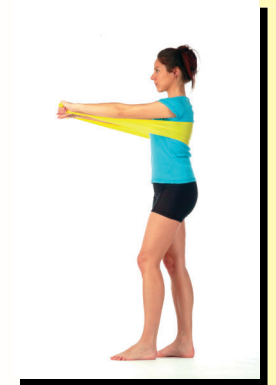
Keep the hips on top of each other, abdominals tight, and one leg above the other leg.

## CHEST & DELTOIDS



### Start-position

Put Band around back and wrap around each hand. Push both hands against resistance, chest high away from body.



### Exercise

Push both hands against resistance, chest high away from body.

### Pay attention

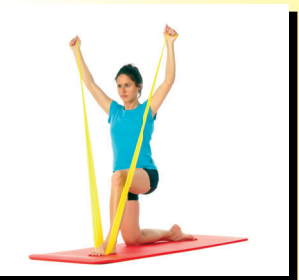
Keep elbows high at all times and back straight with abs contracted

## UPPER BACK AND DELTOIDS



### Start-position

One foot flat standing on the Band. Keep back straight and abdominals contracted.



### Exercise

Pull Band sideways up and bring it back

### Pay attention

Keep shoulders relaxed and down. Don't pull up higher than shoulders.