

MINI POWER LOOP USER GUIDE



FOR PEOPLE
WHO TAKE
FITNESS
SERIOUSLY

STUDIO FITNESS EQUIPMENT

IMPORTANT SAFETY ADVICE

Follow the Fitness-Mad safety guide to enjoy your resistance band safely.

WARNINGS:

- This resistance band is 100% latex, do not sure if allergic.
- Never pull the band towards or directly away from your face.
- Do not over stretch bands; never stretch the band more than 4 times its resting length.
- Wear trainers when exercising & do not exercise on rough surfaces as this may cause damage to the band.

BEFORE EXERCISING:

- We recommend you consult your Doctor before taking up a new exercise regime and that you warm your muscles up thoroughly before starting your Mini Power Loop training.
- Always check the band before using for nicks or tears and replace if there is any sign of damage. Do not use if there are any signs of damage.

SAFETY WHILST EXERCISING:

- Ensure the band is secured safely under the arch of your foot for any exercise required starting each exercise.
- If you have difficulty gripping the band, wind the band round your hand or buy some special resistance band handles or clips.
- When exercising stop immediately if you feel any chest pain, feel faint, dizzy or shortness of breath.

CARE & STORAGE:

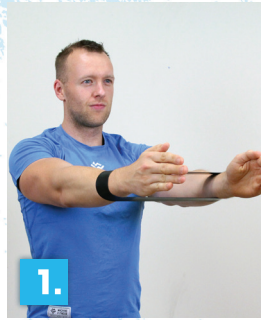
- The band may be washed with mild soap and water. Lie flat to dry.
- Keep band away from heat, sharp objects and prolonged exposure to water or direct sunlight.
- Keep bands out of children's reach.

Please note the exercises shown in this guide are for demonstration purposes only, and we do not provide information regarding reps as this depends on each users specific abilities.

SCAPULAR FLYES

Starting with the band around your forearms, just below the elbow joint, palms facing and arms straight out about shoulderwidth apart.

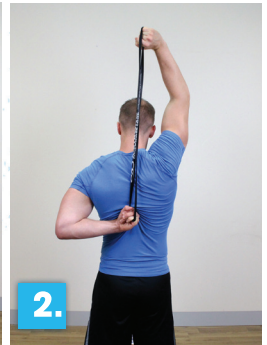
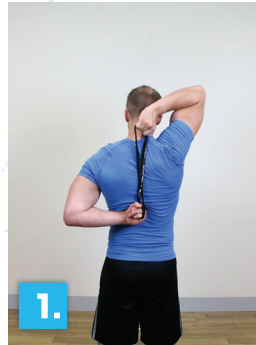
Hold the Power Resistance Loop in both hands with palms facing up. Pull your hands up towards your upper body slowly. Briefly hold at the top and then slowly lower your hands to the start position.



TRICEP EXTENSION - OVERHEAD

Stand with your feet about shoulder width apart and hold the band between both hands with the left arm in the middle of the back and the right arm about neck/shoulder height - this varies depending on shoulder flexibility.

Keep the left hand in position as you extend the right hand upwards, reach the right hand as far as you can, then return to the start position. Repeat on the other side.



TRICEP EXTENSION - CROSS CHEST

Loop the band around your left hand and place on the opposite shoulder. Hold the other end in the right hand, a bend in the elbow - approximately under your left arm, and just in front of the stomach.

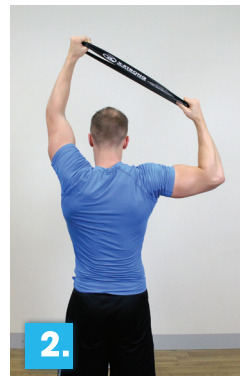
Pull the band with the right hand and extend down toward the floor, and then slowly return to the start position. Repeat on the opposite side.



LAT PULLDOWN

Stand with your feet about shoulder width apart and both arms above the head, holding the band between both hands.

Keeping the left arm straight, pull down with the right arm until the elbow reaches a 90 degree angle then return back to the start position. Ensure the core muscles are still engaged as you perform the exercise. Repeat on the otherside.



BICEP CURL

In a kneeling position, loop the band around your thigh.

Starting with your hand lowered, just above the thigh, and a 90 degree bend at the elbow, pull the Mini Power Loop upwards and toward the torso to perform a bicep curl. Try to keep the shoulder still, bend with the elbow and keep it in to the side of the torso while keeping the back straight (do not arch the back). Repeat on the other side.



SINGLE ARM ROW

Hook the loop around your left foot and hold with your right hand.

Ensuring your left knee is at a right angle (knee over ankle) and your right knee is under your hip with the right foot straight out behind. Lean the upper body slightly forward, keeping the neck long and engage your core abdominal muscles. Then, pull your right arm back until the elbow bends, keeping the shoulder down and bringing the hand toward the side of the waist. Your arm should stay tight into your torso. Repeat on the opposite side.



GLUTE BRIDGE

Lying on your back, with the knees bent, the band looped just above your knees. Keep length in the neck and place the arms along each side of your torso, palms pressing into the ground.

Drive the hips upwards and don't let the knees fall inwards. Press out on the band and keep the weight pushing down through your heels. Lift as high as you can and squeeze the glutes at the top of the movement. Return to start. Repeat on the other side.



SINGLE LEG GLUTE BRIDGE

****Please note - this is a more advanced version of the above.**

Lying on your back, with the knees bent, the band looped just above your knees. Keep length in the neck and place the arms along each side of your torso, palms pressing into the ground.

When you're in position, lift the whole of the left leg off the floor and straighten, keeping the knees in line with each other. Drive the hips upwards and don't let the straightened leg fall inwards. Press out on the band and keep the weight pushing down through your heel on the floor. Lift as high as you can and squeeze the glutes at the top of the movement. Return to start. Repeat on the other side.



PLANK KICKBACK

Lying on your back, with the knees bent, the band looped just above your knees. Keep length in the neck and place the arms along each side of your torso, palms pressing into the ground.

When you're in position, lift the whole of the left leg off the floor and straighten, keeping the knees in line with each other. Drive the hips upwards and don't let the straightened leg fall inwards. Press out on the band and keep the weight pushing down through your heel on the floor. Lift as high as you can and squeeze the glutes at the top of the movement. Return to start. Repeat on the other side.



SQUAT

Stand with your feet slightly wider than your hips, toes should be pointing slightly outwards (between 5-20 degrees).

Looking straight ahead, keep your gaze point fixed to the spot as you complete the movement. Arms can be across the body or straight out in front parallel to the ground (palms facing down) - whichever is more comfortable for you. Keep your spine in a neutral position, your bodyweight should be mainly in your heels & balls of the feet and keep your body 'tight' the whole time, e.g. everything engaged.

As you slowly lower into the squat, push the buttocks and the hips back as the knees begin to bend - keep the chest and gaze up and open - and ensure the knees remain in line with your feet. If you notice your knees are falling in, keep pushing the knees outwards as the additional resistance from the band may make them turn in.



CLAM

With the band just above the knees, lie on your side. Bend your knees, ensuring the top hip and top knee are in line with the lower.

Lift the top knee and keep the feet together, hold for a second at the top of the movement, then lower back down. Try to keep your body stable through the movement and don't rock backwards. Repeat on the opposite side.



LYING SIDE RAISE

With the band just above the ankles, lie on your side. Keep your legs straight, ensuring the top hip and top leg are in line with the lower.

Ensuring your feet are stacked, lift the top leg upwards, keeping it straight and the foot flexed, hold for a second at the top then return to the start position. Try to prevent moving forward or backwards through the movement. Repeat on the other side.



LATERAL SHUFFLE (SIDE STEPS)

Position the loop just above the knees or ankles. The lower the band is down the leg, the harder the movement will be.

With a light bend in the knees, feet about shoulder width apart and the spine in a neutral position, lift your right foot out to the side and step as far as you can. You can step out in one direction and then return, or you can step left to right to left and so on. Ensure you keep the band under a light tension at all times during the exercise and do not drag the foot back - keep the movement completely controlled.



MONSTER WALK

Position the loop just above the knees or ankles. The lower the band is down the leg, the harder the movement will be.

Start with a light bend in the knees, feet about shoulder width apart and the spine in a neutral position. Step forward as far as you can with one foot then step with your next foot and so on. You can step as far forward as you like and then reverse it (go backwards with care!). You can take huge steps or very small shuffling steps but again, ensure there is a light tension on the band during the movement. Keep the upper body/hips as still as possible to try to keep the right muscles working.



KICKBACK - STANDING

Standing in a neutral position with feet hip width apart and the band just above the ankles.

Place the hands on the hips and lift the right foot off of the floor and kick back with a straight leg. Avoid arching the back and try not to lean forward. Focus on squeezing the glute during the movement, hold at the top then return to neutral. Repeat on the opposite side.

Tip: you might find it easier with a wall or chair nearby to help aid balance.



ABDUCTOR LIFT - STANDING

Standing in a neutral position with feet hip width apart and the band just above the ankles.

Place the hands on the hips and lift the right foot off of the floor and lift the leg to the side (keeping it as straight as possible). Keep the foot parallel to the floor and opposite leg during the movement. Keep the core muscles engaged, avoid arching the back and try not to lean to the side. Focus on squeezing the glute during the movement, hold at the top then return to neutral. Repeat on the opposite side.

Tip: you might find it easier with a wall or chair nearby to help aid balance.

