

# Resistance Loop Bands Exercise Guide



**core**  
balance®

Find us on:



[corebalancefitness.co.uk](https://corebalancefitness.co.uk)

# Welcome

The purpose of this ebook is to provide you with exercises which you can perform with our Core Balance Resistance Bands.

Resistance Bands create tension when stretched to challenge your muscles, improve your flexibility and work your core.

Start by working out with a lighter band before progressing to a heavier band as your strength and fitness improves. Lighter bands are also better for building endurance whilst heavier bands are perfect for building power and strength.

Bands can also be anchored to supports or used with gym equipment to enhance exercises such as bench-presses and pull-ups. The following exercises demonstrate how you can use them without any additional equipment.

We hope that you find the information in this ebook useful and, along with your new Core Balance product, it helps you to unlock your fitness goals.

Whether you choose to exercise at home, the gym or when you are on your travels, our products and ebooks are designed to be portable so you can work out wherever life takes you.

Best wishes  
The Core Balance Team

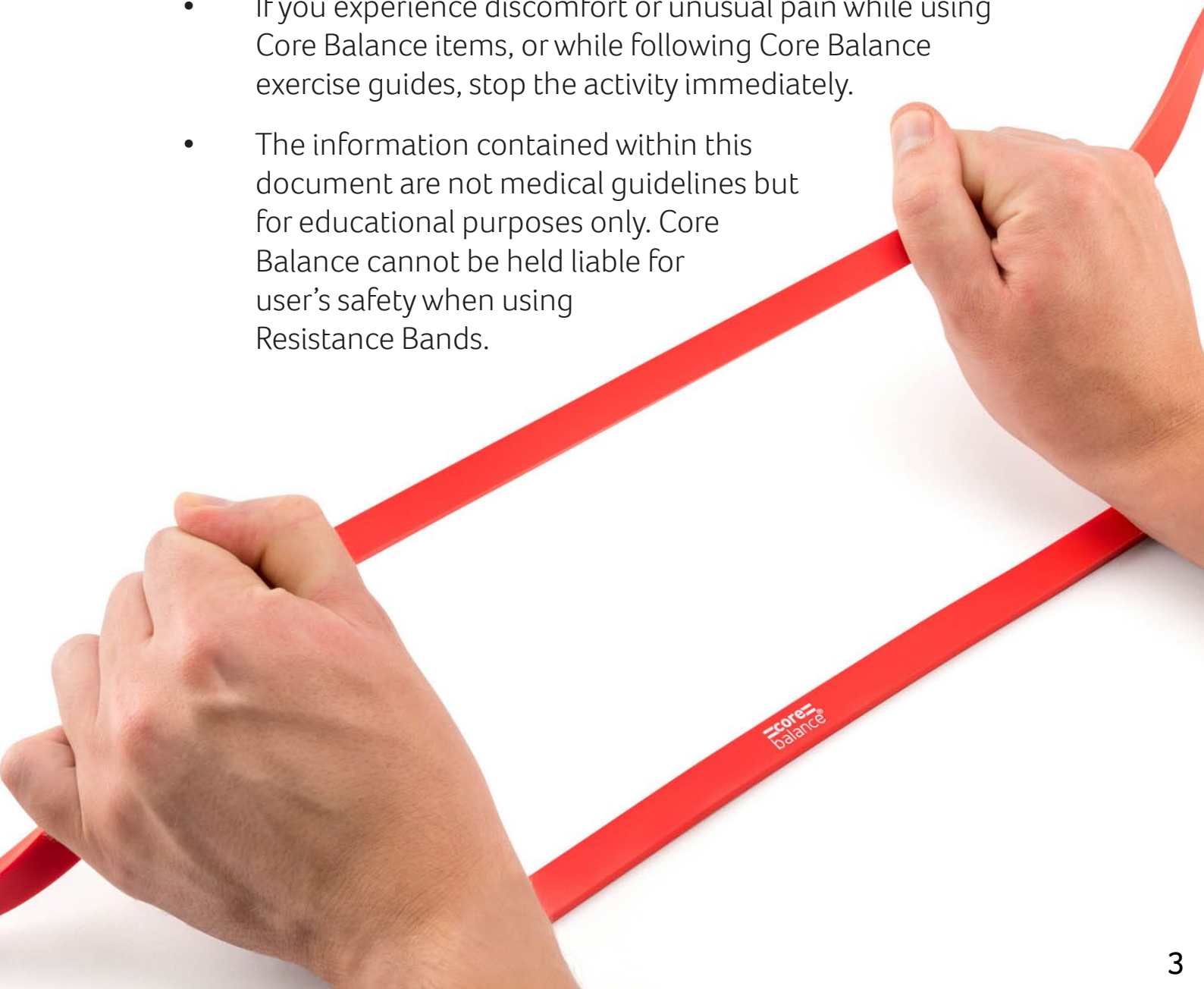


# Contents

- 3 Product Instructions
- 4 Product Safety
- 5 Exercises
- 6 Deadlifts
- 7 Chest Flyes
- 8 Resistance Band Row
- 9 Kickbacks
- 10 Bicep Curls
- 11 Push-ups
- 12 Band Pull Apart

# Please read these instructions prior to use.

- Resistance Bands are an exercise aid and must always be used with the correct technique.
- Always consult your doctor prior to commencing any new exercise programme.
- Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using Resistance Bands.



# Product Safety

- Before use, ensure that the Resistance Bands are in a safe operating condition. Inspect them for any signs of wear and tear. If damage is apparent, do not use the product.
- Do not use the bands on abrasive or jagged surfaces.
- Do not stretch to more than 3 times their original length.
- Never release a Resistance Band while it's under tension. This could cause the band to snap back toward you and cause you injury.
- Carefully return bands to their original length before releasing.
- Do not use soap or cleaning products to clean bands, as it may damage and/or weaken latex. Wipe them with a damp cloth to clean.
- Store in a cool, dry place away from moisture, heat and direct sunlight.

## **Safety Advice**

Before using your Resistance Bands, always do a short warm up, such as a brisk walk or stretches.

## **Latex Warning**

**Caution:** This product contains natural rubber latex which may cause allergic reactions.

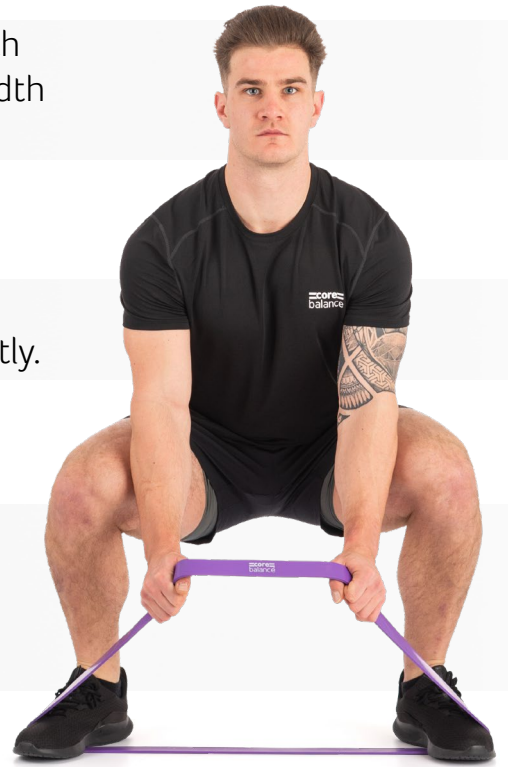
# Exercises



# Deadlifts

Perform deadlifts with a resistance band to strengthen your glutes, hams and lower back.

1. Stand on the middle of the loop band with your feet slightly wider than shoulder-width apart and your toes pointing forwards.
2. Loop each end of the band around your hands and clench your fists to grip it tightly.
3. Squat down by bending your knees slightly and driving your hips back. Ensure your spine is in a neutral position throughout.



4. Keeping a neutral spine, push your hips forward and straighten your knees, so you're standing straight, your arms are at your sides and the band is creating resistance.
5. Hold the position for 1-2 seconds, then return to the starting position.
6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

# Chest Flyes

Strengthen your shoulders and define your pecs with this upper-body resistance exercise.

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Loop the band around your hands, so the band is positioned behind your back.
3. Extend your arms out to your sides, so your body is forming a T-shape.



4. Squeeze your chest and bring your arms straight out in front of you, so your hands meet in the middle and the band is creating resistance.
5. Hold the position for 1-2 seconds, then release your arms back out to your sides.
6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.



# Resistance Band Row

Build all the major muscles in your back, including the trapezius and latissimus dorsi.



1. Start in a seated position with your legs extended in front of you and your knees slightly bent.

2. Place the resistance band around the arch of your feet and loop the band around your hands, gripping it firmly.



3. Sit up straight with your abdominals tight and your shoulders up, back and down.

4. Extend your arms straight in front of you with your palms facing each other.

5. Pull the loop band towards you, keeping your arms close to the sides of your body and your back straight. Stop pulling when your hands reach the sides of your body.



6. Hold the position for 1-2 seconds, before straightening your arms and returning to the starting position.

7. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

# Kickbacks

Work your hamstrings and tone your butt with resistance band kickbacks.

1. Place the resistance band around the arch of your left foot and loop the ends around each hand, gripping it firmly.

2. Kneel on all fours with your hands shoulder-width apart and your knees hip-width apart.



3. Brace your core and slowly kickback your right foot, squeezing your glutes, so your leg is straight and the band is creating resistance.



4. Hold for 1-2 seconds, before slowly returning your leg to its starting position.

5. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

6. Repeat the movement with your left leg for the same number of sets and reps.

# Bicep Curls

Resistance bands can be used instead of dumbbells for bicep curls. The added resistance is a great way to increase your stamina and energy, as well as build your bicep muscles.

1. Stand with your feet shoulder width apart and the band looped under the ball of each foot.
2. Grab the band with your right hand, keeping your elbow tucked into your side and your arm at a 45-degree angle.



3. In a slow and controlled movement, curl your arm upwards as close to your chest as you can, so it causes resistance in the band.
4. Slowly bring your arm back down to its starting position.
5. Do 2 to 3 sets of 10 reps, before repeating the exercise with your other arm.

# Press ups

Push ups are one of the most effective ways to build upper body strength and work your triceps, pecs and shoulders. Adding resistance challenges your muscles even further.

1. Loop the band around your hands, so the band is positioned behind your back and situated on your shoulders.
2. Place your hands on the mat so they're holding the band down and assume a press-up position.



3. Engage your core and keep your back straight. Lower your body until your elbows are at 90 degrees and your chest is almost touching the floor.
4. Slowly push your body back up, so it creates tension in the band, before lowering your body back down again.
5. Start with 5-10 reps, before progressing to 10-20 reps as your ability improves.



# Band Pull Apart

The band pull apart is a simple resistance band exercise for strengthening your upper back and shoulders. It's also great for combatting neck pain and improving your posture.

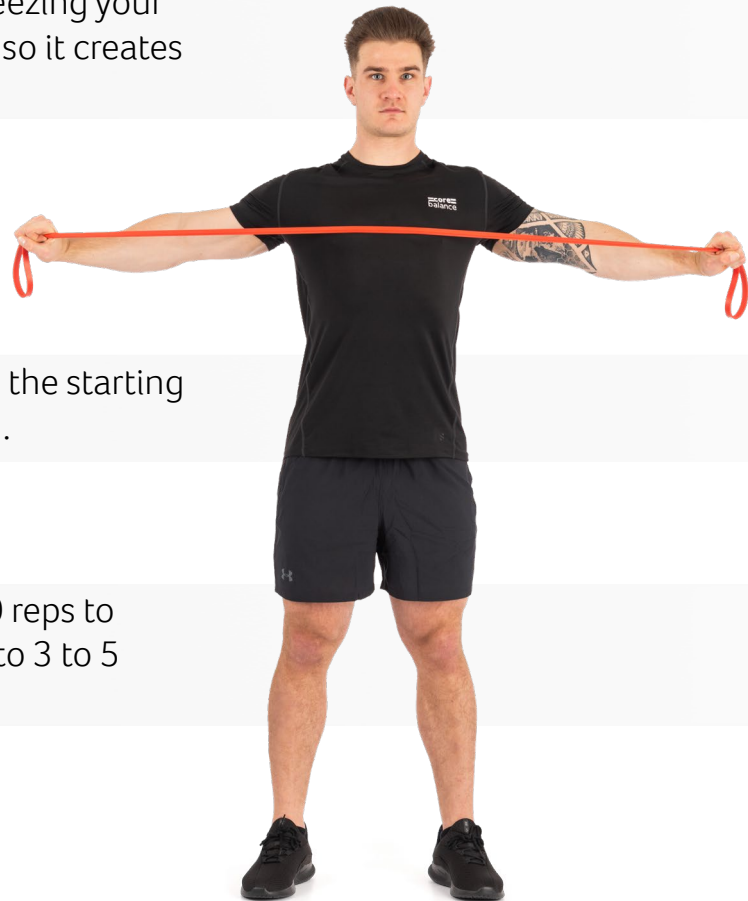
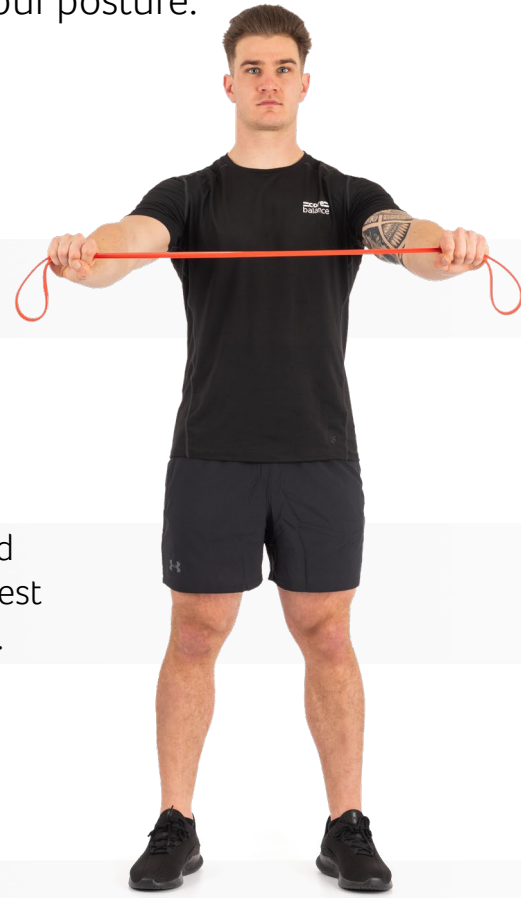
1. Stand up straight with your feet shoulder width apart.

2. Grab the resistance band at both ends and stretch your arms out in front of you at chest height, so they're parallel with each other.

3. Keeping your arms extended, slowly bring them out to the side, squeezing your shoulder blades together, so it creates tension in the band.

4. Slowly bring them back to the starting position, before repeating.

5. Start with 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.



Thank you for choosing

**core**  
balance®



Discover more of the Core Balance range at  
[www.corebalancefitness.co.uk](http://www.corebalancefitness.co.uk)