

A faint, light-colored illustration of a human arm and hand, showing the musculature of the forearm and hand, positioned behind the title text.

# **RESISTANCE BAND KIT QUICK GUIDE**

Thank you for your purchase of ODOLAND resistance band kit. Please refer to this quick guide before you use it. This kit is especially designed for body building, and it also aimed at providing people an easier way to keep fit and keep healthy.

## Components



## Level of Resistance Band

| COLOR               | STRENGTH    | ESTIMATED 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      |
| Red + Black         | Strong++    | 40-50 LBS      |
| Red + Black + Green | Strong+++   | 50-62 LBS      |

### Note

Mix and match your bands to create your own desired resistance. When using this production in exercise, the latex tube will be stretched 3 times longer or more, but do not over stretch it.



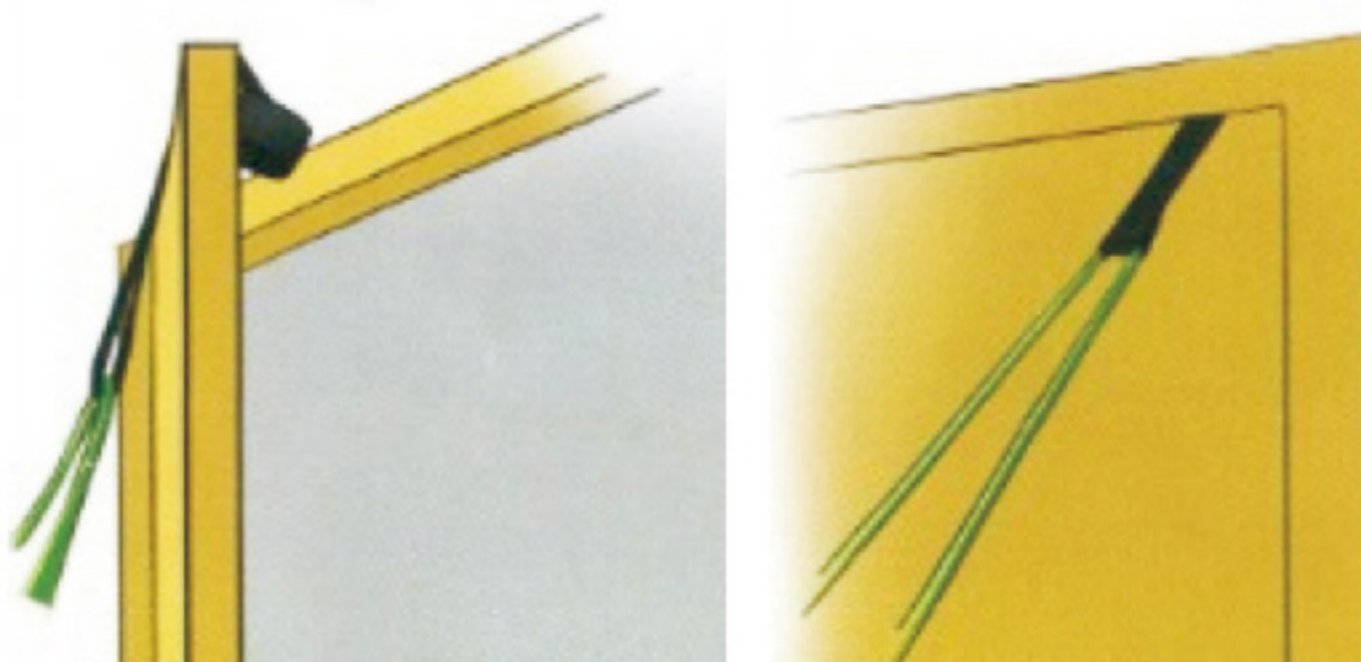
## ○ Get Started with the Parts

### 1. The Ankle Strap

Before using ankle strap, please make sure resistance band is secure for safety. Once safety secured, take and open ankle strap. Take open strap and wrap around upper ankle and secure with Velcro strip. Please pull on strap to make sure it is safety secure around the ankle. Once strap is secure around ankle, take resistance band and attach the clip to metal ring on ankle strap. Once attached, ankle strap is secured and ready for use.

### 2. The Door Anchor

- a. Open door.
- b. Insert the thick end of anchor through door on hinge side.
- c. Close and lock the door, leaving the thin open ended side of anchor hanging through the door at desired height.
- d. Pull on anchor to ensure that it is secure for safety.
- e. Slide the handle through the anchor opening.
- f. Start exercise.



## ○ Workout Instructions

- 1 Do not wrap bands around any part of your body including but to limited to neck, legs, wrists, or any other part of your body. This may result in serious injury or death.
- 2 Consult your physician before beginning any regular exercise.
- 3 Always examine your bands, door anchor, and ankle strap for any defects, cracks, cuts, tears, or imperfections before use. If there any imperfections, stop using immediately.
- 4 Do not use this product for any use than exercise.
- 5 Do not overstretch resistance bands.
- 6 Warm up before starting any exercise routine.

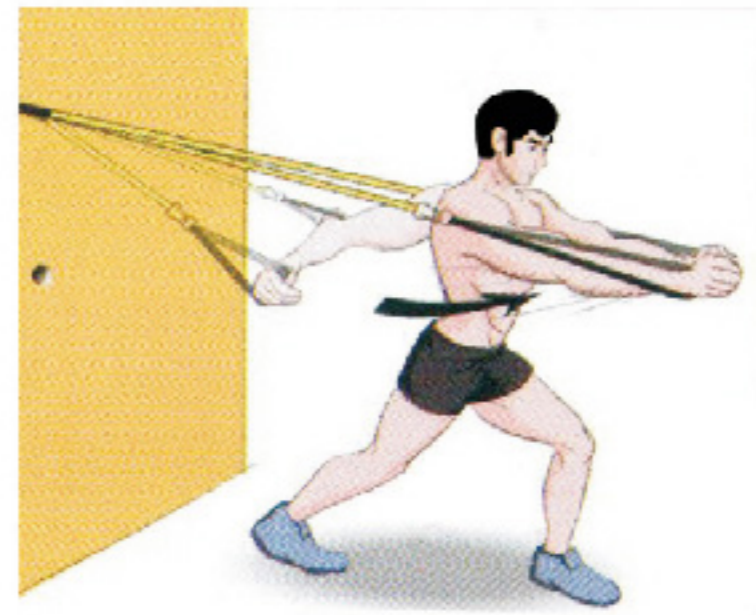


## Guides for Workout

### 1. Chest Press

Training points: straight arms, place one foot behind and bent the other foot, pull resistance cable from our back to the front.

Finish this training with the help pf chest and back strength.

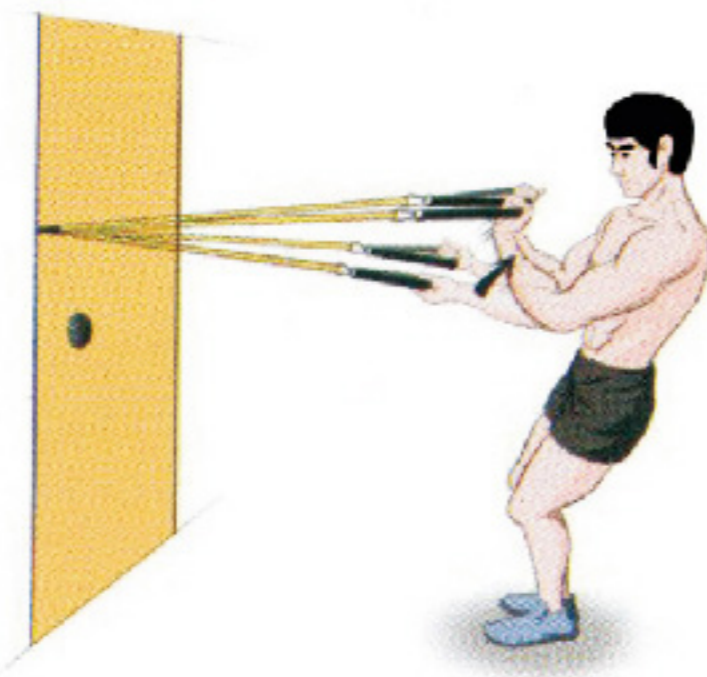


### 2. Triceps

Training points: straight arms, pull down with both hands to the back of your hip.

### 3. Biceps Curl

Training points: stand with legs shoulder with apart, and place one foot slightly behind body. Place resistance cable under front foot and hold handles at side of body. Bend arms in front of body and pull cable up to shoulder height.



### 4. Forearms

Training points: both hands are holding handle, pull the cable towards you one and the other. This training could also be used for wrist exercise.



### 5. Triceps Extension

Training points: sit down with body straight and tight, pull the cable forward. Return to start and repeat. This training is more suitable for ladies.

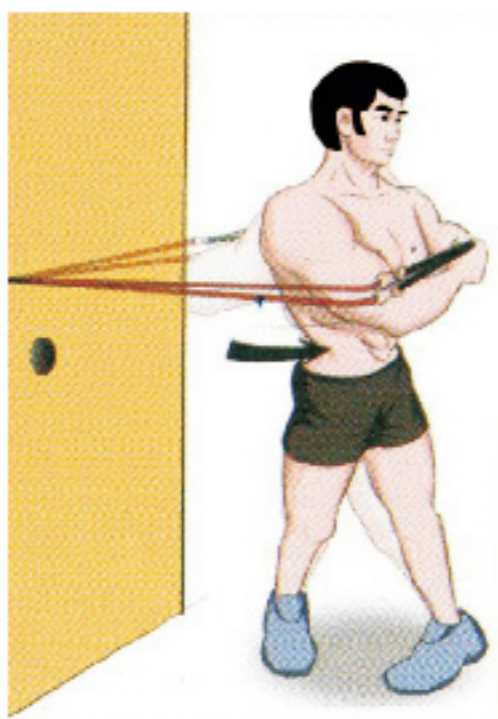


### 6. Trapezius Muscle

Training points: standing on the cord with both feet, grasp handles. Pull the cable to waist height. Return to starting position and repeat.

### 7. Stomach Curl

Training points: kneel down and stomach in, keep your shoulder and arms still, keep your shoulder and arms still, body moving up and down, just like the sit-ups.



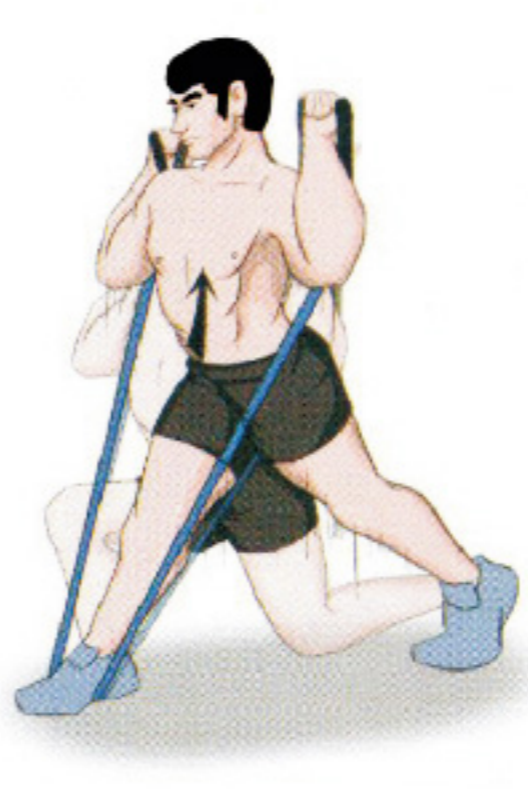
### 8. Stomach Twist

Training points: keep your body straight and tight, holding handles each hand, and twist waist and stomach.



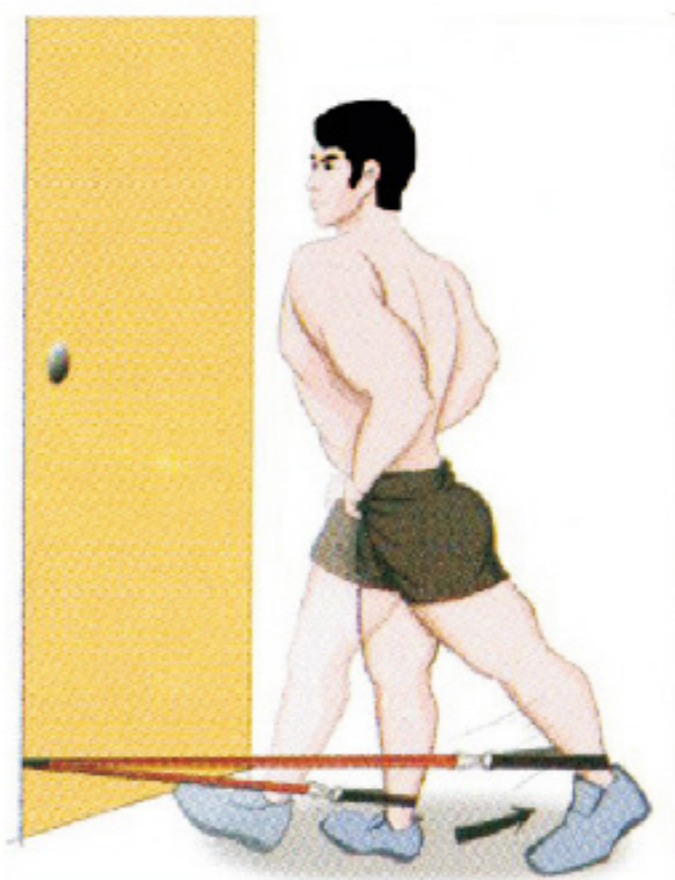
### 9. Leg Stretching (Squats & Lunges)

Training points: this training contains 2 parts. The first part, standing on the cord of the cable with both feet, grasps handles. Squat down and raise arms upwards. The second part, put one leg front and one back, the front feet step on the cord of the cable and do the bow step, grasps handles and pull to shoulder height. Return to starting position and repeat.



### 10. Deltoid Muscle

Training points: this training contains 2 parts. The first one, standing on the cord with both feet, grasps handles with arms placed at side of body. Lift arms up to shoulder height and away from sides of body keeping arms straight. The second one, standing on the cord with both feet, grasps handles. Lift up to the chest height.



### 11. Hips

Training points: place each leg inside each of the hoops of the resistance cable. Hands on hips, keep the body straight and tight, straight legs and back kick. And repeat.



## 12.Arms

Training points: with the band crossing your back and the ends under your hands, push up against the resistance of the band, and the slowly return to the starting position.



## ○ Preservation

**After used period of time, the surface of latex tube will become whitish or color fade. This is latex product' s nature character, and this should be a kind of very normal phenomenon. However, the whitish will not cause mush physical deterioration of the latex tube, please don' t worried and continue using the product. (Glaze silicone oil on surface of latex tube can reduce whitish.)**

- ① Kept in a well-closed, light-resistant, dry and cool place.
- ② Periodic review. Make sure all the tubes and fabric straps are undamaged, if there is any wear and tear, replace in time.
- ③ Stay clean. Clean resistance band after used. Keep resistance band away from ethyl alcohol, gasoline, kerosene, lacquer thinner, etc.
- ④ Do not expose the latex tube under the sunlight. Do not soak the latex tube in warm water.
- ⑤ Maximum extension: 6-8times longer. Normally 3 times longer is enough for the use of exercise.
- ⑥ Useful life: normally, personal useful life could be 6 months, commercial useful life lasts 3 months.



If you have any questions or more good ideas,  
please open the link ([www.iodoland.com](http://www.iodoland.com))  
or send emails to our customer service ([cs@iodoland.com](mailto:cs@iodoland.com)).

