



# Exercise Bands Kit Quick Guide

**SP0330**

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

# Components



# Level of Exercise Band

COLOR	LENGTH	ESTIMATED LBS
Blue	78.7"/200cm	25 LBS
Green	78.7"/200cm	15 LBS
Yellow	78.7"/200cm	5 LBS
Black	20"/50cm	20 LBS
Red	20"/50cm	10 LBS

**Note:**

**Mix and match your bands to create your own desired resistance. When using this production in exercise, the bands will be stretched 2 times longer or more, but do not over stretch it.**

**Five Combination for Workout**

**1 Bands Only**



**2 Bands + Door Anchor**



### 3 Bands + Handles



### 4 Bands + Door Anchor + Handles



## 5 Loop Bands



### How to Grab The Bands

#### 1 Twining

Twine the two ends of bands around your hands and hold tightly. It's perfect for girls with long nails.



## **2** Grab with Four Fingers

Hold the two ends of bands with your fingers except thumb.



## **3** Grab with Five Fingers

Hold the two ends of bands with your fingers. It's perfect for shoulder activities.



## Get Started with the Parts

### 1 The Handles

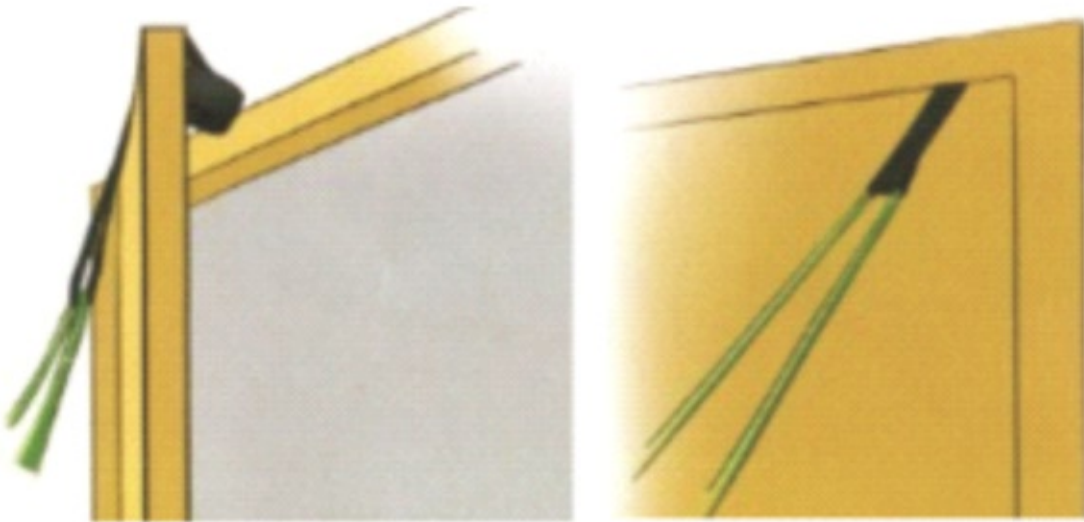
Before using handles, please make sure exercise band is secure for safety. Once safety secured, tie the exercise bands to the handles showed as pictures.



## 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.

**Note : Please make sure your door is steady enough.**





## **Workout Instructions**

- A.** Do not wrap bands around any part of your body especially your neck, legs and wrists. This may result in serious injury or death.
- B.** Consult your physician before beginning any regular exercise.
- C.** Before use, always examine your bands, door anchor, and handles to avoid any defects, cracks, cuts, tears, or imperfections. If there are any imperfections, stop using immediately.
- D.** Do not use this product for any use other than exercise.
- E.** Do not overstretch exercise bands.
- E.** Warm up before starting any exercise routine.

## Long Bands Only – Body Shaping

### ○ Part1. For Girl

#### 1 Left / Right Leg Standing Kick Back

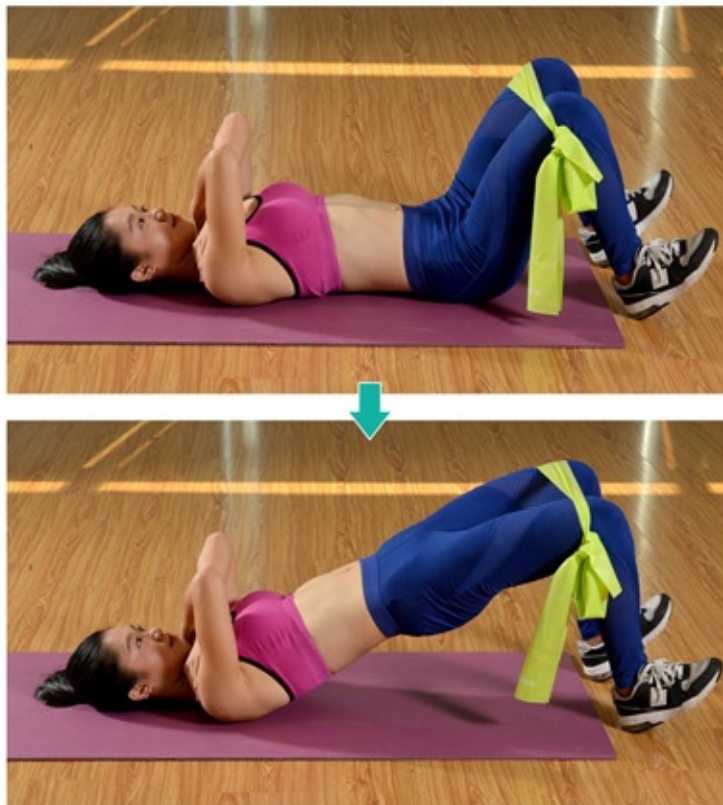
- A. Hold the band at chest height, and keep upper body straight.
- B. Exhale and kick left leg backwards to 45 degrees, with your waist remains and your butt contracting.
- C. Inhale and return to starting position.
- D. Repeat for 12 reps then do the right leg.



## 2 Hip Bridges

- A. Tie a band around your knees.
- B. Lying on your back, bend knees to 90 degrees and lift up your toes.
- C. Exhale and rise up from the floor with your hips until your shoulders, hips and knees align, forcing both knees and toes outwards.
- D. Inhale and return to starting position.
- E. Do 3 groups, each group for 15 reps.

**Note : Always keep your abdominal curl. Contract your glutes through the entire movement.**



## 3 Squat

- A. Tie a band around your knees. Stand apart your feet at shoulder width. Keep your hands parallel to the ground.
- B. Inhale and sit straight downward pressing knees out over your toes, feeling your butt contracting.
- C. Exhale and return to starting position.
- D. Repeat for 3 groups, each group of 15 reps.



## 4 Shoulder & Butt Raise

- A. Put the band under your mid-back and hold the band with four fingers. Raise your legs to 90 degrees with your butt away from ground.
- B. Exhale and raise up your shoulders, try to reach hands to legs, curl your abdominal and get contracting.
- C. Inhale and return to starting position.
- D. Repeat for 20 reps.

**Note : The shorter the band you grab and the shorter the distance between your hands and feet, the stronger you will feel your abdominal contracting.**



## 5X -Walk

- A. Cross the band in front of you and grab it in both hands at sides and keep your feet hip distance apart.
- B. Bent your knees slightly, step your feet leftward to left side. Then step back rightward to right side, feeling your butt contracting.
- C. Repeat for 3 groups, each group for 30 times.



## Part 2: For Boy

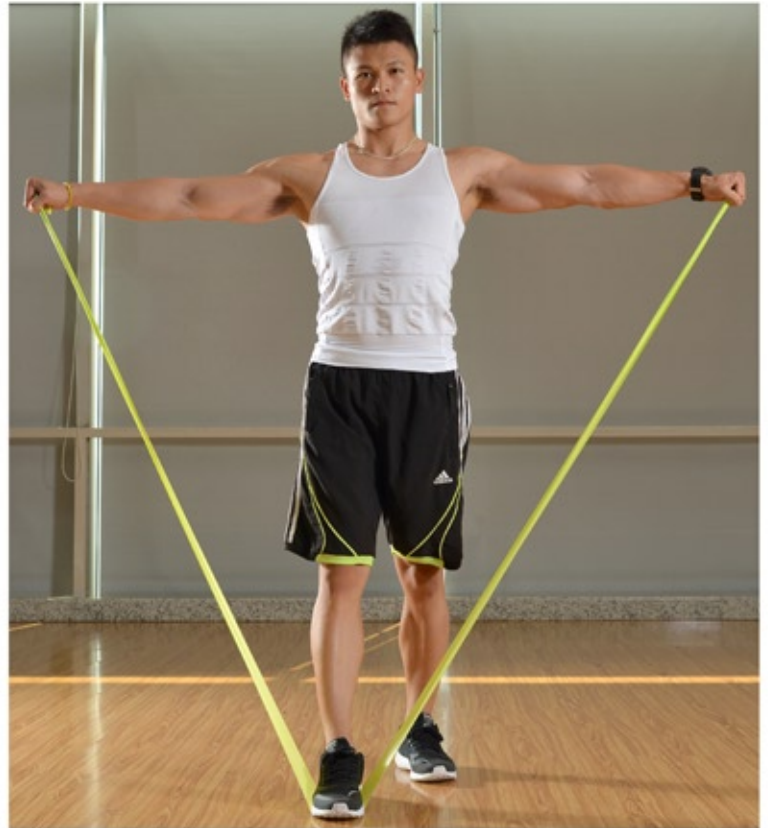
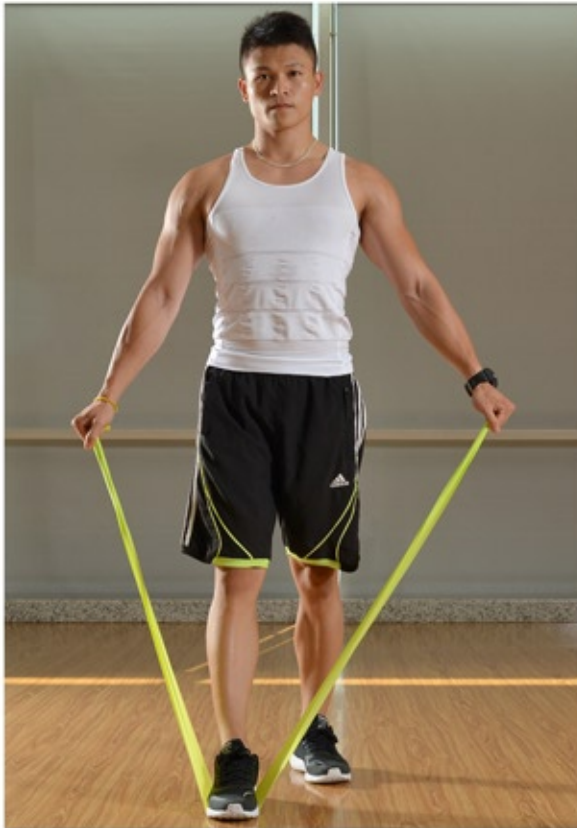
### 1 Clasp Hands Raise

- A. Place the band under one of your feet. Clasp both hands and grab the band at your lower-chest height.
- B. Exhale and raise both hands up to 45 degrees, feeling your front shoulder and upper chest contracting.
- C. Inhale and return to starting position.
- D. Repeat 3 groups, each group for 12 reps.



## 2 Side Raise

- A. Place the band under your foot, step another foot behind and keep back straight. Grab the band in both hands.
- B. Exhale and slowly raise your hands outwards at shoulder height, keeping your elbows and shoulders at one line. You will feel your shoulders contracting.
- C. Inhale and slowly return to starting position.
- D. Repeat for 3 groups, each group for 10 times.

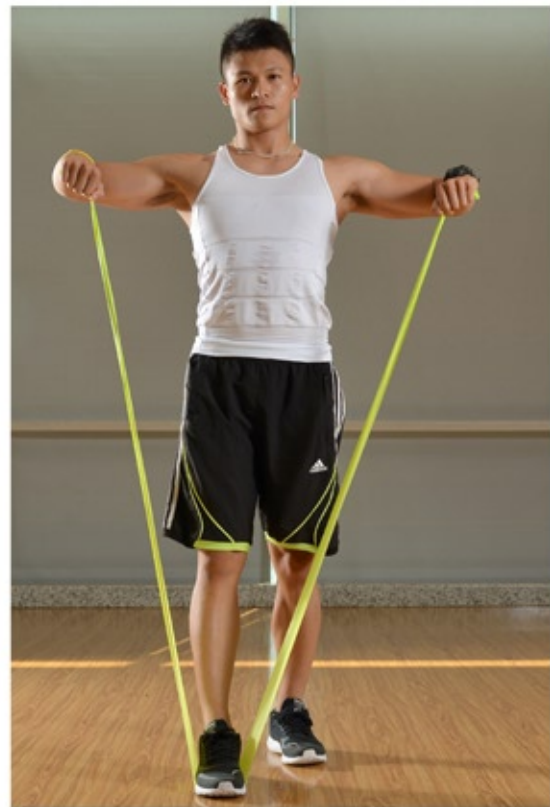




## 3 Front & Side Raise

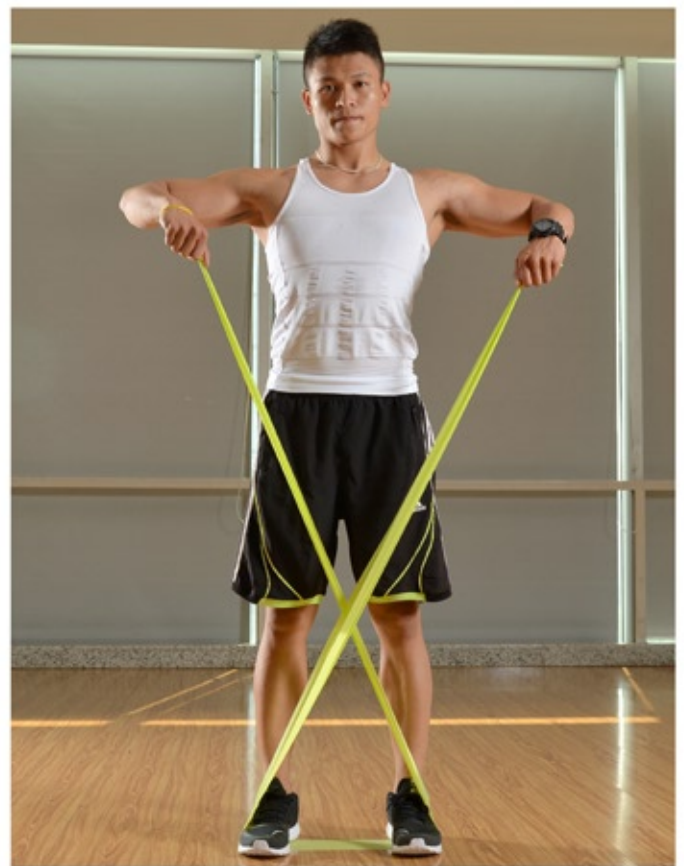
- A. Place the band under your foot and another foot step behind. Hold the band and up at shoulder height. Keep your hands straight toward the front and parallel to ground.
- B. Exhale and force your hands backwards, making shoulder contracting.
- C. Inhale and return to starting position.
- D. Repeat 3 groups, each group for 24 reps.

**Note : Don't shrug.**



## 4 Pull & Raise

- A. Cross the band in front of you and grab it in four fingers, keeping your feet hip distance apart.
- B. Exhale, raise and extend your hands at shoulder height. You can feel your shoulders contracting inwards or backwards.
- C. Inhale and return to starting position.
- D. Repeat 3 groups, each group for 12 reps.



## 5 Shoulder & Butt Raise

- A. Put the band under mid-back and hold the band with four fingers. Raise your legs to 90 degrees with your butt away from ground.
- B. Exhale and raise up your shoulders, try to reach hands to legs, curl your abdominal and get contracting.
- C. Inhale and return to starting position.
- D. Repeat for 20 reps.

**Note : The shorter the band you grab and the shorter the distance between your hands and feet, the stronger you will feel your abdominal contracting.**



## ○ Long Bands + Door Anchor (+Handles) - Back Shaping

### 1 Narrow Boating

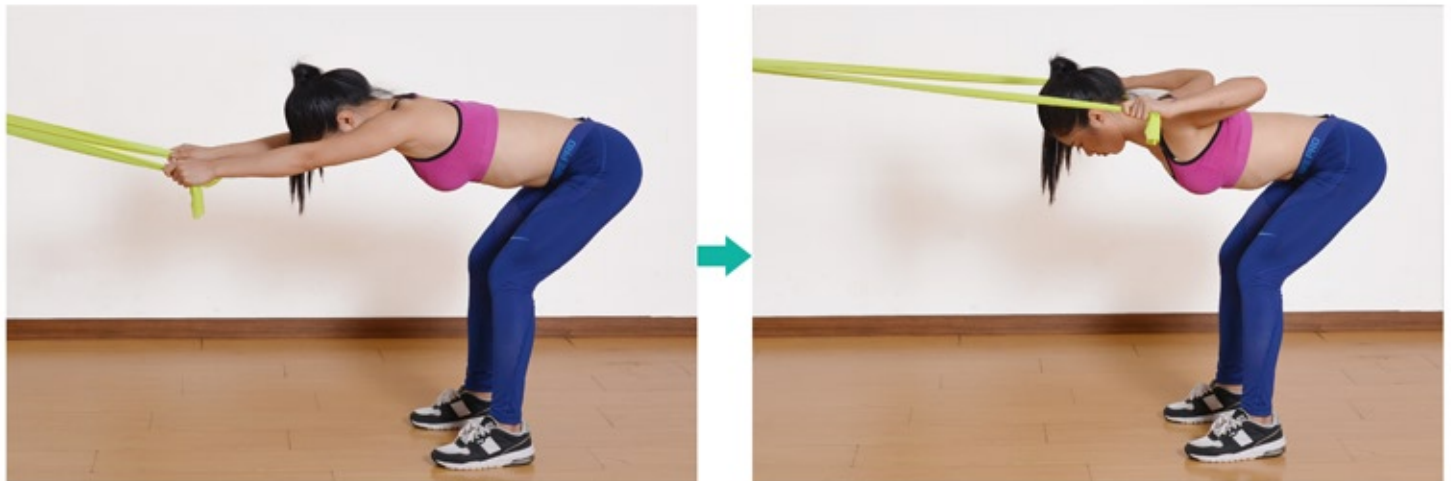
- A. Fix the band at abdominal height with palms toward the inner. Back straight.
- B. Exhale and pull the band backward with elbows and shoulders clamped, feeling the middle of your back contracting.
- C. Inhale and return to starting position.
- D. Repeat 2 groups, each group for 15 reps.



## 2 Bent & Pull Backward

- A. Fix the band at abdominal height with feet apart at your shoulder width. Keep back straight and bent to 90 degrees. Hold the band with your hands paralleled to ground.
- B. Exhale and pull the band backward, forcing your shoulders downwards.
- C. Inhale and return to the starting position.
- D. Repeat 2 groups, each group for 12 reps.

**Note : Don't shrug.**



### 3 Boating

- A. Fix the band at your head height and keep your feet apart at your shoulder width.
- B. Hold the band in both hands. Back straight.
- C. Exhale and pull the band backward, feeling your back muscles contracting.
- D. Inhale and slowly return to starting position.
- E. Repeat 2 groups, each group for 12 reps.

**Note : Always keep your hands parallel to ground and move forward or backward.**



## 4 Single Arm Boating

- A. Fix the band at shank height. Keep the band and arms at 90 degrees to your upper body, shoulders frontwards.
- B. Hold the handle in left (right) hand, with right hand on your right leg. Now the center of gravity is on your right (left) leg.
- C. Exhale and pull the band backwards, clamp your chest and with palms upwards.
- D. Inhale and return to starting position then switch leg.
- E. Repeat 3 groups, each group for 12 reps.



## ○ Bands + Handles-- Arm Shaping

### 1 Static Lunge Raise

- A. Stand a lunge with your left leg in the front. Place the band under your right leg.
- B. Keep your upper body straight and bend your elbows to 90 degrees, with your arms at sides of your body.
- C. Hold for 30 seconds, feeling your forearms contracting.
- D. Repeat 2 groups, each group for 30 seconds.





## 2 Lunge Raise

- A. Stand a lunge with your left leg in the front. Place the band under your right leg.
- B. Keep your upper body straight and hold the bands.
- C. Exhale and pull up your arms at your chest height to 45 degrees, forcing your forearm contracting.
- D. Inhale and return to starting position.
- E. Repeat 3 groups, each group for 15 reps.



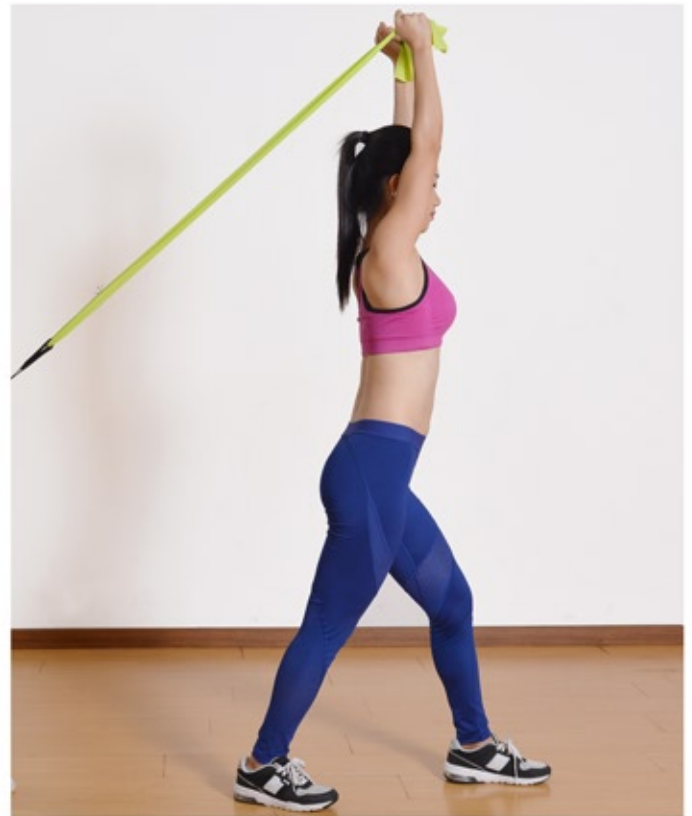
### 3 Advanced Lunge Raise

- A. Stand a lunge with your left leg in the front. Place the band under your right leg.
- B. Keep your upper body straight and hold the hands.
- C. Exhale and pull up your arms at your chest height to 45 degrees, forcing your forearm and biceps contracting.
- D. Pull up again, and feel the contraction of forearms and biceps.
- E. Inhale and return to starting position.
- F. Repeat 2 groups, each group for 10 reps.



## 4 Back Neck Pulling

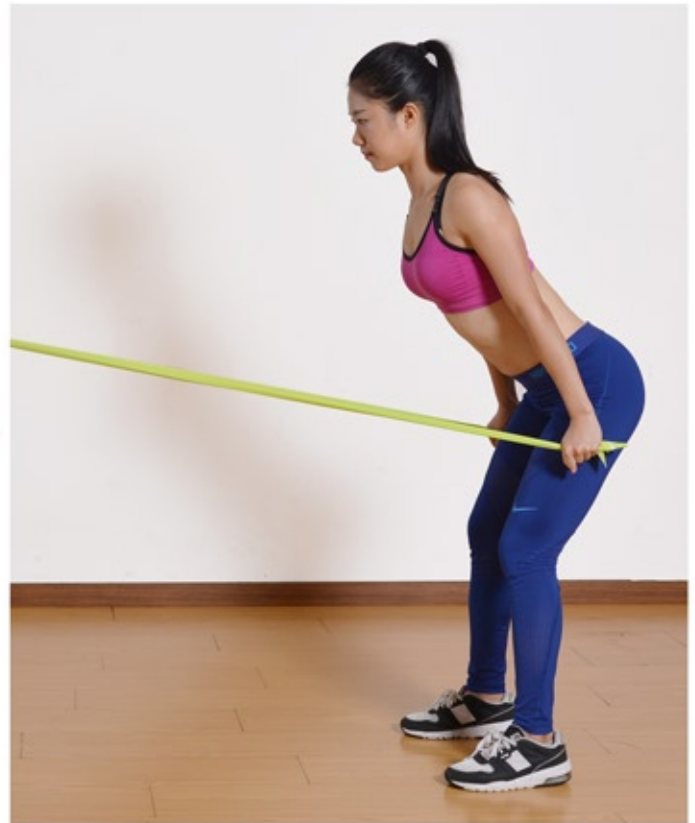
- A. Fix the band at your abdominal height, hold the band at the back of your head with elbows facing toward the front. Stand with one foot in the front.
- B. Exhale, then fully extend your arms upwards and keep elbows straight.
- C. Inhale and return to starting position.
- D. Repeat for 3 groups, each group for 10 reps.



## 5 Arm Extending

- A. Fix the band at your abdominal height. Stoop at 70 degrees to ground, clamp arms and shoulders to your body.
- B. Exhale and extend your arms straight and force backwards to your hip. Hold for 1 second.
- C. Inhale and return to starting position.
- D. Repeat for 3 groups, each group for 12 reps.

**Note : Always keep your back and shoulders straight.**





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