



Resistance Bands Workout Guide

SP0332

Thank you for your purchase of ODOLAND resistance 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.

Level of Resistance Band

COLOR	LENGTH	WIDTH	ESTIMATED LBS
Yellow	82"/208cm	2.5"/6.4mm	5 - 15 LBS
Red	82"/208cm	5.1"/13mm	15 - 35 LBS
Black	82"/208cm	8.2"/22mm	30 - 60 LBS
Purple	82"/208cm	12.6"/32mm	40 - 80 LBS
Green	82"/208cm	17.7"/45mm	50 - 125 LBS

Get Started with the Parts

1 The Handles

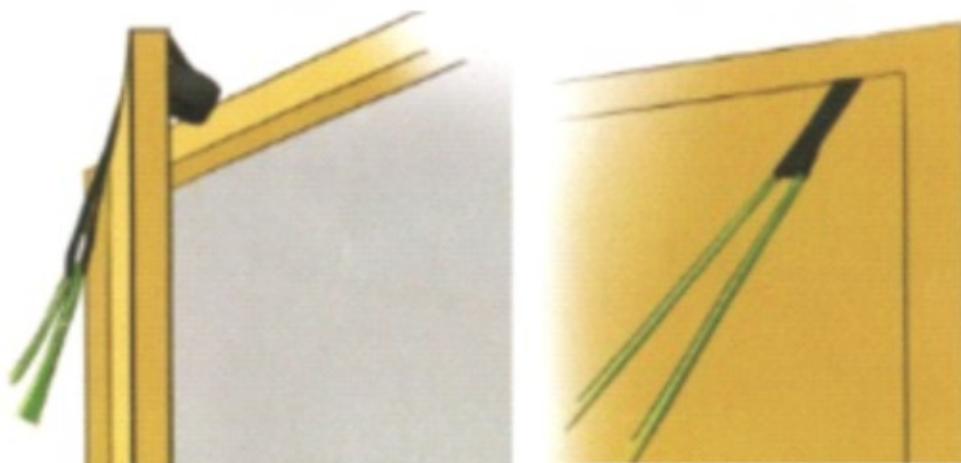
Before using handles, please make sure exercise band is secure for safety. Once safety secured, tie the exercise bands to the handles showed as pictures.



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.



GYM Assist Workout--Strength Training

Part1: Pull Up

As you get stronger pull ups, you need less resistance. So begin with purple or green ones for great assistance. But with red one for less resistance as you get stronger.

1 Standing Pull Up

- A. Attach the band on the bar above your head.
- B. Pull down the band and place it under one foot. Place another foot in the front. Back straight.
- C. Exhale and lift your torso up until your upper chest reaches the bar, meanwhile force your shoulder and upper arms downwards and backwards.
- D. Inhale and slowly lower your torso back to starting position.
- E. Repeat for desired number of reps.



2 Kneeing Pull Up

- A.** Attach the band on the bar above your head.
- B.** Pull down the band and place it under your shank. Then place another foot on the shank. Back straight.
- C.** Exhale and lift your torso up until your chest reaches the bar, meanwhile force your shoulder and upper arms downwards and backwards.
- D.** Inhale and slowly lower your torso back to the starting position.
- E.** Repeat for desired number of reps.



Part2: Push Up

1 Normal Push Up

- A. Attach the band at your head height. Place the band on the hip, lay on the ground, face down and place your hands apart about shoulder width. Back straight and abs contracted.
- B. Inhale and lower your body down until your chest almost touches the ground.
- C. Exhale and return upper body to the starting position.
- D. Repeat for desired number of reps.

Note: Based on normal push up, you can add some difficulties to your push up. Like plank push up, holding push up, walking push up and single-arm push up.



2 Upper Body Push Up

- A. Attach the band at your head height. Place the band across your shoulder and armpit but not to twine your neck. Lay on the ground, face down and place your hands apart at shoulder width. Keep back straight and abs contracted.
- B. Inhale and lower your body down until your chest almost touches the ground.
- C. Exhale and return upper body back to starting position.
- D. Repeat for desired number of reps.



3 Wick Side Push Up

- A. Attach the band at your head height. Place the band on the side shoulder. Lay on the ground, face down and place your hands apart at your shoulder width. Back straight and abs contracted.
- B. Inhale and lower your body until your chest almost touches the ground.
- C. Exhale and return upper body back to the starting position.
- D. Repeat for desired number of reps.

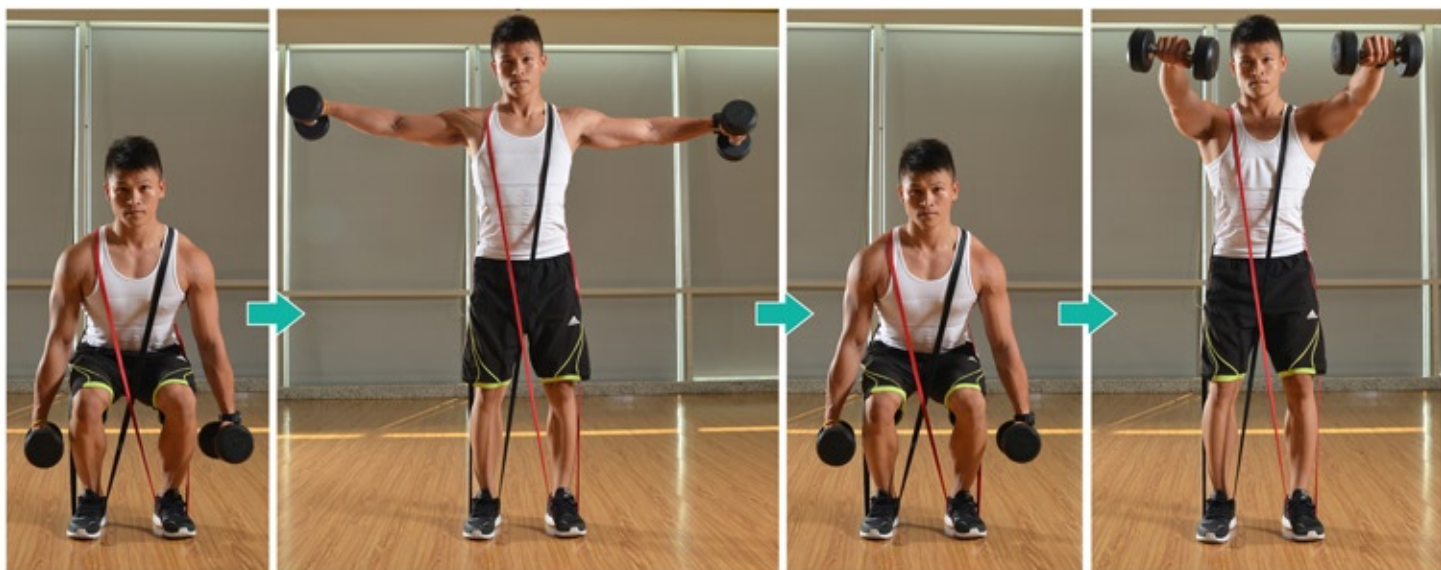


Part3: Dumbbell Assistance

For your best training, choose the minimum resistance bands and dumbbell at the beginning.

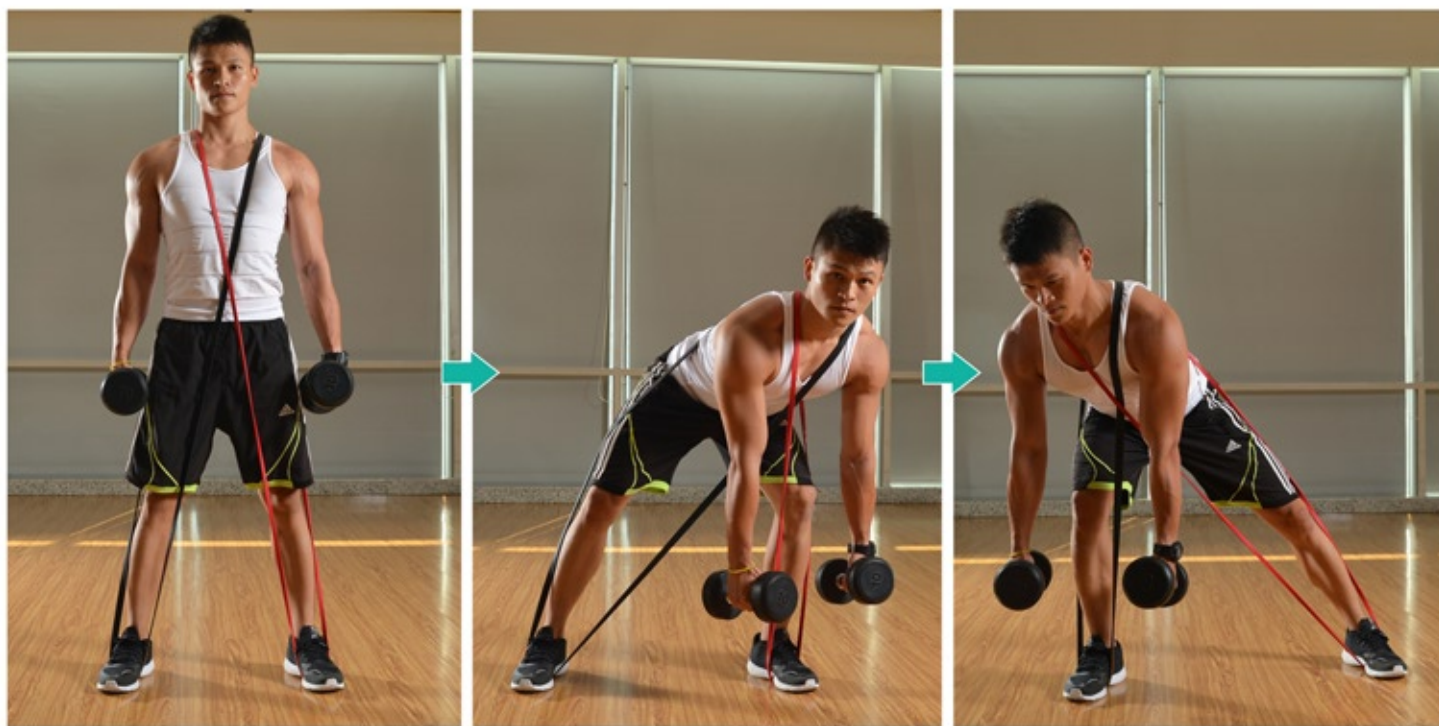
1 Side Raise & Front Raise

- A. Place two bands cross your shoulder and feet. Stand feet apart at your shoulder width, back straight. Grab the dumbbell and place hands at sides.
- B. Inhale and crouch. Exhale, stand up and raise your arms from your sides up to your shoulder height, making hands straight and paralleled to ground.
- C. Inhale and crouch. Exhale, stand up and raise your arms toward the front up to your shoulder height, making hands paralleled to ground.
- D. Do 1 rep for 30s.



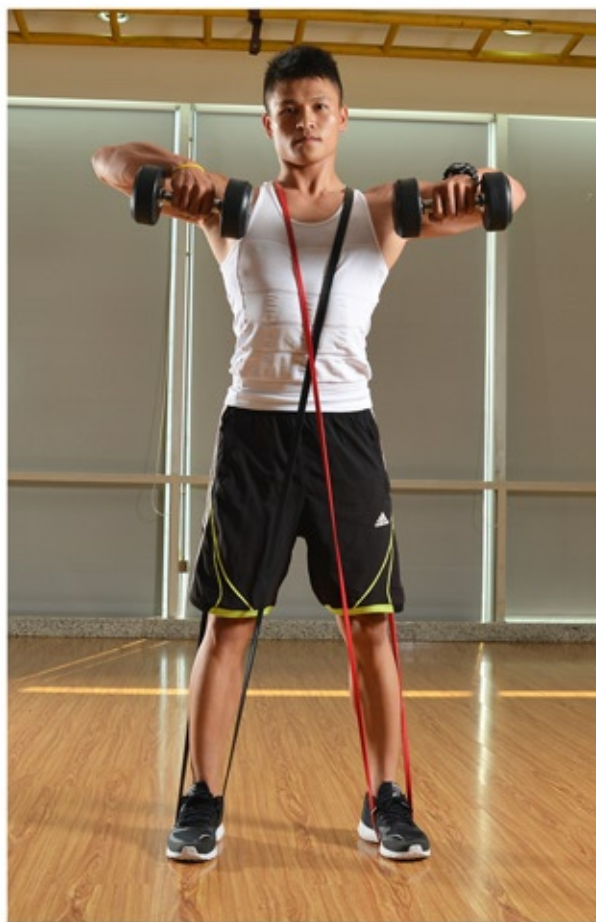
2 Side Press

- A. Place two bands cross your shoulder and feet, stand feet apart at your shoulder width. Grab dumbbell and place hands at sides.
- B. Inhale, step left foot to the left for a small step and reach the dumbbell to your left feet, keeping your hands vertical to ground. Exhale, stand up and return to starting position.
- C. Inhale, step right foot to the right for a small step and reach the dumbbell to your right feet, keeping your hands vertical to ground. Exhale, stand up and return to starting position.
- D. Do 1 rep for 30 s.



3 Up Raise

- A. Place two bands cross your shoulder and feet, stand feet apart at your shoulder width. Grab the dumbbell, making it beneath your chest and paralleled to ground.
- B. Inhale and stand up. Raise your arms up to your shoulder height with elbows bent. Exhale and return to starting position.
- C. Do 1 rep for 30 s.



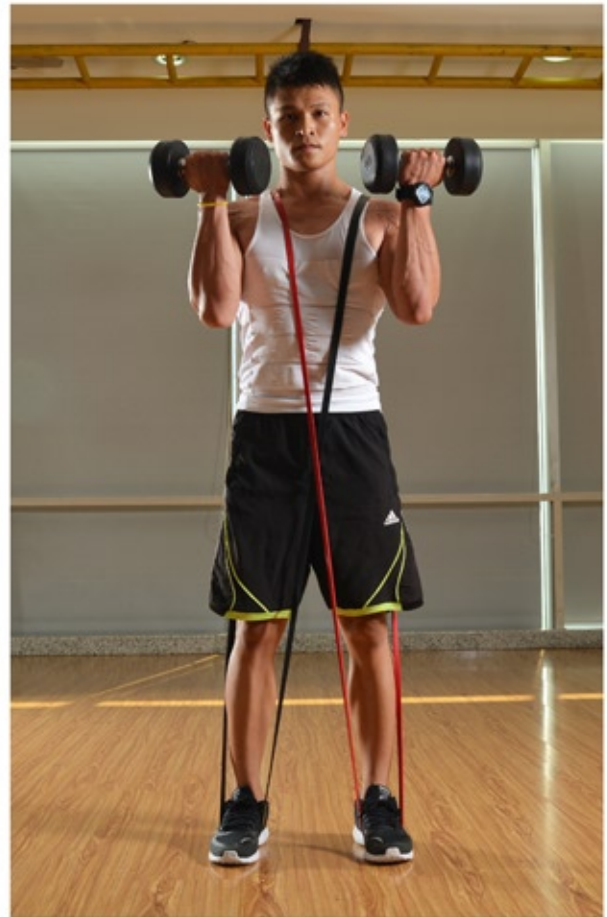
4 Squat

- A. Place two bands cross your shoulder and feet, stand feet apart at shoulder width. Raise the dumbbell to your back neck.
- B. Inhale and crouch, keep back straight. Exhale and return to starting position.
- C. Do 1 rep for 30 s.



5 Up Raise

- A.** Place two bands cross your shoulder and feet, stand feet apart at your shoulder width. Stoop and grab dumbbell at sides.
- B.** Exhale and stand up. Raise the dumbbell up to your shoulder height, with your elbows bent. Inhale and return to starting position.
- C.** Do 1 rep for 30 s.



Part4: Barbell Assistance

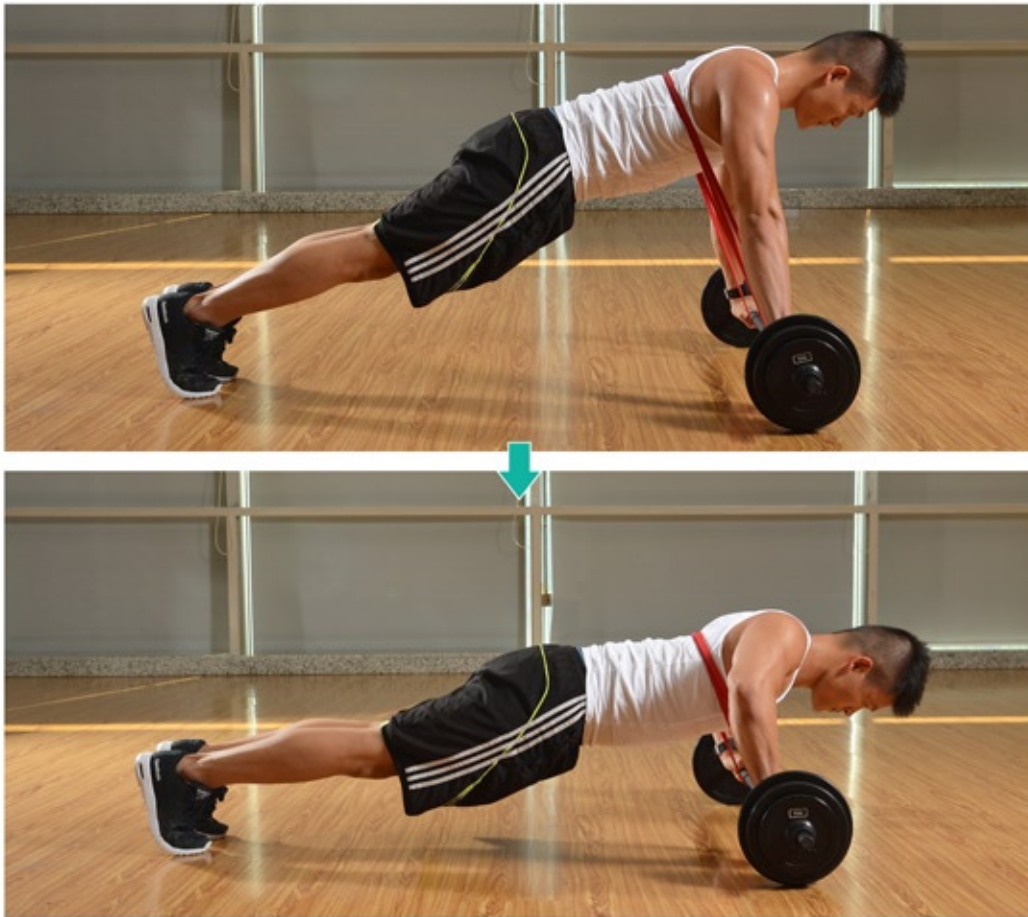
1 Dead lift

- A. Attach one band on the barbell, step on the band and stand feet apart at your shoulder width. Bend your knees, grab the barbell in hands and keep back straight.
- B. Exhale, keep waist straight and force backwards. Raise the barbell up to your hip height. Inhale and return to starting position.
- C. Do 1 rep for 40 s.



2Resistance Pushup

- A.** Place the band on the back, face down, grab the band and hold the barbell. Keep back straight and abs contracted.
- B.** Inhale and lower your body down until your chest almost touches the barbell.
- C.** Exhale and return upper body back to starting position.
- D.** Do 1 rep for 40s.



3 Straight Leg Dead lift

- A. Attach one band on the barbell, stand feet apart at your shoulder width and step on the band. Stand straight, grab the barbell and keep back straight.
- B. Exhale, keep back straight and force backwards. Raise the barbell up to your hip height. Inhale and return to starting position.
- C. Do 1 rep for 40 s.



4 Seated Row

- A.** Attach one band on the barbell, kick the barbell and keep feet apart at your shoulder width. Grab the band in hands, keep feet straight and back straight.
- B.** Exhale, keep your arms at your body side and pull backward. Inhale and return to starting position.
- C.** Do 1 rep for 40 s.



5MT Climber

- A.** Place the band on the back, face down. Grab the band and hold the barbell. Back straight and abs contracted.
- B.** Exhale and bent one knee to ground. Then inhale and return to starting position.
- C.** Exhale and bent another knee to ground. Then inhale and return to starting position.
- D.** Do 1 rep for 40s.



Daily Workout

Part1: Core Workout

1 Front Plank

- A. Place the band on the back and grab the band, facing the ground. Back straight and abs contracted.
- B. Exhale and bent one knee with knee touching the ground. Then inhale and return to starting position.
- C. Exhale and bent another knee with knee touching the ground. Then inhale and return to starting position.
- D. Do 1 rep for 20 s.



2 Side Plank Left

- A.** Place the band on the back and grab in hands. Support your body with your left arm. Keep back straight, feet off the ground.
- B.** Reach your right hand to the ground.
- C.** Do 1 rep for 40s.



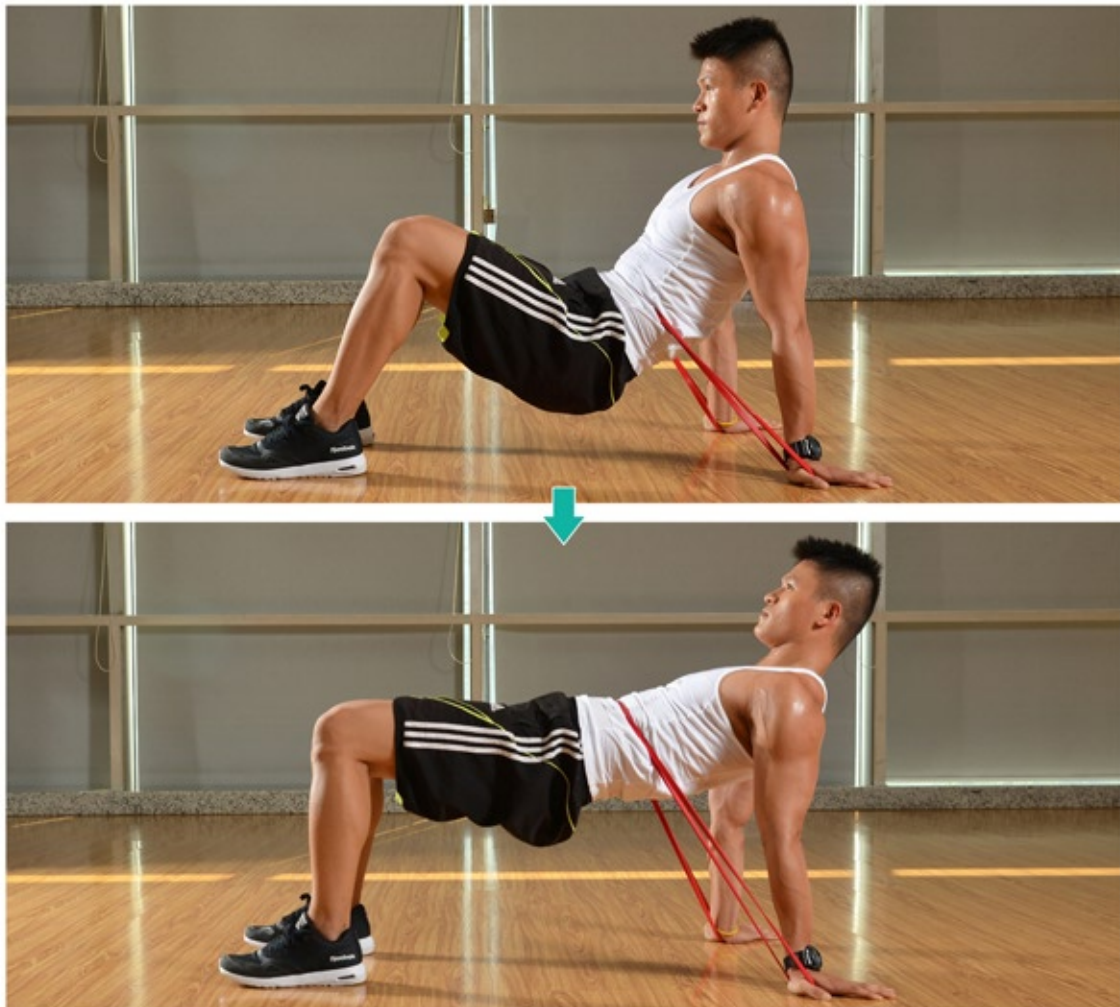
3 Side Plank Right

- A.** Place the band on the back and grab in hands. Support your body with your right arm. Keep back straight, feet off the ground.
- B.** Reach your left hand to the ground.
- C.** Do 1 rep for 40s.



4 Bridging

- A. Place the band on your stomach. Grab the band and face upward. Keep back straight and abs contracted.
- B. Hold your breath for 2 s. Then breathe free and relax.
- C. Do 1 rep for 50s.



Part2: Flexibility & Mobility

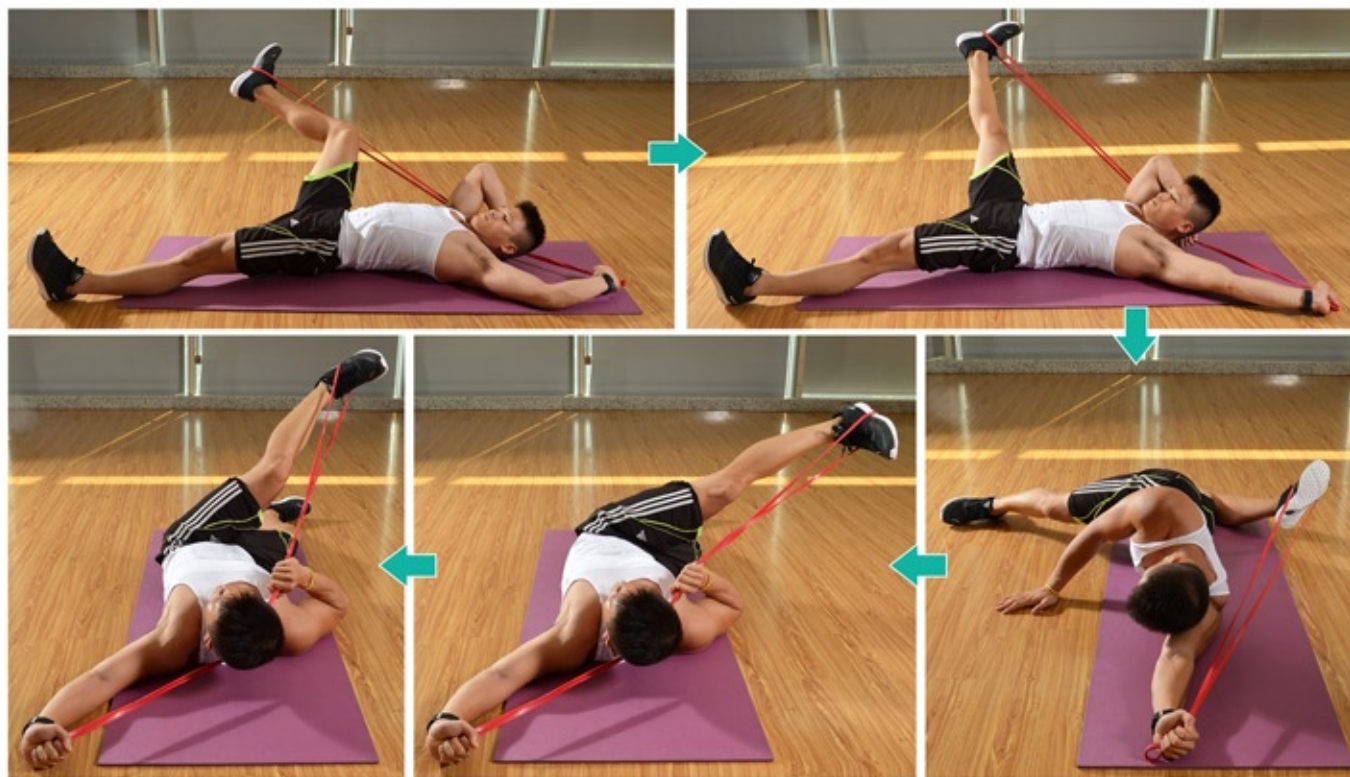
1 Single Leg Stretch

- A. Lay your back on the ground and grab the band in hands, with legs a little bent.
- B. Raise and one leg, making it paralleled to wall. Place the band on the top of that leg.
- C. Exhale, raise and extend your leg straight. Inhale and return to starting position.
- D. Do 1 group for 5 reps, switch leg and repeat.



2 Leg Stretch Inward & Outward

- A. Raise left leg and place the band on your left leg. Grab the end and the middle of the band and place it under your head.
- B. Place your left leg on the left side of your body at a 45 degrees to ground. Extend your left leg and keep it straight. Do 6 reps.
- C. Shift your left leg to the right side at a 45 degrees to ground. Pull the band and extend your left straight. Do 6 reps.
- D. Then Lay on the left side of your body with your left hand and left leg touching the ground. Also extend your right leg straight and place it on your left leg. Hold for 20 s.
- E. Switch another leg and repeat.



3 Straight Leg Raise

- A. Lay your back on ground. Extend one leg straight, place the band over your feet and grab the band and pull downward until your hands are on the ground.
- B. Exhale, raise and extend another leg until it is vertical to ground. Inhale and lay your legs down.
- C. Do 1 group for 12 reps.



4 Hip Extension

- A. Lay your back on ground, extend one leg straight and place the band on the leg. Grab the band in hands. Support with another leg bent.
- B. Exhale and raise your hip upwards together with your leg. Inhale and return to starting position. Do 8 reps.
- C. Keep your butt raised, exhale and extend your legs outwards. Inhale and return to starting position. Do 8 reps.
- D. Switch to another leg and repeat.



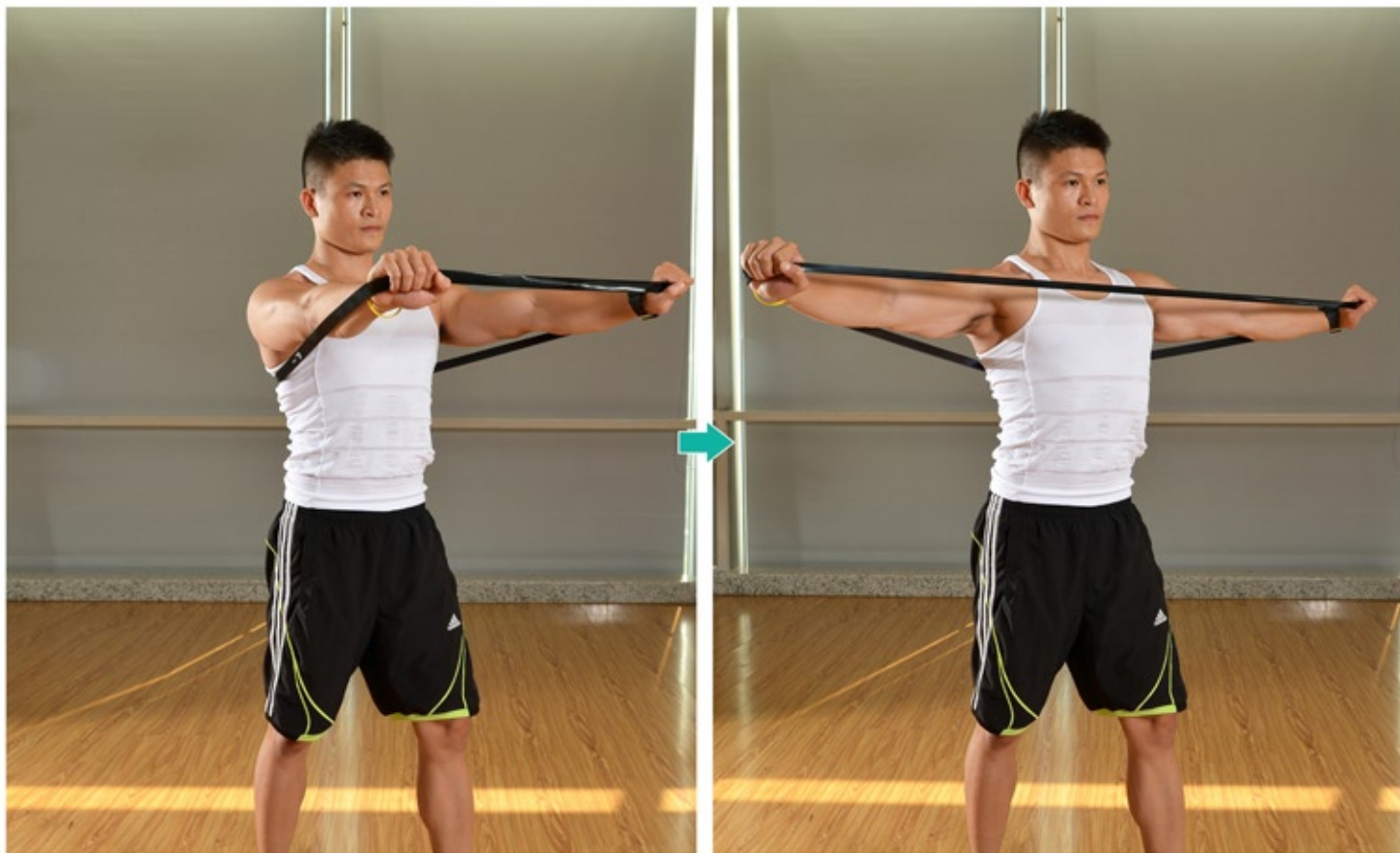
5 Cat Extension

- A.** Kneel on the ground. Place one band on your waist, facing ground. Grab and press the ends of band in hands on the ground.
- B.** Inhale and raise your waist as high as you can. Exhale and press your waist down to the ground.
- C.** Do 12 reps.



6 Pull Apart

- A. Stand a lunge with one leg in the back. Place the band on your upper back, raise hands up to your shoulder height and grab the ends of the band, place it in front of your chest.
- B. Exhale, extend your hands outwards. Inhale and return to starting position.
- C. Do 12 reps, than switch leg and repeat.



7 Back Pull & Raise

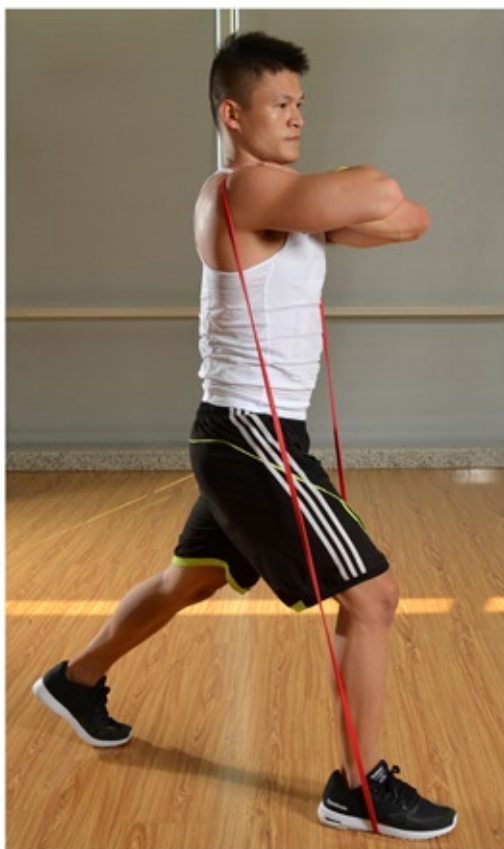
- A. Stand a lunge with one leg in the back. Step your back leg on the band, grab the band in hands, back straight.
- B. Exhale, pull the band upwards. Inhale and return to starting position.
- C. Do 12 reps. Switch leg and repeat.



Part3: Lower Body

1 Single Leg Blast

- A. Stand a lunge with one leg in the back. Step your front leg on the band and attach the ends on your shoulder. Cross your hands on your shoulder and grab the band in hands.
- B. Inhale and crouch. Kneel back leg on ground and keep front thigh paralleled to ground. Inhale and return to starting position.
- C. Do 1 rep for 30 s. Then switch leg and repeat 1 rep.



2 Drop Down

- A.** Stand your feet apart at your shoulder width. Grab the band in hands and stand straight with your hands and feet straight and vertical to ground.
- B.** Inhale and let the band force you to stoop, keep back straight. Exhale and return to starting position.
- C.** Do 1 rep for 30s.



3 Squat

- A. Place the band cross your shoulder and feet, stand feet apart at your shoulder width. Place your hands at your hips.
- B. Inhale and crouch, with your thighs paralleled to ground and hands extended toward the front. Sit your hip backward but not sitting on anything. Exhale and return to starting position.
- C. Do 1 rep for 30s.



Part4: Upper Body (with Anchor)

1 Chest Press

- A. Attach the band at your hip height, with back facing the wall. Stand a lunge, grab the band and raise it above your chest height.
- B. Exhale, extend your arms outward. Inhale and return to starting position.
- C. Do 1 rep for 30 s.



2 Kneeling Triceps Overhead Extension

- A. Attach the band at your hip height, with back facing the ground. Crouch with your knees close. Grab the band in hands and pull it over your head.
- B. Exhale and extend your arms upward. Inhale and return to starting position.
- C. Do 1 rep for 30 s.



3 Squat Pulls

- A. Attach the band at your hip height. Stand in front of the band and stand feet apart at your shoulder width, grab the band in hands at your chest height.
- B. Exhale, pull the band and force your arms backwards, keep waist remained. Inhale and return to starting position.
- C. Do 1 rep for 30 s.



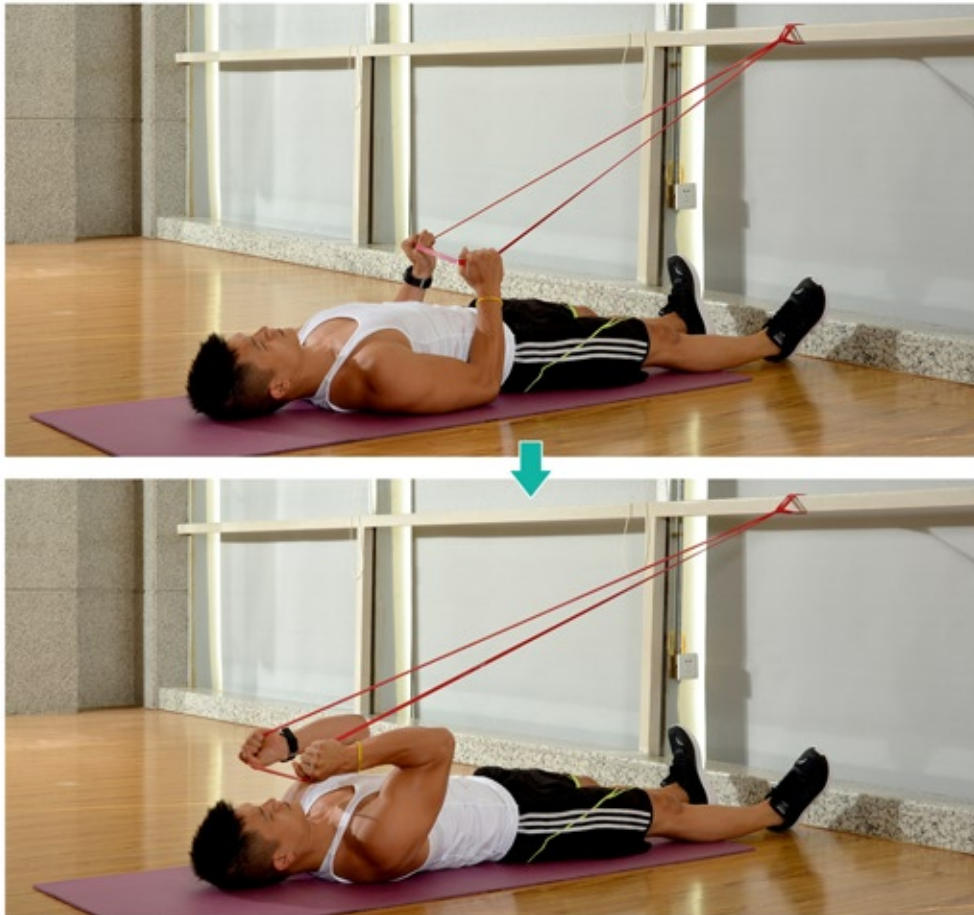
4 Rotational Hose Pulls

- A. Attach the band at your hip height, stand in front the band and stand a squat with one leg in the back. Grab the band at your chest height and place hands at sides.
- B. Exhale, force your arms backwards with waist remained. Inhale and return to starting position.
- C. Do 1 rep for 30 s.



5 Supine Hammer Curls

- A.** Attach the band at your hip height. Lay on the ground with feet apart at your shoulder width. Grab the band in hands and place it above your chest.
- B.** Exhale, pull the band and force your forearms toward your head with elbows bent. Inhale and return to starting position.
- C.** Do 1 rep for 30 s.



Part5: Totally Shoulders

1 Totally Shoulders

- A. Stand your feet apart at your shoulder width. Place the band under your feet and grab it at your chest height.
- B. Exhale, raise the band overhead, extend hands straight. Inhale and return to starting position.
- C. Do 1 rep for 20 s.



2 Chest Raise

- A. Stand feet apart at your shoulder width. Place the band under your feet and grab the band in hands at your hip height.
- B. Exhale and raise the band at your neck height with elbows bent. Inhale and return to starting position.
- C. Do 1 rep for 20 s.



3 Back Pull & Raise

- A. Stand a lunge with one leg in the back. Place your back leg on the band and grab the band in hands.
- B. Exhale and pull the band over your head. Inhale and return to starting position.
- C. Do 1 rep for 20 s. Then switch leg and repeat.



Part6: Totally Arms (with Handles & Anchor)

1 Lunge Raise

- A. Stand a lunge with one leg in the back. Place the band under your back leg.
- B. Keep your upper body straight and hold the bands.
- C. Exhale and pull up your arms at your chest height and at a 45 degrees to ground, forcing your forearm contracting.
- D. Inhale and return to starting position.
- E. Hold for 20s.



2 Back Pull & Raise

- A. Stand a lunge with one leg in the back. Place the band under your back leg and grab the band with hands at your head height. Now the band is behind you.
- B. Exhale and raise the band upwards. Inhale and return to starting position.
- C. Do 1 rep for 20 s.



3 Front Pull

- A. Attach the band at your abs height. Stand a lung with one leg in the back, grab the band behind your waist.
- B. Exhale and raise the band forward at a 45 degrees to ground. Inhale and return to starting position.
- C. Do 1 rep for 20 s.



4 Back Up-Pull & Raise

- A. Attach the band at your abs height. Stand a lunge and grab the band, place your hands on the back of your neck.
- B. Exhale and pull the band forward with elbows straight. Inhale and return to starting position.
- C. Do 1 rep for 20 s.



5 Pull & Raise

- A. Attach the band at your abs height with feet close. Grab the band and place it behind your waist.
- B. Exhale and pull the band frontward at a 45 degrees to ground, with one leg in the front. Inhale and return to starting position.
- C. Exhale and pull the band frontward at a 45 degrees to ground, with another leg in the front. Inhale and return to starting position.
- D. Do 1 rep for 20 s.



6 Chest Pull & Raise

- A. Stand feet apart at your shoulder width, place the band under your feet and grab the band with your hands at your hip height.
- B. Exhale and raise the band up to your neck height, with elbows bent. Inhale and return to starting position.
- C. Do 1 rep for 20 s.





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