



LOOP EXERCISE BANDS WORKOUT GUIDE

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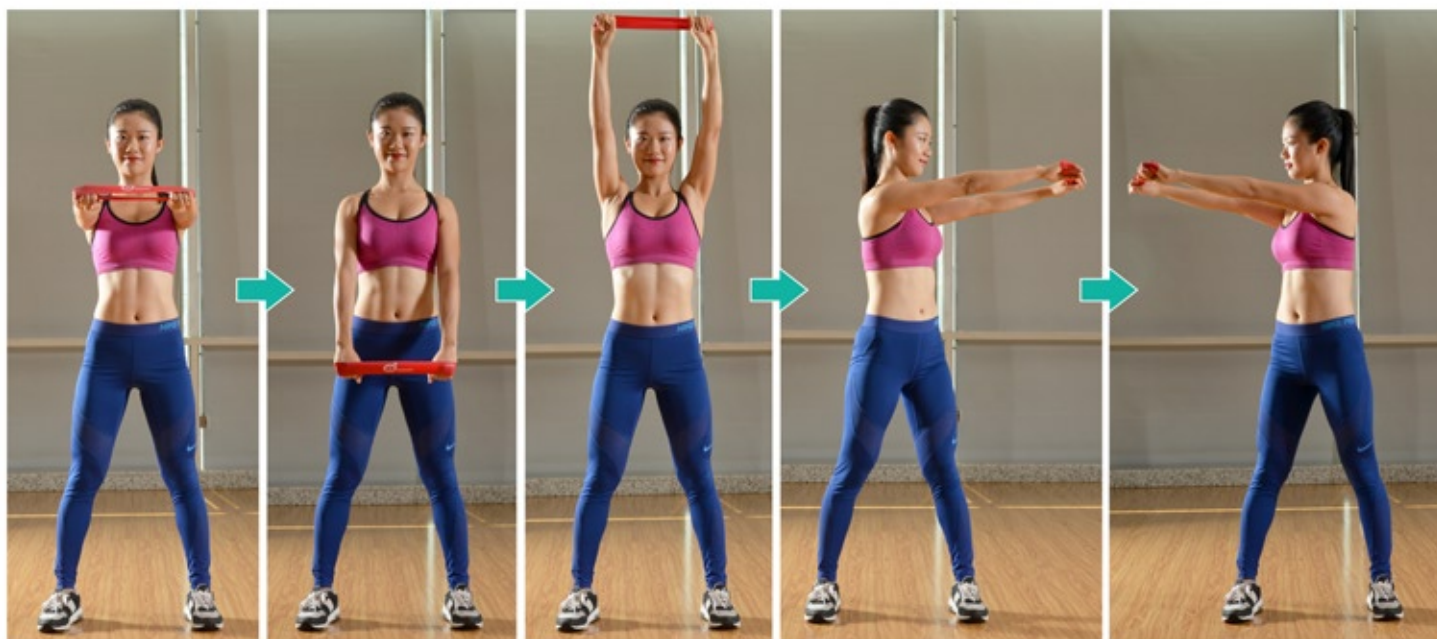
Thank you for your purchase of ODOLAND loop exercise bands.
Please refer to this quick guide before you use it.
This kit is especially designed for body building, and it also aims at
providing people an easier way to keep fit and keep healthy.

Part1: Upper Body Workout

1 Static Stretching

- A. Stand with feet apart about shoulder width, back straight. Loop the band around your hands and keep arms parallel to the ground. Pull the band a little for 20 reps.
- B. Slowly move up and down your hands. Repeat for 20 reps.
- C. Turn upper body to the left and then to the right. Repeat for 20 reps.

Note: Always keep your back and elbow straight.



📌 One-Hand Raise Up & Pull Down

- A. Stand with feet apart about shoulder width, back straight. Loop the band around hands. Make one palm facing up and one palm facing down.
- B. Bring the lower hand into extension, and the top hand do the curl up to shoulder. Repeat for 20 reps.
- C. Bring the top hand up to your shoulder, and the lower hand pulls down. Repeat for 20 reps.



3 Back Pulldown

- A. Stand straight with feet apart about shoulder width, back straight. Loop the band over your hand and bring it over your head.
- B. Exhale, stretch it out and pull it down.
- C. Inhale and back to the starting position.
- D. Repeat for 12 reps.



4 One-Hand Lunge Raise

- A. Kneel down and place a band under your toes. Back straight. One hand grabs the bands.
- B. Exhale and pull the band backward at 45 degrees to ground.
- C. Inhale and back to the starting position.
- D. Do 12 reps.



5 Standing Pull-up

- A. Put the band under both toes and hold the ends of it.
- B. Exhale and pull the band upward until your elbows are at your back height.
- C. Inhale and back to the starting position.
- D. Do 12 reps.



6 Side Raise

- A. Loop a band around your hands and place it in front of you.
- B. Bring the lower hand into extension, and the top hand pulls up. Repeat for 20 reps.
- C. Repeat 12 reps. Then do the other side.



7 Up & Down

- A. Stand your feet apart at your shoulder width.
- B. Grab the band, one hand up and one hand down. Exhale and stretch out at the same time.
- C. Inhale and stop stretching.
- D. Repeat for 12 reps.

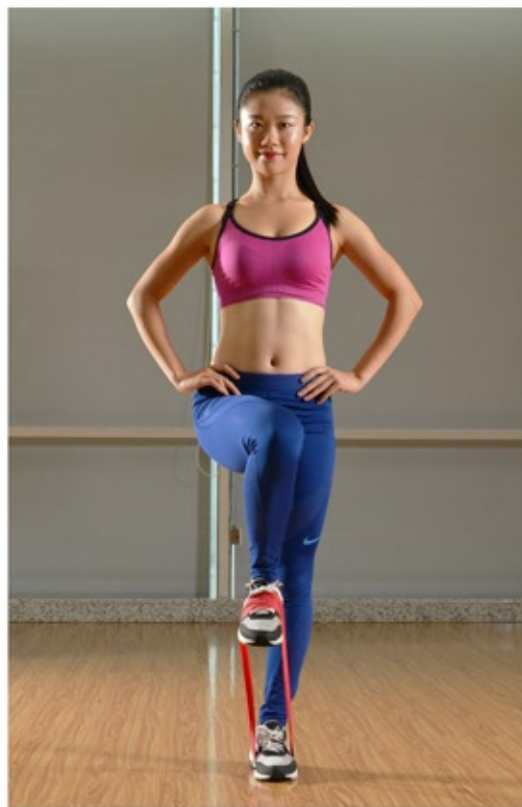
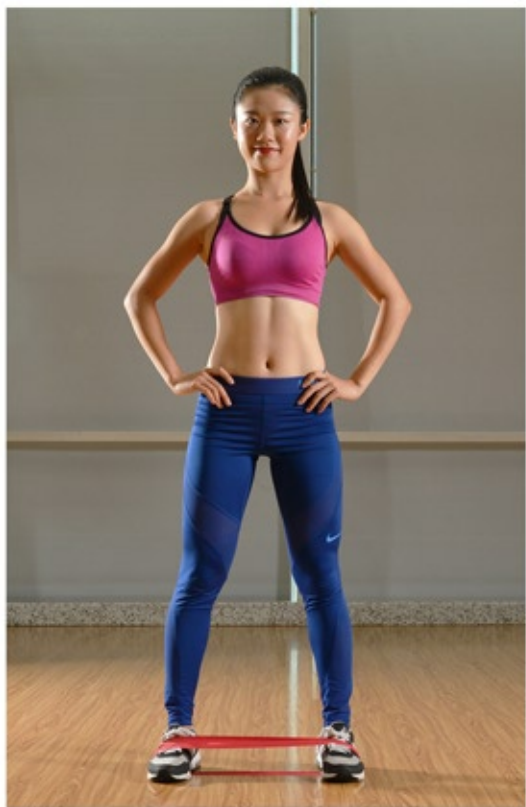
Note: You can change the direction when doing this up & downs, or combine with some movements.



Part 2: Lower Body Workout

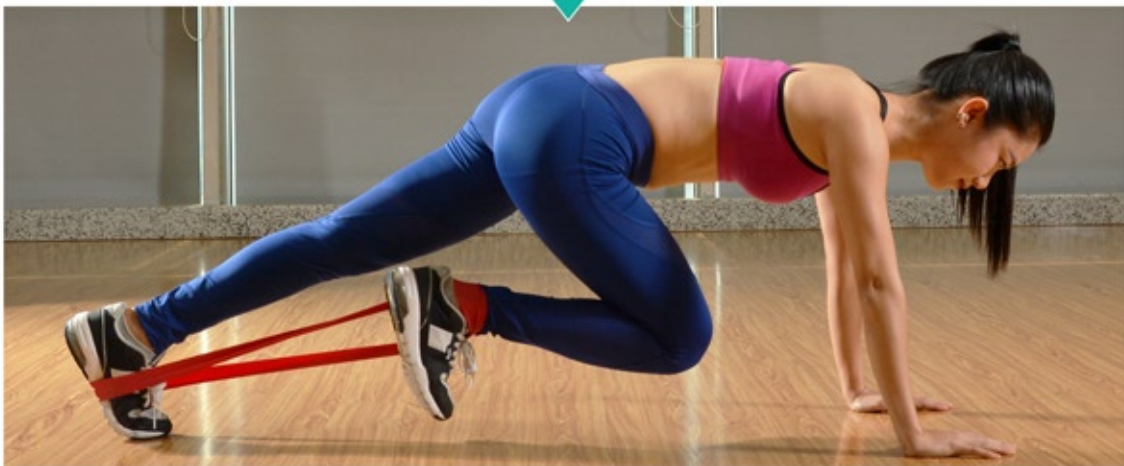
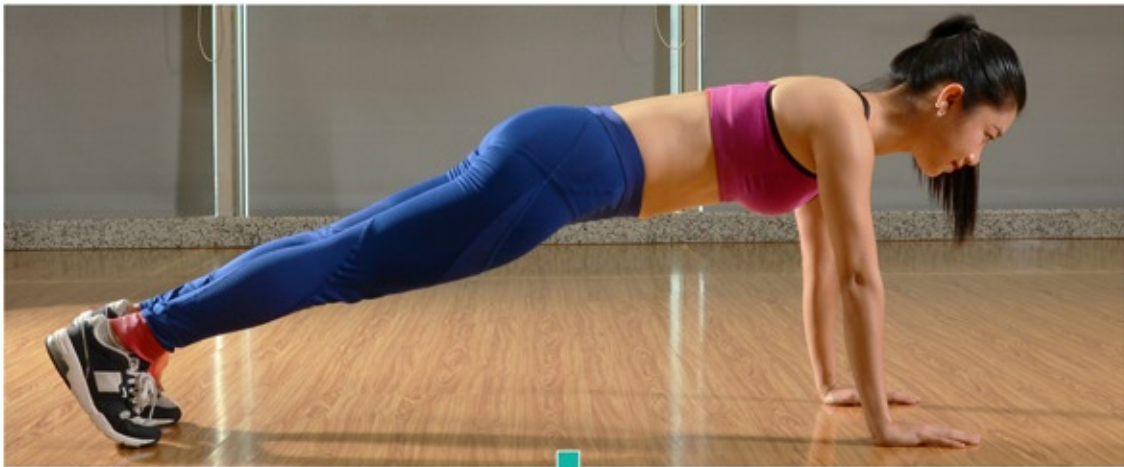
1 Knee Raise

- A. Position a band around the toes and stand with your feet hip-width apart, hands on your hips.
- B. Exhale and lift one of your foot off the ground to hip level, keeping upper foot parallel to the floor.
- C. Inhale and back to the starting position.
- D. Repeat 16 reps and do the other leg.



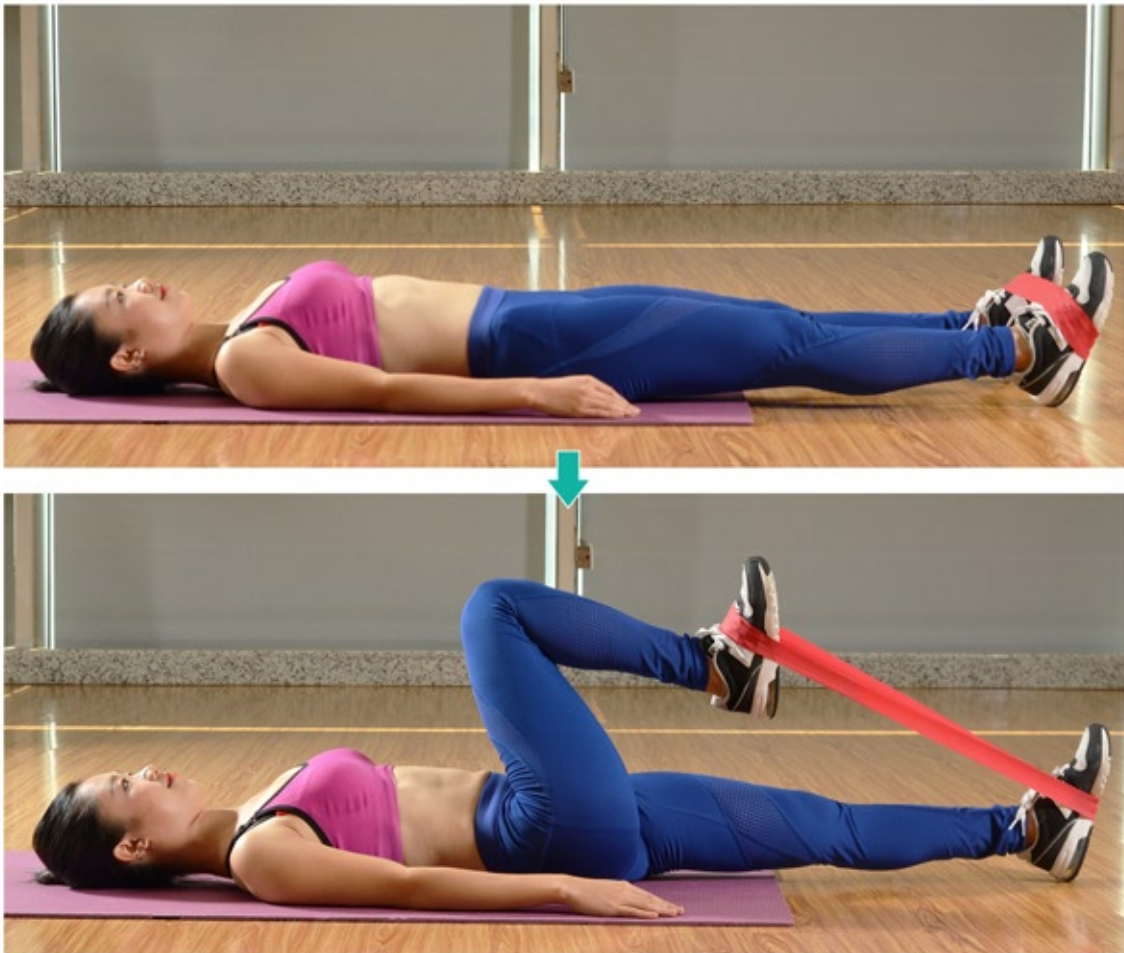
2 Plank Knee Thrusts

- A.** Loop the band around your left toes and right ankle, do the plank.
- B.** Exhale and lift your right foot off the floor and bring your right knee straight forward to the inside of your right elbow.
- C.** Inhale and back to the starting position.
- D.** Repeat 16 reps and do the other side.



3 Knee-Ins

- A. Loop the band around both toes. Lie on your back with your legs outstretched, palms on the floor beneath your butt.
- B. Exhale and curl your core as you pull one of your legs up toward shoulder.
- C. Inhale and back to the starting position.
- D. Repeat 16 reps and do the other side.



4 Lateral Shuffle

- A. Loop the band around your ankles and stand with feet shoulder width, back straight.
- B. Bend your knees upside down and outward against the band's resistance. Hands are on the hip.
- C. Inhale and back to the starting position. Repeat 16 reps.



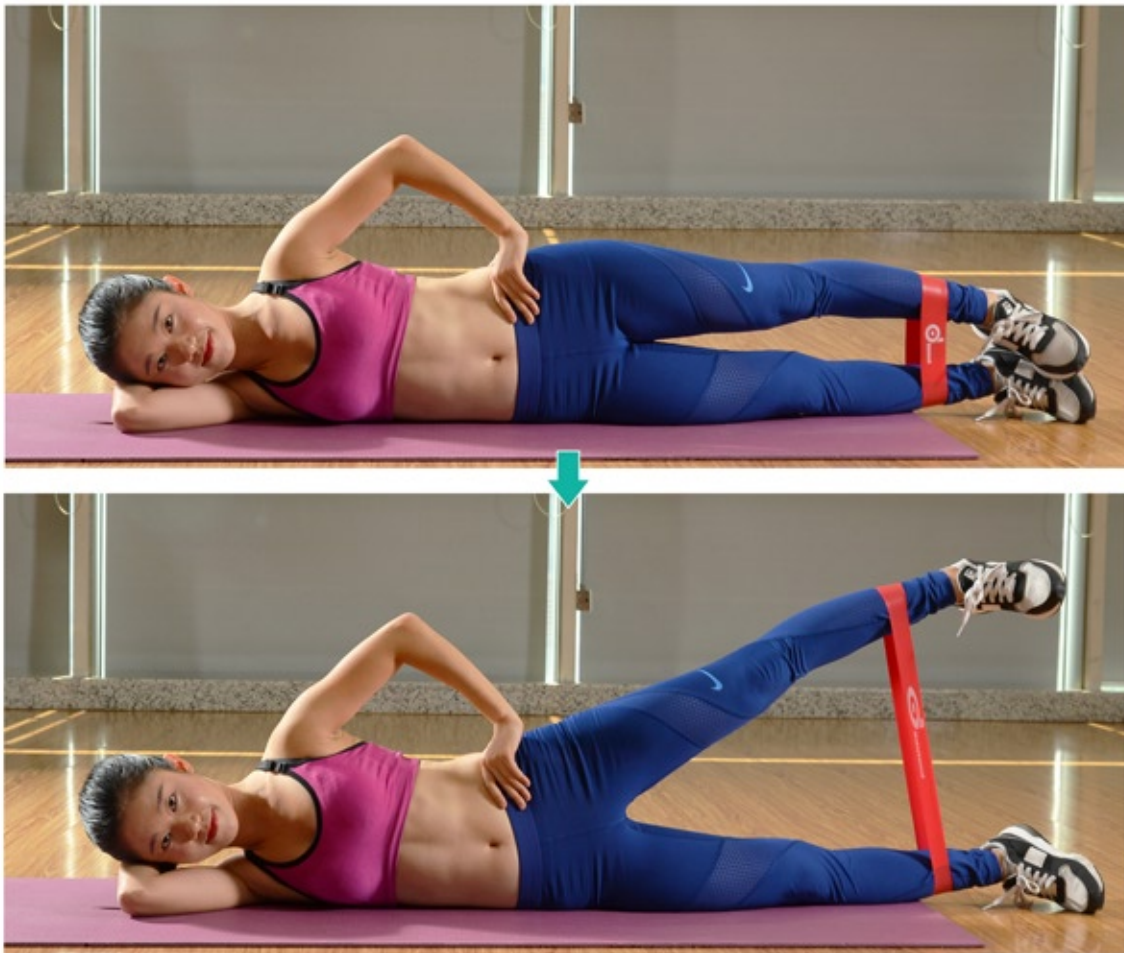
5 Standing Hip Abduction

- A. Stand with feet at shoulder width, hands are on the hip. Loop the band around your ankles.
- B. Lift one of your foot off the ground, stretch the band against resistance and hold for 1 s.
- C. Inhale and back to the starting position.
- D. Repeat 16 reps and do the other leg.



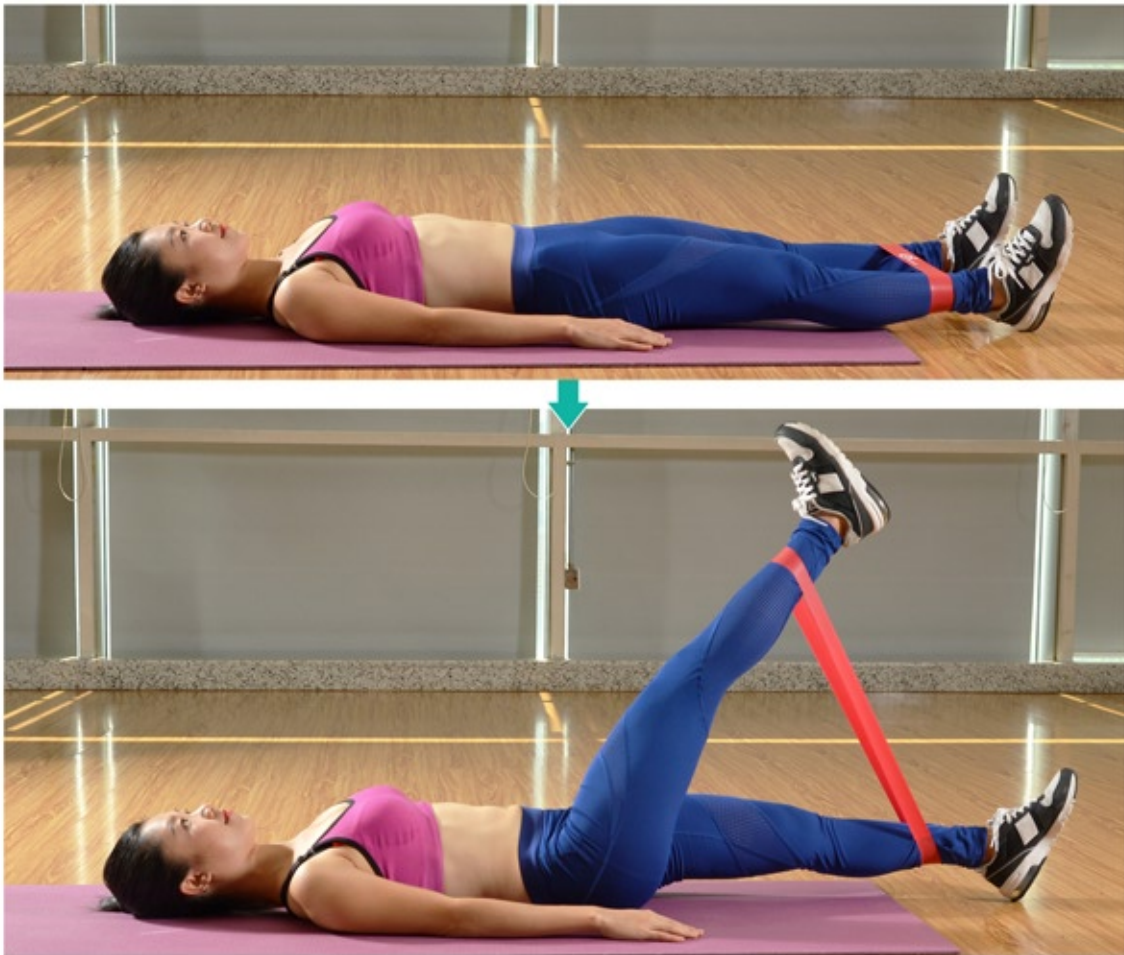
16 Leg Raise

- A. Loop the band around your ankles and lie on your back with your legs outstretched, back straight.
- B. Exhale and raise one leg off the ground. Keep legs straight and abdominal curl.
- C. Inhale and back to the starting position.
- D. Repeat 16 reps and do the other leg.



7 Straight Leg Lifts

- A. Lie on your back and loop a band around your ankles.
- B. Lift one of your legs off the ground. Keep legs straight and abdominal curl.
- C. Inhale and back to the starting position.
- D. Repeat 16 reps and do the other leg.



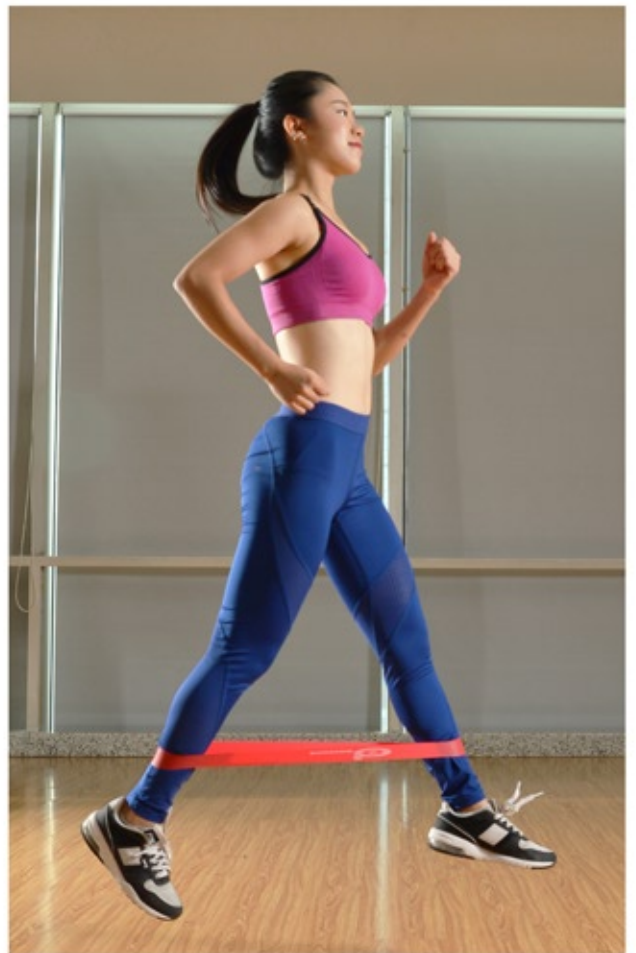
8 Advance Straight Leg Lifts

- A. Loop the band around your ankles and lie on your back with your legs outstretched. Knees are off the ground.
- B. Keep legs straight and abdominal curl. Exhale and raise one of your legs up.
- C. Inhale and back to the starting position.
- D. Repeat 8 reps and do the other leg.



9 Split Jumps

- A. Loop the band around your ankles and stand with your feet about shoulders-width apart.
- B. Bend your knees, and jump straight up as you drive your right leg forward and your left leg backward.
- C. Do 5 jumps with your right foot and then 5 with your left foot.



10 Monster Walk

- A. Loop the band around your ankles, and stand with your feet about shoulders-width apart and knees bent.
- B. Keeping your feet wide and the band taut, take four exaggerated steps forward.
- C. Then take four exaggerated steps backward.
- D. Repeat for desired number of reps.



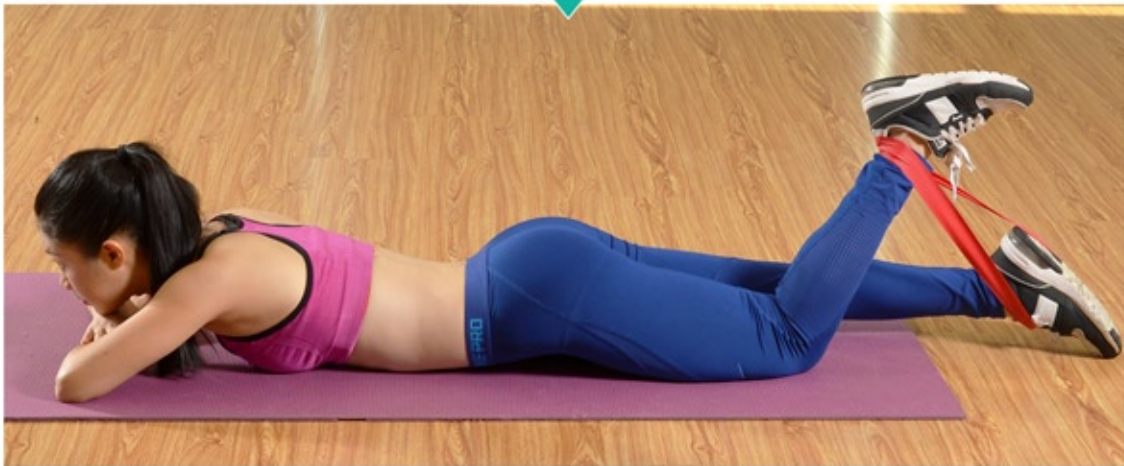
17 Standing back kicks

- A.** Loop a band around ankles.
- B.** Keep your free leg straight, pull it backward until it is comfortable. Then return to starting position.
- C.** Repeat 16 reps for each leg.



12 Hamstring Curl in Prone

- A. Loop a band around one ankle and across the bottom of your foot. Lay on with the chest towards the ground.
- B. Curl the legs with band around your ankle upward until your legs make a 90-degree angle. Control the movement back to start.
- C. Repeat 16 reps for each leg.



13 Squat

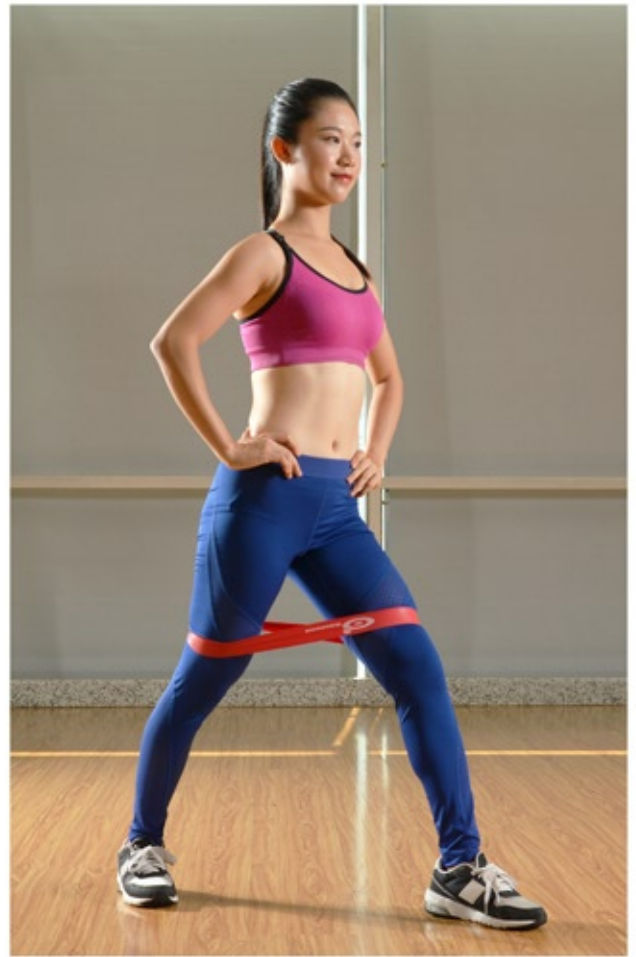
- A. Stand apart your feet at shoulder width and loop band around your legs.
- B. Inhale, simultaneously stretch the legs and bend the knees sitting back into a nice deep squat. Then exhale and back to the starting position.
- C. Repeat 16 reps.

Note: Make sure that you lead with the heel, keeping the toes parallel and hinging directly back from the sit bones.



14 Forward Walk

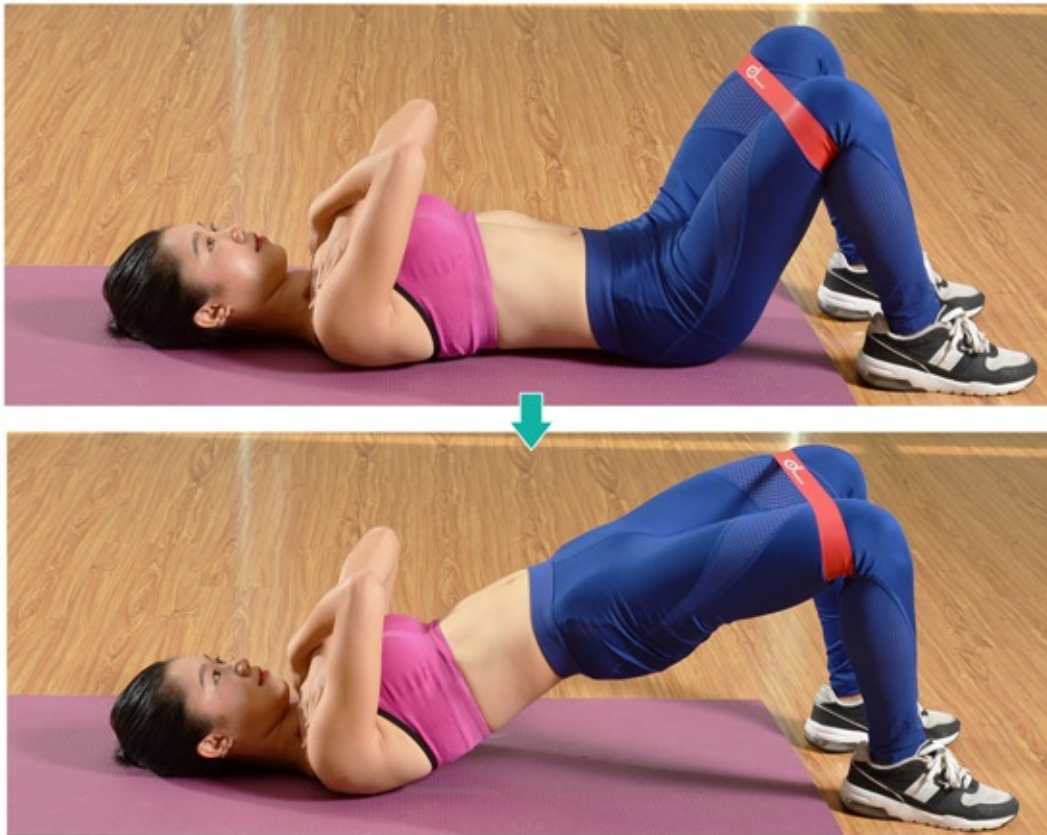
- A. Start with a mini band placed just above your knees and stand with your feet shoulder-width apart.
- B. Bent your legs naturally and keep balance. Then take four series forward and four series backward as showed.
- C. Do 16 reps.



15 Glute Bridge

- 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 aligned, 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.





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).