

POWER RESISTANCE LOOP USER GUIDE

FOR PEOPLE
WHO TAKE
FITNESS
SERIOUSLY



STUDIO

FITNESS EQUIPMENT

IMPORTANT SAFETY ADVICE

Thank you for buying a Fitness-Mad Studio Power Resistance Loop.

We recommend you keep hold of this manual for future reference. Please read the following instructions before first use:

- Always check your Power Resistance Loop for signs damage before use. Replace when worn or if showing any sign of damage.
- Store your Power Resistance Loop away from extremes of heat or cold and out of direct sunlight as this will damage the rubber. Avoid sharp objects.
- Do not use your Power Resistance Loop on rough or abrasive surfaces as this will damage the rubber and will reduce the life expectancy of the product.
- Your Power Resistance Loop is not a toy and can be dangerous if used incorrectly. Please use only as instructed and store in a secure place out of reach of children.
- We recommend that you wear sports shoes whilst training (avoid sandals or shoes with heels) and that you ensure the Power Resistance Loop is placed firmly under the arch of your foot when performing exercises that involve standing on the Power Resistance Loop.
- Do not pull the rubber band towards your face.
- Ensure that the Power Loop Handle is securely attached to the Power Resistance Loop(s) before starting your exercise.
- We recommend that you consult your doctor before taking up a new exercise regime and that you warm your muscles up and stretch before starting your resistance training.

OTHER RESISTANCE BANDS

If you need a resistance band that is strong or weaker this product is available in the following strengths.

LIGHT

Recommended use:
Beginner/Rehab

MEDIUM

Recommended use:
Strong Beginner

STRONG

Recommended use:
Intermediate

EXTRA STRONG

Recommended use:
Bodybuilder/
Professional/Athlete

BICEP CURLS

Stand with your front foot (or both feet to increase resistance) over the Power Resistance Loop.

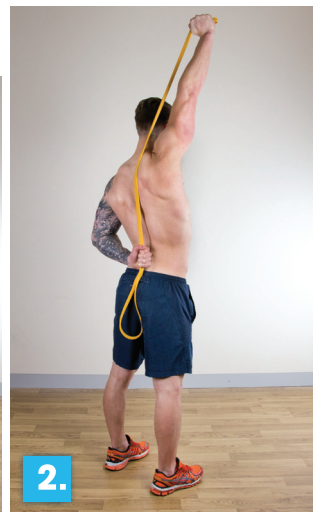
Hold the Power Resistance Loop in both hands with palms facing up. Pull your hands up towards your upper body slowly. Briefly hold at the top and then slowly lower your hands to the start position.



TRICEP EXTENSION

Hold the Power Resistance Loop with your right hand behind your head.

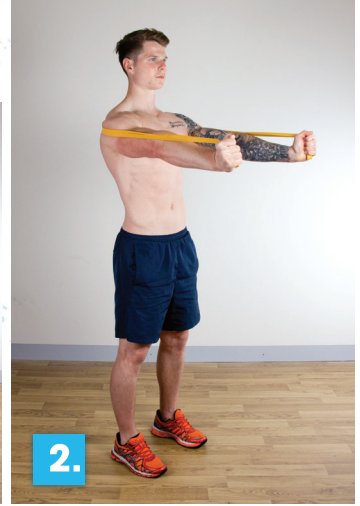
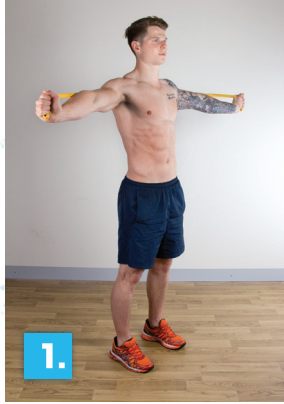
With your left hand, grab the other end of the band behind your lower back, forming a diagonal extension across your back. Extend the top elbow until your arm is fully extended to work the tricep muscle. Repeat with your other arm.



CHEST PRESS

Hold each end of the Power Resistance Loop with each hand and place across your back.

Pull the Power Resistance Loop with equal force from each arm and bring your hands to the middle (shoulder width apart) whilst keeping your arms straight.



UPRIGHT ROW

Stand inside the Power Resistance Loop with your feet about shoulder width apart.

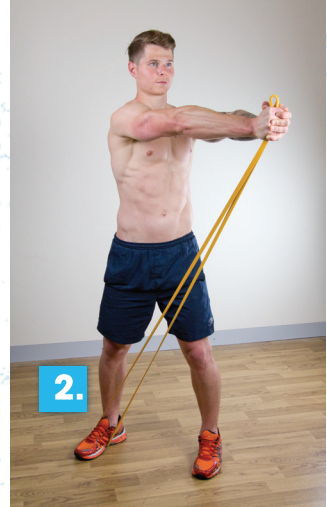
Hold the other end of the loop with both hands, around chest width apart. Start with both arms down in front of you and proceed to bring the resistance loop up towards your chest. Squeeze your shoulder blades together, replicating a rowing motion.



OBLIQUE TWIST

Stand shoulder width apart and place the Power Resistance Loop under your right foot.

Hold the other end of the loop with both hands and use your core abdominal muscles to move the resistance loop across your body towards your left knee (alternate feet to work left and right oblique muscles).



SEATED ROW

Sit on the floor and place the Power Resistance Loop around both feet.

Grip the other end of the loop with both hands and pull your arms back until they reach your abdomen. Hold briefly, whilst squeezing your shoulder blades together, and then slowly return to the start position.



SQUAT

Squat with the Power Resistance Loop firmly under the arch of both feet, about shoulder width apart – do not allow your knee to extend beyond 90 degrees.

Holding the other end, stand up as illustrated keeping your palms facing forward. Keep your head up with your eyes looking forward and your back straight during the exercise. Hold briefly in the standing position and then slowly return to the starting position.



PELVIC RAISES – LOWER BACK & BUTTOCKS

Lie on the floor and raise your knees so your legs approximately form a right angle, keep your feet together and heels on the floor.

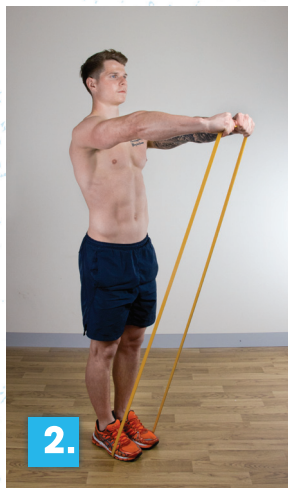
Hold one end of the Power Resistance Loop with your left hand and the other end with your right hand across your pelvis. Keep both hands pressing down on to the floor whilst raising your hips, resisting against the band. Hold for a few moments in the upper position and then slowly lower back to the floor. Remember to keep your back straight during the exercise.



FRONT RAISE

Stand inside the Power Resistance Loop with both feet together.

Hold the other end of the loop with both hands and extend your arms out in front of you, ensuring your arms remain straight.



LEG EXTENSION

Place both hands on the floor underneath your shoulders and knees, on the ground aligned with your hips.

Insert your right foot into the Power Resistance Loop and hold the other side of the band with your left hand (alternate hands and feet to work each side). Ensuring your back is straight, extend the right leg and bring it back in with control. Return knee to starting position and repeat accordingly, dependant on your training plan.

1.



2.



YOUR POWER RESISTANCE LOOP CAN ALSO BE USED TO HELP ASSIST YOU WHEN PERFORMING CHIN-UPS OR PULL-UPS.

Perfect for helping you to train if you are new to pull-ups and chin-ups or if you want to go to the next level and perform single arm pull-ups or chin-ups. Helps to build strength so that you can reach your fitness goals.



For maximum support use the Power Resistance Loop with both knees inside the loop or alternatively use around one knee for less support.

