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# RESISTANCE BANDS

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EXERCISES GUIDE





## WARNINGS

*The information and exercises illustrated in this manual are only for educational purposes and are not to be considered medical guidelines.*

*The exercises described are only for healthy individuals 18 years and older.*

*Please consult with your doctor before beginning to use the Resistance Bands or performing the training program described. In case of physical problems, illnesses, injuries or taking medicines, it is strictly necessary to obtain approval from your doctor for the use of the product and the execution of the exercises.*

*If your doctor recommends you to not use the product or the training program described in this guide, please follow the advice.*

*If you experience discomfort or pain while using the Resistance Bands or while performing the exercises described, stop training immediately and consult with your doctor.*

*It is recommended not to perform the exercises unless the correct technique has been shown by a specialist or certified trainer before.*

*Before starting the workout, perform a muscle warm-up and check the equipment, if you find any defects or worn parts of the product, do not use it!*



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# Hi!

Thank you for choosing **KALAHARI 4 wellness**

*With this e-book we want to offer you a guide on the use of Resistance Bands, enabling you to use your new elastic bands in the best and most conscious way!*

We at **KALAHARI 4 wellness** wanted to create a quality product that allows you to train in the best possible way, according to your needs. The Resistance Bands are closed loop elastic perfect for training all the muscles of the body.

Our bands are made of pure natural latex to ensure excellent skin tolerability and a perfect elastic response.



## RESISTANCE BAND – YELLOW COLOUR

*Dimensions: 82 x 0.5 x 0.18 in  
Resistance level: 15 - 35 LBS*

**Perfect for stretching and moderate strength training. Lightweight Pull-Up support.**



## RESISTANCE BAND – BLACK COLOUR

*Dimensions: 82 x 0.87 x 0.18 in.  
Resistance level: 25 - 65 LBS*

**Perfect for intense strength training. Medium Pull-Up support.**

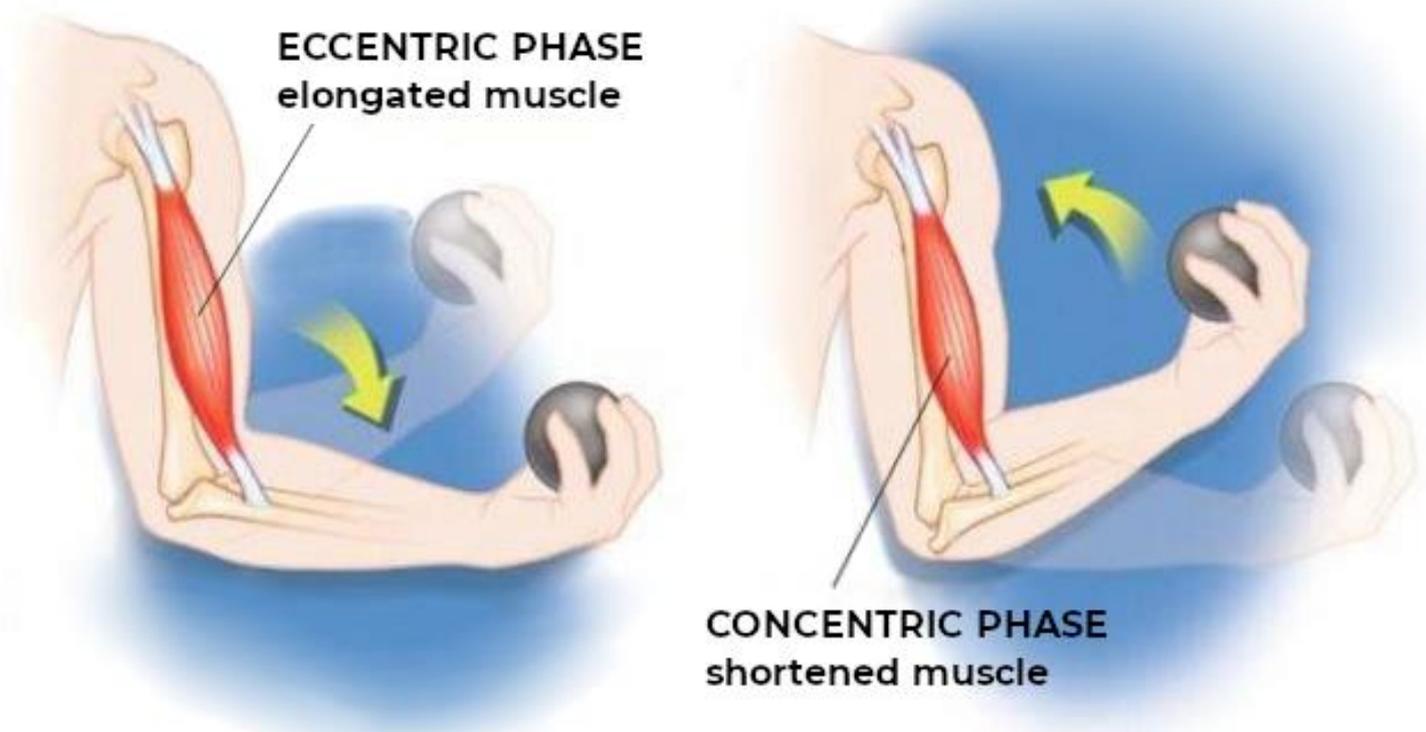
# HOW DOES IT WORK?

Elastic bands have long been used in physiotherapy, rehabilitation and sports medicine but in the last years, thanks to their excellent characteristics, they have become increasingly popular in sports, fitness and athletic training, and often considered a more effective alternative to weights and dumbbells.

Their versatility makes them a complete and indispensable tool for your training. It allows you to perform a countless number of exercises and movements to train the whole body, increasing **strength, endurance, mobility, flexibility and coordination**.

Training with Resistance Bands has the great advantage of keeping the muscle contracted throughout the exercise, both in the eccentric phase (when the muscle stretches) and in the concentric phase (when the muscle shortens). Unlike weights and barbells, where the muscle works only in the concentric phase.

In this way, the muscles work under tension throughout the movement of the exercise, maximizing results and benefits.



Furthermore, with the use of Resistance Bands, the more the elastic is stretched and the greater its resistance, consequently the force that the muscle must apply varies throughout the range of movement in an isometric manner. In this way the muscle is more stressed as it must face and control a fluctuating resistance.

This variable and progressive resistance promotes muscle development without overloading the joints and/or spine, as opposed to what happens with machinery or barbells. For this reason, the elastics are widely used in rehabilitation and physiotherapy to recover from injuries or prevent their onset.



# WHY USE IT?

Elastic bands are a suitable tool for all those who want to keep fit or improve their physical condition. They allow you to train the whole body in a complete way: upper part, lower part and abs, thanks to specific and targeted exercises.

The main advantages and benefits are:

- ✓ **improves balance and motor coordination**, allowing you to manage movements in the surrounding space, increasing the ability to balance and coordination.
- ✓ **lower risk of injuries**, joints and spine are not overloaded during exercise unlike what happens with weights or dumbbells where a load is constantly applied to the body.
- ✓ **helps and allows the correct execution of complex exercises**, assisting and guiding the body during movement. Particularly useful for pull-ups, where part of the body weight is supported by the elastic.
- ✓ **can be used by everyone, beginners or experts**, the effort to start the movement is less and gradually increases, unlike the weights which are fixed and constant. In this way, even beginners can train properly and grow gradually.
- ✓ **you can train everywhere**, you just need a simple space at home, in the office, before a race, in the park, on the go, etc. There is nothing so comfortable and practical for your training.

# OK ... BUT HOW TO USE IT?

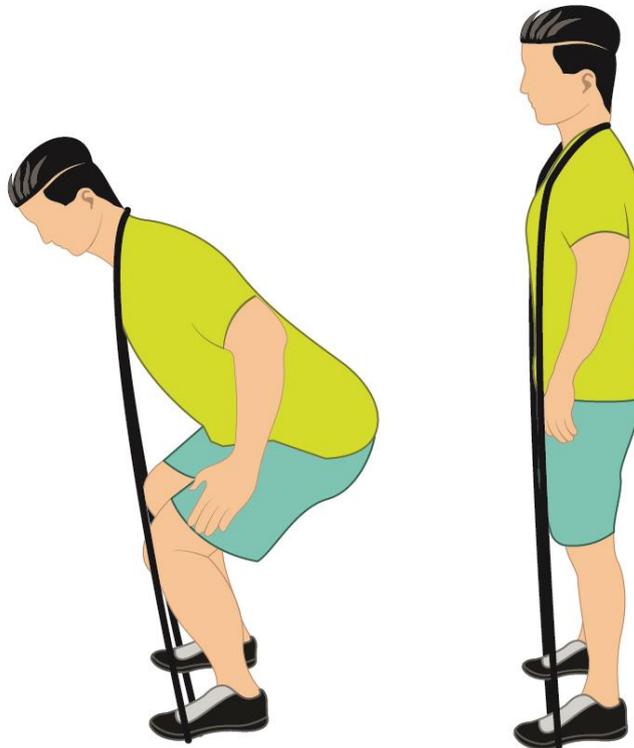
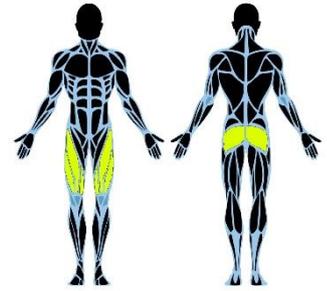
Below you will find the main exercises with the Resistance Bands but before starting with the training we want to offer you some useful tips:

- **Do a warm-up before training**, to prepare the muscles for athletic effort and avoid injuries.
- **Perform 2/3 series, of 10/15 repetitions each**, between one repetition and the next take a break of 60/90 seconds.
- **Control your breathing**, inhale during the unloading phase and exhale during the loading phase.
- **Hold the position for 2-3 seconds**, when you reach the maximum tension of the elastic during the exercise. This will help you maximize strength and endurance.
- **Do a stretching session at the end of your workout**, to relax and stretch muscles and body, recovering more quickly from the effort.
- **Create a routine**, to get fit or improve physically it can take time and dedication but if you train constantly every day, even just 15/30 minutes, you can get excellent results

***NOW YOU ARE READY!  
HAVE A GREAT WORKOUT..***

# 1) SQUAT:

Muscles involved: buttocks, legs.



1) Place the elastic on the ground and put your feet on it. Keep the feet slightly wider than the shoulders and with the toe facing outwards.

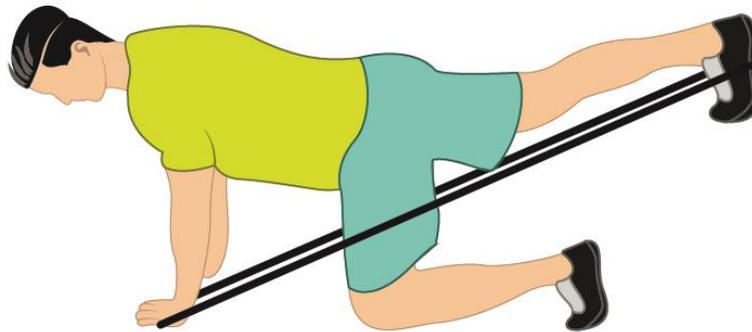
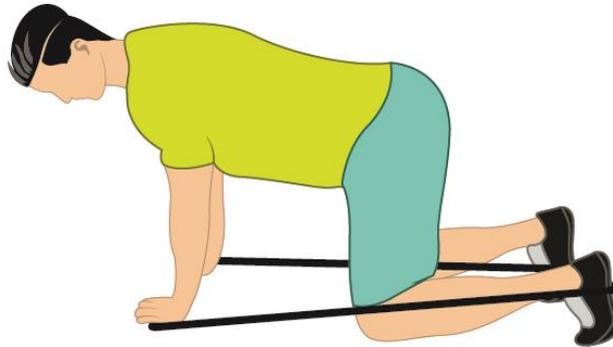
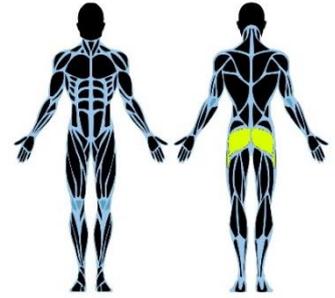
2) Grab the elastic and place it around the neck or bring it to chest height.

3) Bend your legs and lower your torso until it forms an angle of approximately  $90^\circ$  with the floor. Hold the position for a few seconds.

4) Slowly straighten your legs and return to the starting position.

## 2) BUTTOCKS:

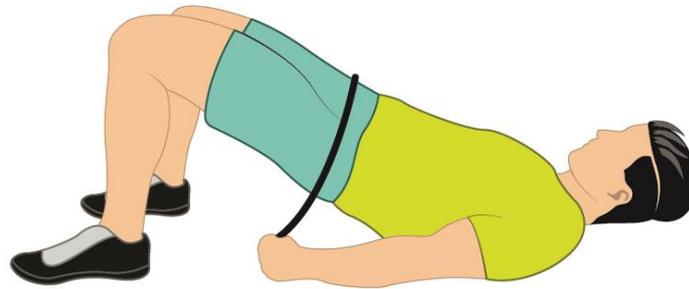
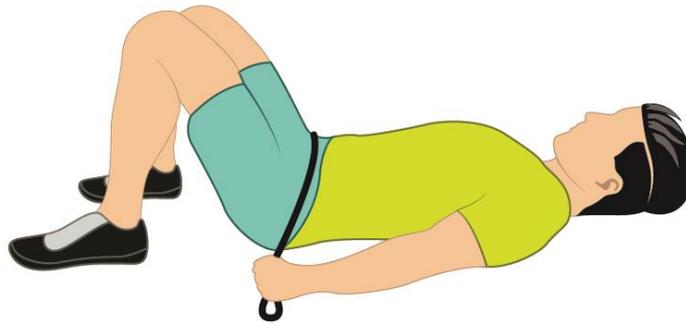
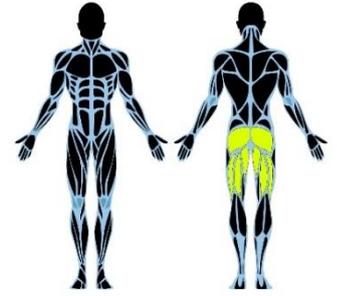
Muscles involved: buttocks.



- 1) Get on all fours on the floor and place one foot in the band. Grasp the ends firmly with your hands.
- 2) Extend your leg bringing it parallel to the floor. Hold the position for a few seconds.
- 3) Slowly bend your leg and return to the starting position.
- 4) Repeat the exercise with the other leg.

### 3) GLUTE BRIDGE:

Muscles involved: buttocks.



1) Lie down on the floor and bend your legs. Place the elastic on the pelvis and grasp the ends with the palm facing down.

2) Place your arms close to the floor.

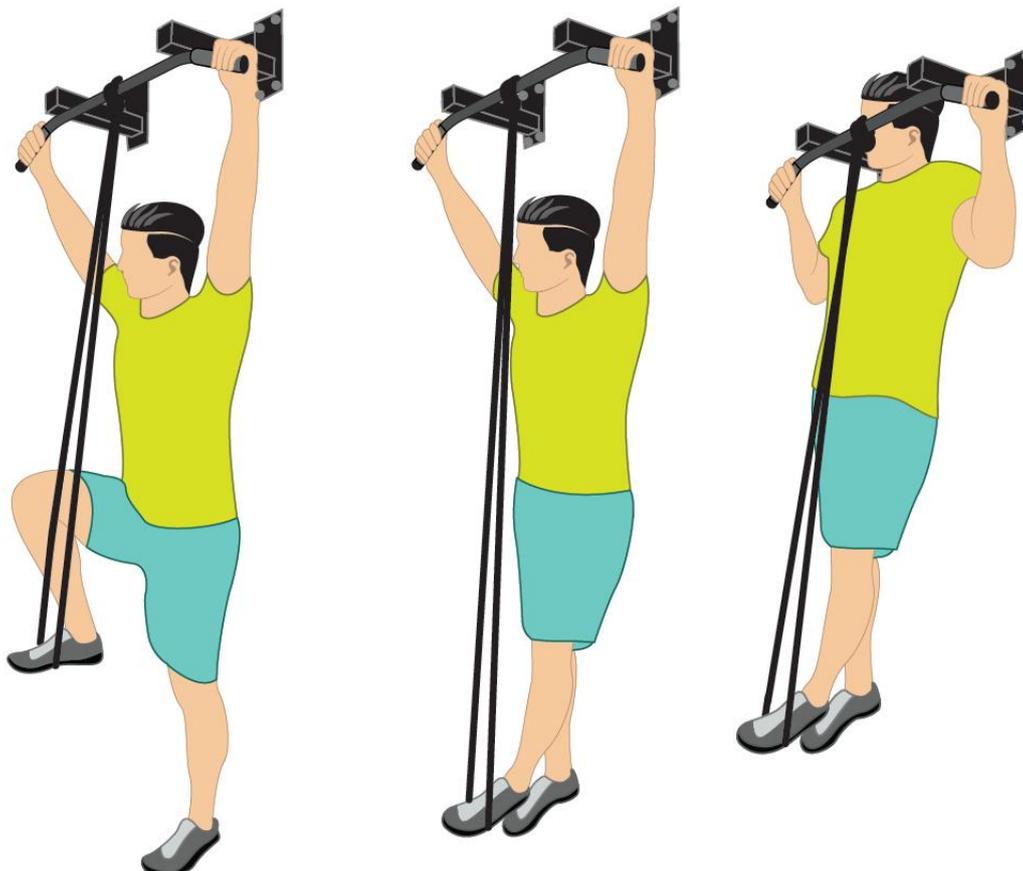
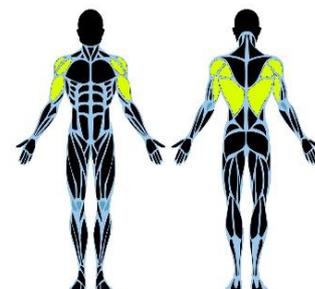
3) Lift your pelvis up, always keeping your hands holding the band firmly fixed to the floor. Hold the position for a few seconds.

4) Slowly bend your pelvis and return to the starting position.



## 4) PULL-UPS:

Muscles involved: back, shoulders, triceps, biceps.

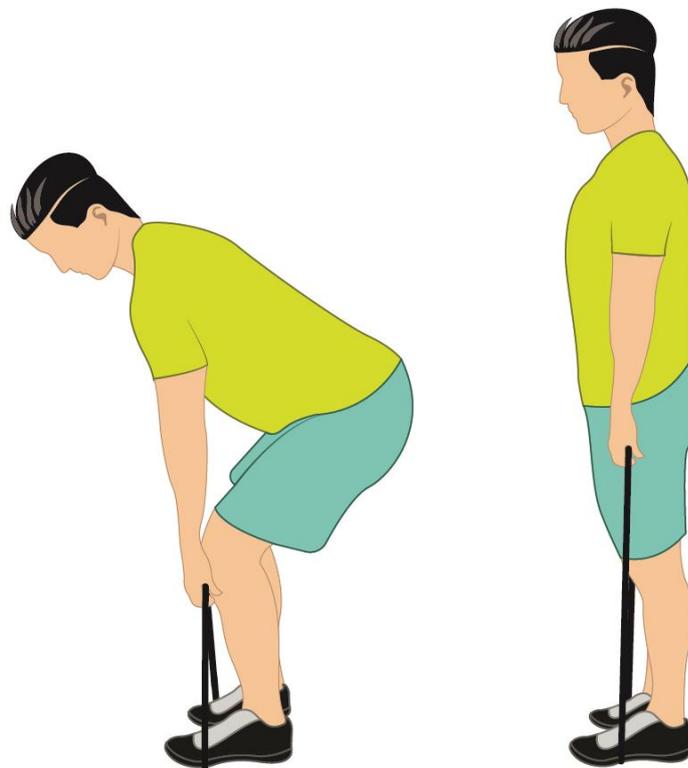
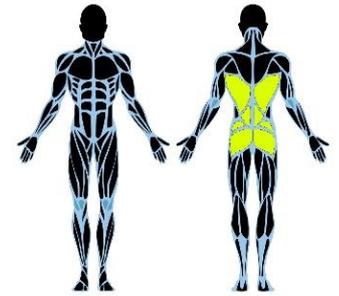


- 1) Properly fix the elastic to the bar.
- 2) Hang from the bar by placing your hands shoulder-width apart.
- 3) Extend your arms, pull the band down and place one foot inside it.
- 4) Bend your arms and try to bring your chest as close as possible to the bar.
- 5) Slowly bend your arms and return to the starting position.



## 5) DEADLIFT:

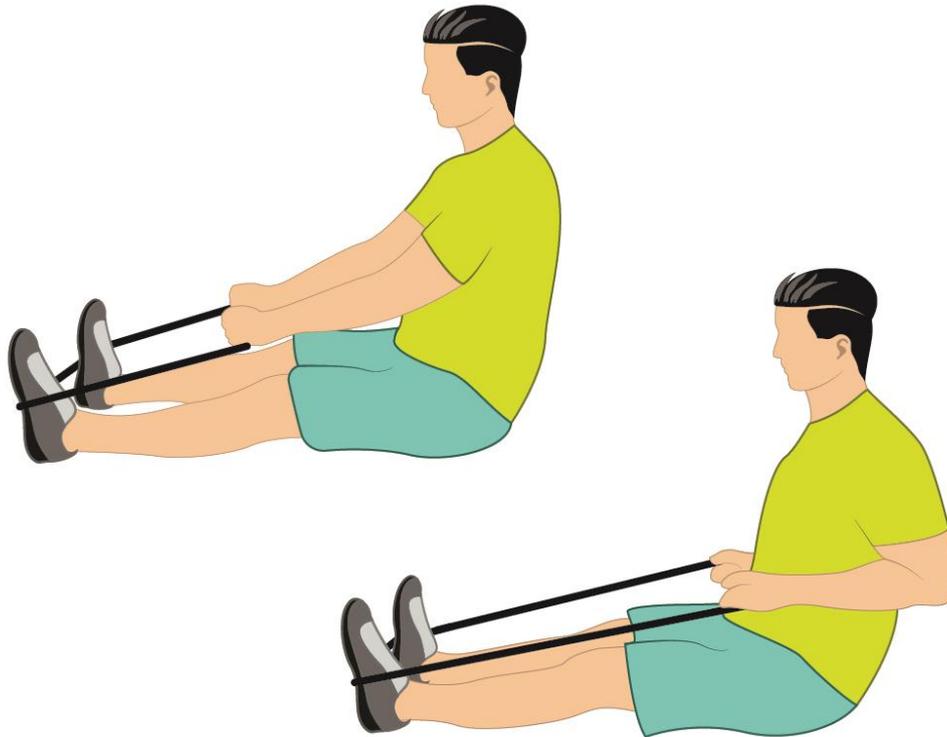
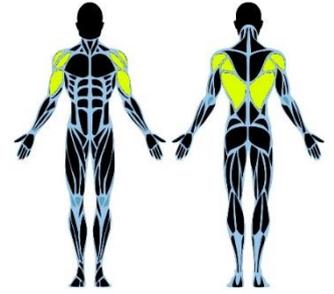
Muscles involved: back, buttocks.



- 1) Place the elastic on the ground and put your feet on it. Bend your legs, keep your back straight and firmly grasp the ends with your hands.
- 2) Raise your torso and straighten your knees while always keeping your back straight.
- 3) Reach the maximum extension of the legs, bringing the torso in a vertical position. Hold the position for a few seconds.
- 4) Slowly bend your torso and return to the starting position.

## 6) ROWER:

Muscles involved: back, shoulders, biceps.



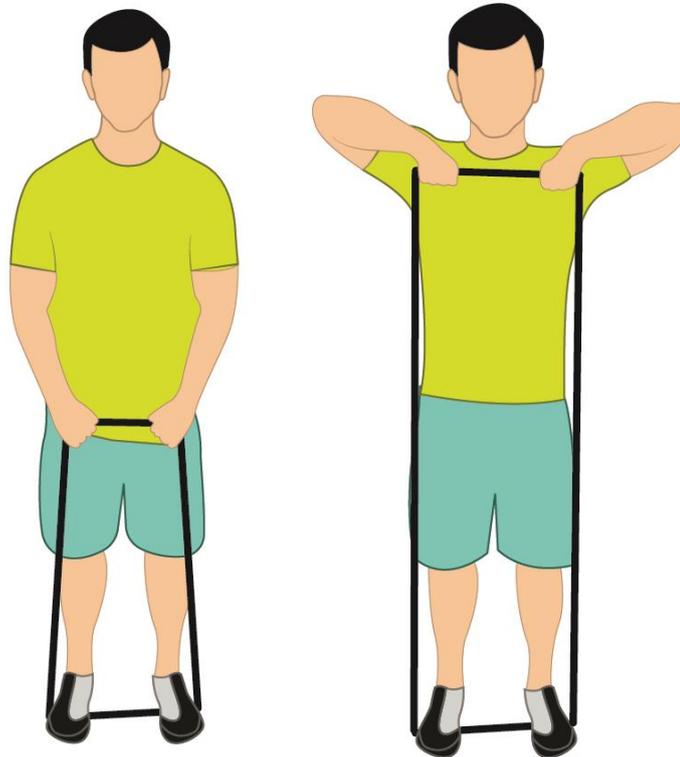
1) Sit on the floor and straighten your legs. Place the elastic around the feet and grasp the ends with the palm facing inwards. Alternatively, it is possible to perform the exercise standing up, placing the elastic under the feet, bending the legs slightly and keeping the back straight.

2) Bend your arms and bring them towards your body. Hold the position for a few seconds.

3) Slowly extend your arms and return to the starting position.

## 7) VERTICAL ROW:

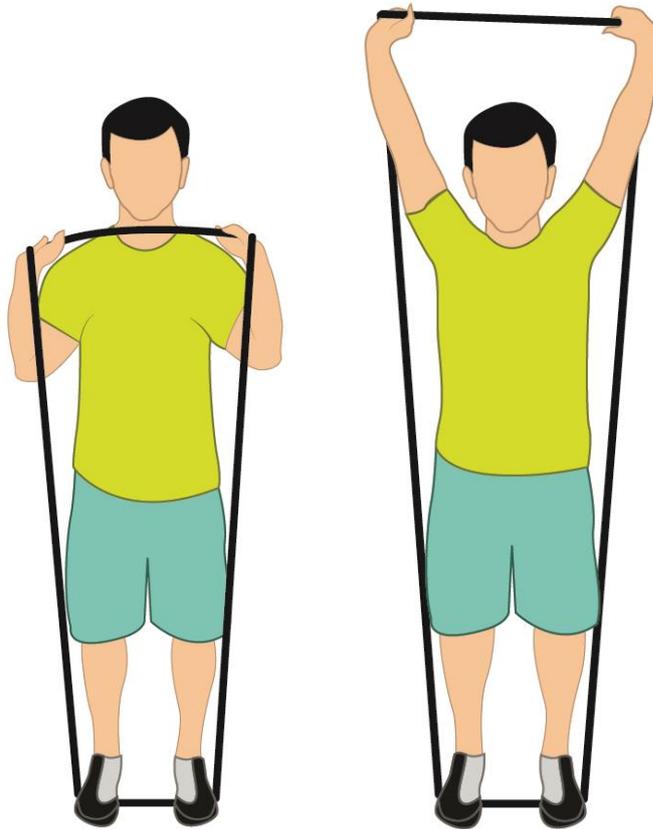
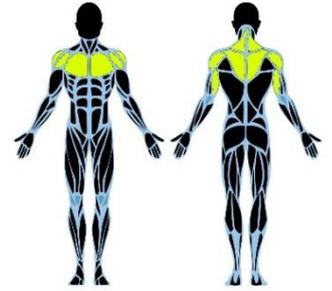
Muscles involved: back, shoulders.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the ends with the palm facing the body.
- 2) Raise your hands up to shoulder height keeping your elbows bent outwards and always above the height of your hands. Hold the position for a few seconds.
- 3) Slowly lower your arms and return to the starting position.

## 8) SHOULDER PRESS:

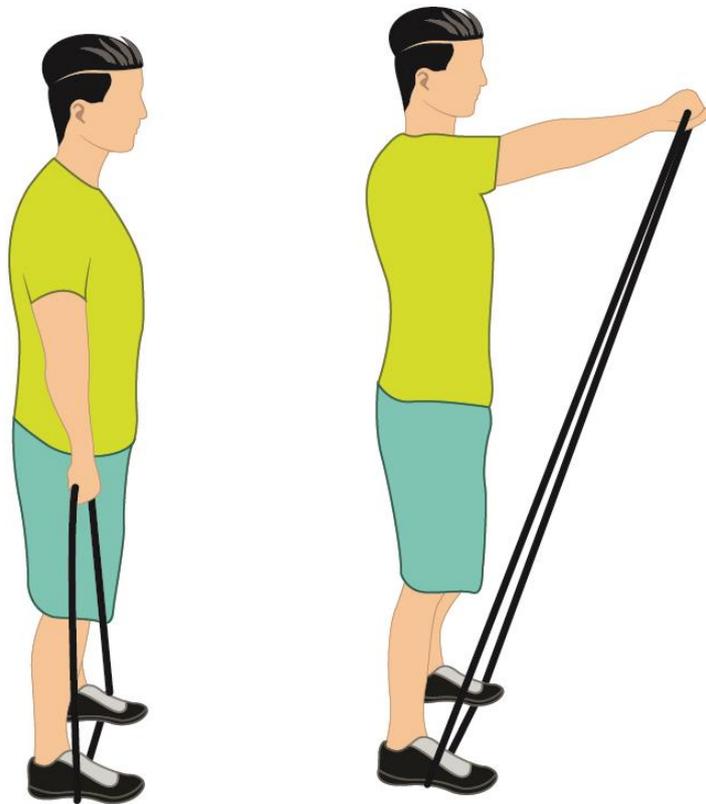
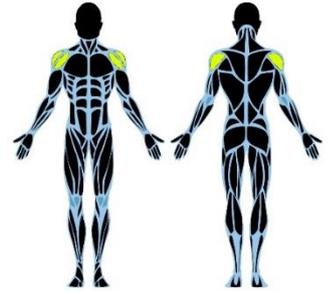
**Muscles involved:** back, shoulders, triceps, chest.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the ends with your hands.
- 2) Bring your hands to shoulder height, place your palms upwards and fully extend your arms. Hold the position for a few seconds.
- 3) Slowly bend your arms and return to the starting position.
- 4) It is possible to carry out a variant of the exercise, performing the movement with only one arm.

## 9) FRONT LIFT:

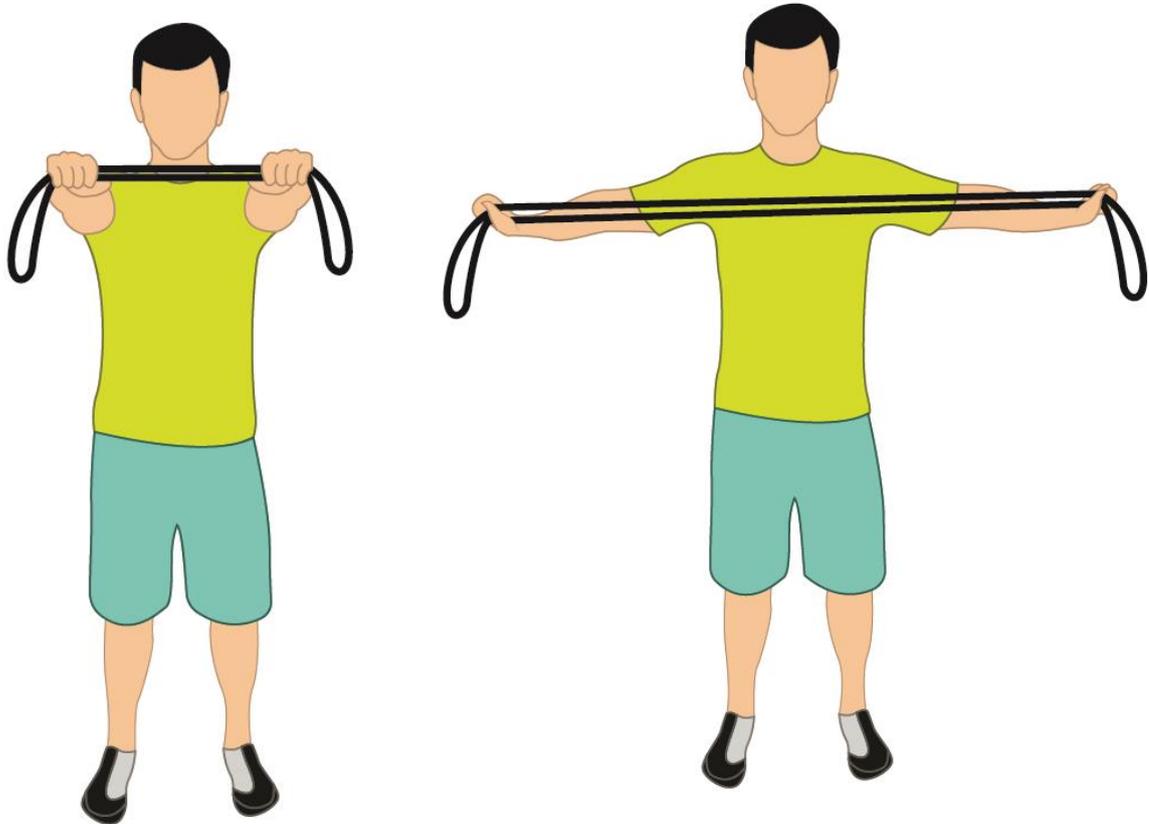
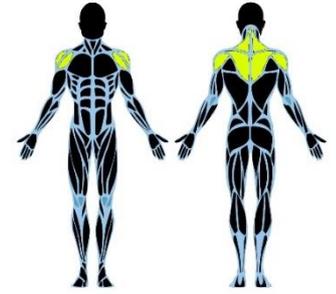
Muscles involved: shoulders.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the ends with the palm facing the body.
- 2) Keep your arms straight and raise them until they are parallel to the floor. Hold the position for a few seconds.
- 3) Slowly lower your arms and return to the starting position.
- 4) It is possible to carry out a variant of the exercise, performing the movement with only one arm.

# 10) REVERSE FLY:

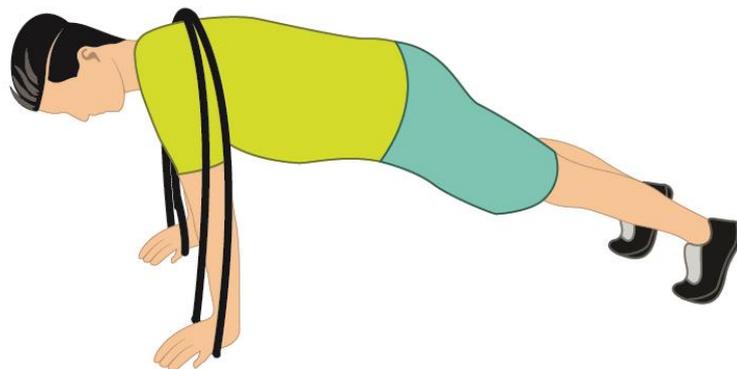
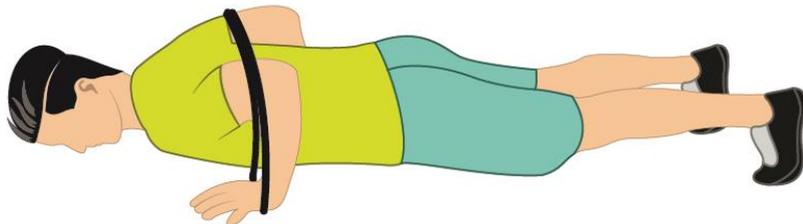
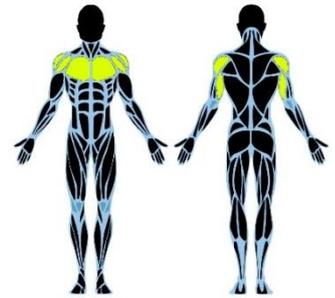
Muscles involved: back, shoulders.



- 1) Firmly grasp the elastic with the palm facing down and extend your arms forward parallel to the floor.
- 2) Spread your arms out to bring them sideways to your body. Hold the position for a few seconds.
- 3) Slowly return to the starting position.

# 11) PUSH-UP:

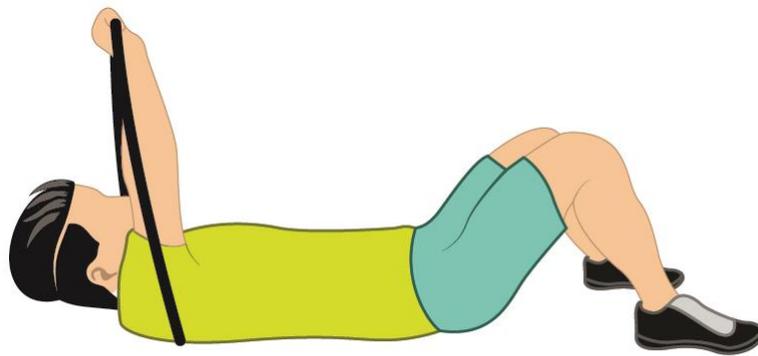
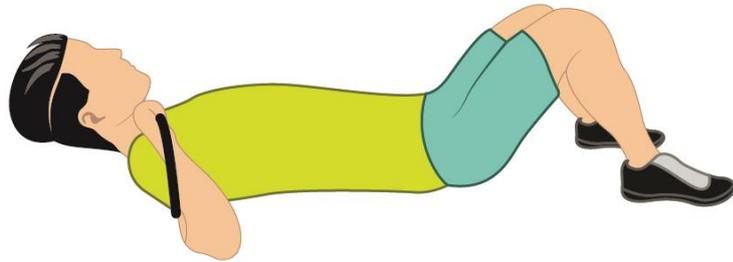
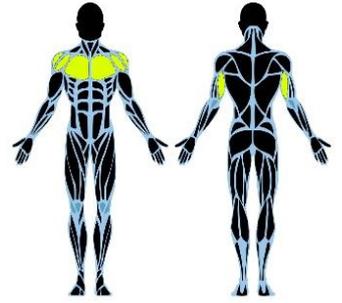
**Muscles involved:** shoulders, triceps, chest.



- 1) Place the elastic behind the back at the height of the shoulder blades and firmly grasp the ends.
- 2) Get into push-up position: hands resting on the floor, legs and arms outstretched and back straight.
- 3) Bend your arms and work your way down to the floor until you stop a few inches from it. Hold the position for a few seconds.
- 4) Slowly extend your arms and return to the starting position.

## 12) CHEST PRESS:

Muscles involved: chest, shoulders, triceps.



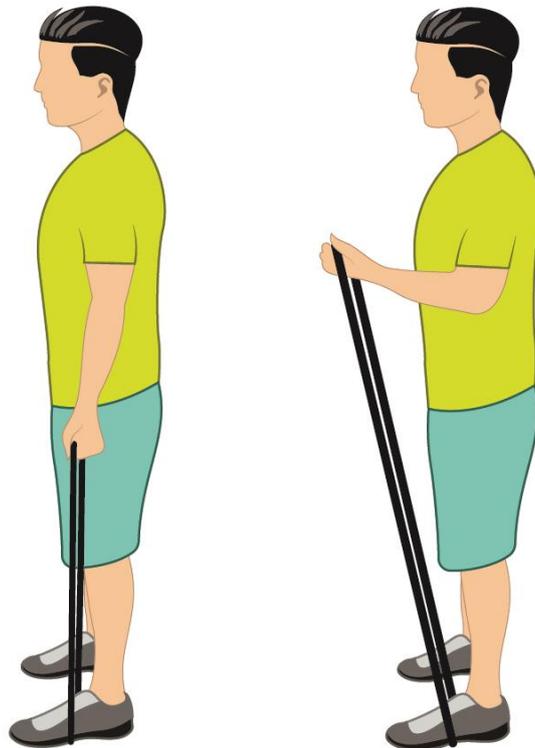
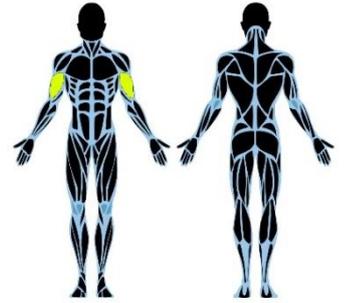
1) Lie on the floor, bend your legs and place the elastic under the shoulder blades. Firmly grasp the ends with the palm facing up and keep the arms folded at chest height. Alternatively, it is possible to perform the exercise standing up.

2) Extend your arms straight up to full extension. Hold the position for a few seconds.

3) Slowly bend your arms and return to the starting position.

# 13) BICEPS:

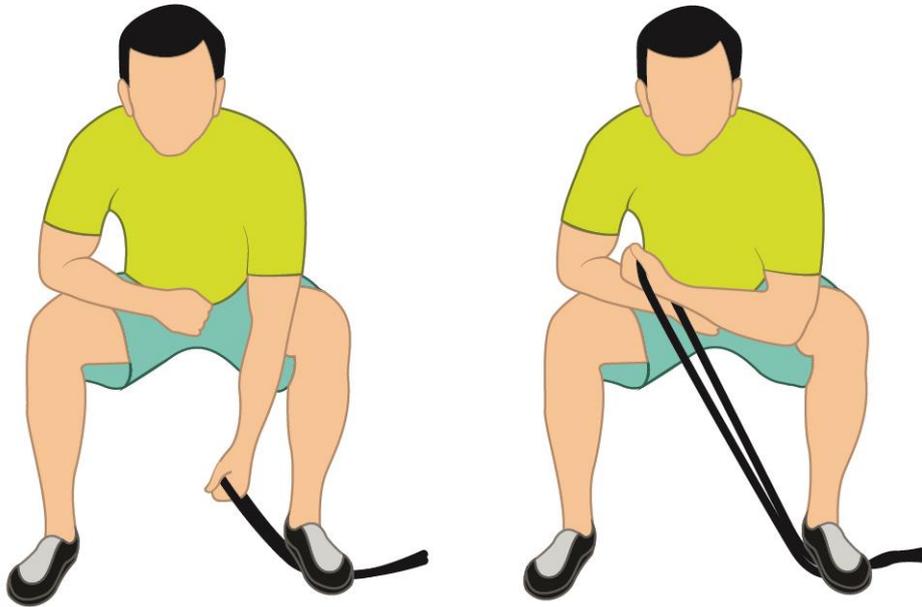
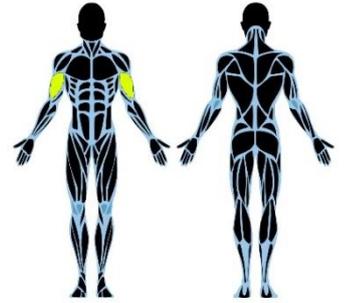
Muscles involved: biceps.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the ends with the palm facing up.
- 2) Keep your back straight and your knees slightly bent.
- 3) Bend your arms and bring the elastic towards your chest. Hold the position for a few seconds.
- 4) Slowly extend your arms and return to the starting position.

# 14) BICEPS CURL:

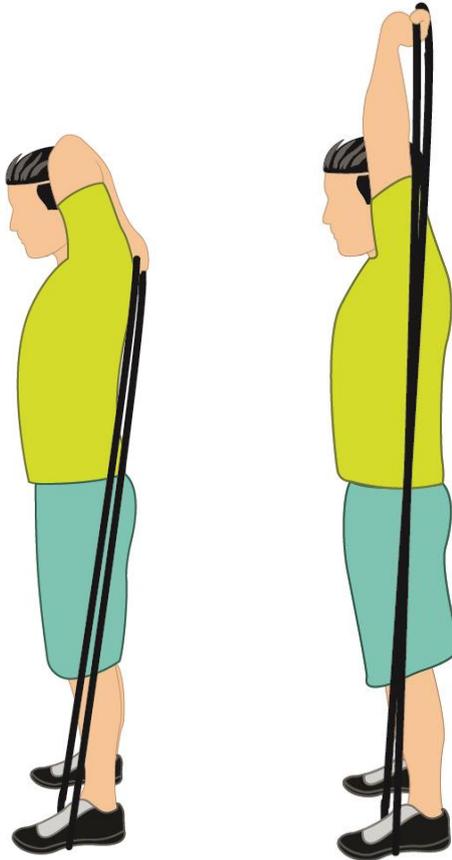
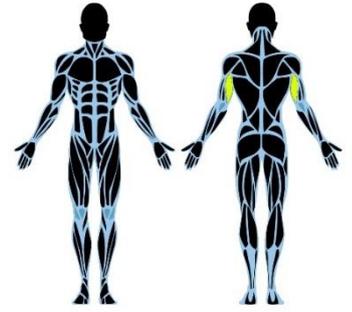
Muscles involved: biceps.



- 1) Sit on a chair, place the elastic on the ground and put one foot on it. Firmly grasp the ends with the palm facing up.
- 2) Rest the elbow on the inside of the leg.
- 3) Bend your arm and bring the elastic towards the opposite shoulder. Hold the position for a few seconds.
- 4) Slowly extend your arm and return to the starting position.
- 5) Repeat the exercise with the other arm.

# 15) TRICEPS:

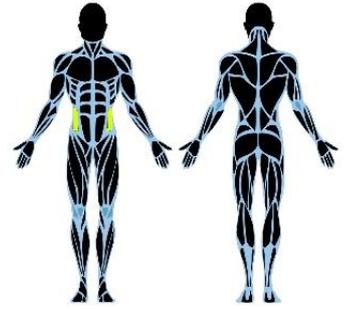
Muscles involved: triceps.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the end with the palm facing up, passing from behind the head.
- 2) Extend your arm upwards. Hold the position for a few seconds.
- 3) Slowly bend your arm and return to the starting position.
- 4) Repeat the exercise with the other arm.

## 16) SIDE BENDS:

Muscles involved: abs.



- 1) Place the elastic on the ground and put your feet on it. Firmly grasp the end with the palm facing the body.
- 2) Extend your arms to your side and slowly flex your torso, left and right, always keeping your pelvis firm.
- 3) Hold the position for a few seconds.
- 4) Repeat the exercise with the other arm.



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Turin, Italy

[info@kalahari4wellness.com](mailto:info@kalahari4wellness.com)

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