BEGINNER TO ADVANCED LOOP BAND EXERCISES
Hi, It’s Adam again, Co-Founder of Physix Gear Sport. Our team would like to thank you for giving us a wonderful opportunity to service you. It is our desire to keep you satisfied with our products and support. You are our inspiration in doing our very best. Thank you and remember; we value you!

We’ve left you a gift below... 😊 -Adam

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IMPORTANT INFORMATION

DISCLAIMER

If you are to take part in any form of exercise or nutritional programming, you must get your doctors approval before beginning any exercise programme or following any nutritional advice.

You must consult with your doctor prior to starting any exercise program, if you have any current medical condition and/or medications or any current/previous injury that could possibly contraindicate any form of exercise.

Readers take full responsibility for that of their personal safety, including knowing their limits when exercising. The exercises and nutrition tips within this eBook are not intended as a substitute for any exercise plan or nutritional programme that may have been prescribed by a doctor or any other health professional.

Always ask for help if unsure.

Always warm up and cool down prior to and post any physical activity. If you experience any light headedness, dizziness, or shortness of breath when exercising, immediately stop exercising and consult a doctor. If you are sedentary, overweight, have high blood pressure or diabetic please consult your doctor before exercising.

Discuss any and all nutritional advice with either a doctor or a registered nutritionist. If your doctor or health professional advises you not to exercise or follow any specific nutrition plan, follow his or hers advise.
PRODUCT MAINTENANCE

DON'TS

Do not expose to direct sunlight
Do not soak in warm or hot water
Do not place over warm or hot radiators

DO'S

Clean using anti-bacterial hand wipes
Store in breathable area between workouts
EXERCISE SAFETY

Please ensure to apply all of the below!

◉ Ensure to seek medical advice before starting physical exercise
◉ Ensure to warm up and warm down prior and post workout
◉ Ensure you are comfortable and well balanced
◉ Ensure workout area is clear with no hazards
◉ Ensure to breath correctly
◉ Ensure to Follow Suggested Tempo
◉ Select the correct weighted band to allow full range of movement
BAND EXERCISES
SEATED BICEP CURLS

START

Sit on a chair holding the required weighted band around the palms of both hands and make a fist. Ensure the back of both hands are facing and touching one another. Lean slightly forward with the back straight and place both elbows onto the thighs just above the knee.

Ensure the chair is of strong construction and perfectly stable.

With hands together and back straight raise the right fist towards right shoulder, ensure to keep the left hand in the starting position as shown.

As you lift the hand feel the bicep muscle contract, try to get your fist as close to the shoulder as possible and hold this position for 2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, repeat using the same process on the opposite (left) Bicep.

Tip: When you reach the top position rotate the hand so the little finger points towards the chin and squeeze the bicep.

AREA’S WORKED
Front Shoulder / Calf Raises

Start

Sit down and place the required weighted band under both thighs above the knees and across both upper wrists. Sit on the chair with your back perfectly straight and in the upright position before starting the movement.

Ensure to keep your chin up and back straight at all times. Ensure the chair is of strong construction and perfectly stable.

With both thumbs together slowly raise both arms until parallel with the ground as shown below. Hold this position for 1-2 seconds then lower the hands back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, remain seated and remove the arms from the bands until the next set, following a rest.

Tip: As you raise both arms, also point your toes and lift the heels off the ground and tense the calves. Once your arms are parallel, lower your heel to the floor and hold for 1-2 seconds.

Area's Worked

[Images showing areas worked]
STANDING LATERAL LEG RAISES

START

Place the required weight band around both ankles and stand upright at the back of the chair with feet together as shown below. Shift your body weight on to your left leg prior to starting.

Ensure the chair is of strong construction and perfectly stable. Ensure not to push against the chair as you raise your leg as this may cause the chair to slide away. The chair is only to help keep your balance.

With both legs completely straight slowly raise the right leg to the side until you can’t raise any further. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, repeat the same process on the opposite (left) leg.

Tip: As you reach the top position, squeeze the outer thigh and hip.

AREA’S WORKED
LYING LATERAL LEG RAISES

START

Place the required weighted band around the ankles and lie on your side in a comfortable position, support your upper body with your elbow as shown below. Ensure good posture and balance!

With your feet together slowly raise your right leg in to the air until you can’t raise any further. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, roll onto your opposite side and repeat the same process on the opposite (left) leg.

Tip: As you reach the top position, squeeze the outer thigh and the oblique stomach muscles.

AREA’S WORKED
LATERAL LEG RAISE WITH BALL

START

Place the required weight band around your ankles and lie on your side across the ball centre, support your upper body with the left arm as shown above.

Ensure good posture and balance, and to exercise clear of any potential hazards!

With your feet together slowly raise your right leg in to the air until you can’t raise any further. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, stand up and move onto your opposite side and repeat the same process on the opposite (left) leg.

Tip: As you reach the top position, squeeze the outer thigh and supporting arms triceps.

AREA’S WORKED
BEGINNER TO ADVANCED LOOP BAND EXERCISES

STANDING KICK BACKS

START

Place the required weight band around both ankles and stand upright facing the chair back with feet together as shown below. Shift your body weight on to your right leg prior to starting.

**Ensure the chair is of strong construction and perfectly stable. Ensure not to push against the chair as you raise your leg as this may cause the chair to slide away. The chair is only to help you keep your balance.**

With both legs completely straight slowly push back and raise the left leg to the rear until you can’t raise any further. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, repeat the same process on the opposite (right) leg.

**Tip: As you reach the top position, squeeze the Gluts and hamstring muscles.**

AREA’S WORKED
STANDING FRONT LEG RAISES

START

Place the required weight band around both ankles and stand upright and side on across the back of the chair with feet together as shown below. Shift your body weight on to your right leg prior to starting.

Ensure the chair is of strong construction and perfectly stable. Ensure not to push against the chair as you raise your leg as this may cause the chair to slide away. The chair is only to help you keep your balance.

With both legs completely straight slowly raise the left leg to the front until you can’t raise any further. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, repeat using the same process on the opposite (right) leg.

Tip: As you reach the top position curl the toes upwards to increase the contraction of the thigh muscles.

AREA’S WORKED
SEATED LEG EXTENSIONS

START

Sit down and place the required weighted band across the instep of the left foot and the right ankle. Sit on the chair with your back perfectly straight and in the upright position before starting the movement.

Ensure to keep your chin up and back straight at all times. Ensure the chair is of strong construction and perfectly stable.

With both feet together slowly raise the right foot from the knee to the front until the leg is fully locked/straight. Hold this position for 1-2 seconds then lower the leg back to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, repeat using the same process on the opposite (left) leg.

Tip: As you reach the top position curl the toes towards your head to increase the contraction of the thigh muscles.

AREA’S WORKED
REVERSE LEG ABDUCTORS

START

Sit on the floor and place the correct weighted band across both ankles with feet together.

Lie flat on the floor with hands behind the head with legs straight, then raise both legs with feet together in to the air until vertical, 90 degrees and at right ankles to the stomach.

Once in position, slowly open the legs until you can't open anymore. Hold in this position for 1-2 seconds then close the legs and return to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, lower the legs back to the floor until rested and ready for the next set.

Tip: When first staring holding the legs upright may prove too difficult, try holding at 45 degrees or as high as you can until you build up strength.

AREA’S WORKED
REVERSE LEG ABDUCTORS 2

START

Sit on the floor and place the correct weighted band across both ankles with feet together.

Lie flat on the floor with hands behind the head with legs straight, then raise both legs with feet together in to the air until vertical, 90 degrees and at right ankles to the stomach

Once in position, slowly open the legs until you can’t open anymore. Hold in this position for 1-2 seconds then close the legs and return to the start position.

Repeat this process for the target repetition range required. Once you have completed the set amount of reps, lower the legs back to the floor until rested for the next set.

Tip: The alternative band position shown may be more comfortable for some.

AREA’S WORKED
Begin by placing the correct weighted band across both ankles in the seated position. Then lay down on to your back and roll over and on to your stomach, face down on the floor.

**Ensure to look straight ahead with your head and spine inline**

With feet and hands together, legs straight and your arms stretched out in front, slowly lift the right leg off the floor until you can’t lift any higher, and hold for 1-2 seconds.

Lower the right leg back to the start position, then repeat the process but this time raise the opposite left leg and complete another rep cycle.

Repeat this process until you hit your target number of repetition's.

**Tip:** As you reach the top position, hold and squeeze the Gluts and hamstring muscles.

**AREA'S WORKED**
DORSAL RAISE

START

Begin by placing the correct weighted band across your ankles in the seated position. Then lay down on to your back and roll over and on to your stomach, face down on the floor.

Ensure to look straight ahead with your head and spine inline.

With feet and hands together, legs straight and your arms stretched out in front, simultaneously and slowly lift the left Arm and the opposite right Leg off the floor as high as you can, and hold for 1-2 seconds.

Then lower the Arm and Leg back to the start position, repeat the process but switching to the opposite Arm and Leg and complete another rep cycle.

Repeat this process until you hit your target number of repetition's!

Tip: As you reach the top position, hold and squeeze the Gluts and hamstring muscles.

AREA'S WORKED
Beginner to Advanced Loop Band Exercises

**DORSAL RAISE 2**

**START**

Begin by placing the correct weighted band across your ankles and wrists in the seated position. Then lay down on to your back and roll over and on to your stomach, face down on the floor.

**Ensure to look straight ahead with your head and spine inline.**

With feet and hands together, legs straight and your arms stretched out in front of you, simultaneously and slowly lift the left Arm and the opposite right Leg off the floor as high as you can, and hold for 1-2 seconds.

![Image of Dorsal Raise 2 exercise](image)

Then lower the Arm and Leg back to the start position, repeat the process switching to the opposite Arm and Leg and complete another rep cycle.

Repeat this process until you hit your target number of repetition's.

**Tip:** As you reach the top position, hold and squeeze the Gluts, Hamstring and Shoulder muscles.

**AREA'S WORKED**

![Muscle Diagrams for Areas Worked](images)
**ALTERNATIVE PIKE CRUNCHES**

**START**

Sit on the floor and place the correct weighted band across both ankles with feet together. Lie straight on your back with the palms of the hands face down on the floor by your side.

Slowly raise up the left leg until you can’t raise any higher and simultaneously sit up in to the crunch position with both hands together and pointing towards the left foot as shown above. Hold position for 1-2 seconds.

Lower the left foot and back flat to the floor and back to the start position.

Repeat this process but this time switch to the opposite right leg. 1 left and right lag raise completes one full rep cycle. Repeat this process until you hit your target number of repetition’s.

**Tip:** As you reach the top position, hold and squeeze the Thighs, Abdominals and Shoulders muscles.

**AREA’S WORKED**
Super Squat

Start

Place the correct weighted band across both ankles and stand up straight with feet together. With your arms straight out in front, bend from the knees and lower into a squat position and hold for 1-2 seconds. Then pushing from the heels straighten the legs and stand up into the upright position. See center image below.

Ensure to keep the back straight and chin up at all times.

Upon reaching the upright position slowly step out to the side with the left leg, once your foot hits the ground and your weight is supported, bend from the waist and lower the left hand towards the left foot.

Return to the upright position and repeat using the right leg. one squat, one step to the left, and one step to the right completes one full rep cycle. Repeat this process until you hit your target number of repetitions.

Area’s Worked
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