
RESISTANCE

BANDS SET

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 Set 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 Set 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!



Contents

| | |
|------------------------------|----|
| Introduction | 04 |
| Uses | 05 |
| Advantages and benefits | 07 |
| Tips | 08 |
| | |
| Donkey kicks | 09 |
| Squat | 10 |
| Squat jump | 11 |
| Squat with side leg lift | 12 |
| Hip abduction | 13 |
| Side step | 14 |
| Clamshells | 15 |
| Glute bridge | 16 |
| Straight leg lift | 17 |
| Mountain climber | 18 |
| Bicycle | 19 |
| Plank with leg movement | 20 |
| Rower | 21 |
| Butterfly | 22 |
| Biceps | 23 |
| Thrust up | 24 |
| Renegade row | 25 |
| Triceps behind the head | 26 |
| Triceps in front of the head | 27 |

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 Set, 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.



LOOP BAND – BLACK COLOUR

Resistance level: 24 – 28 LBS

Thickness: 0.078 inch



LOOP BAND – GREY COLOUR

Resistance level: 20 – 24 LBS

Thickness: 0.039 inch



LOOP BAND – YELLOW COLOUR

Resistance level: 16 – 20 LBS

Thickness: 0.031 inch



LOOP BAND – PURPLE COLOUR

Resistance level: 12 – 16 LBS

Thickness: 0.023 inch



LOOP BAND – BLU COLOUR

Resistance level: 8 – 12 LBS

Thickness: 0.006 inch

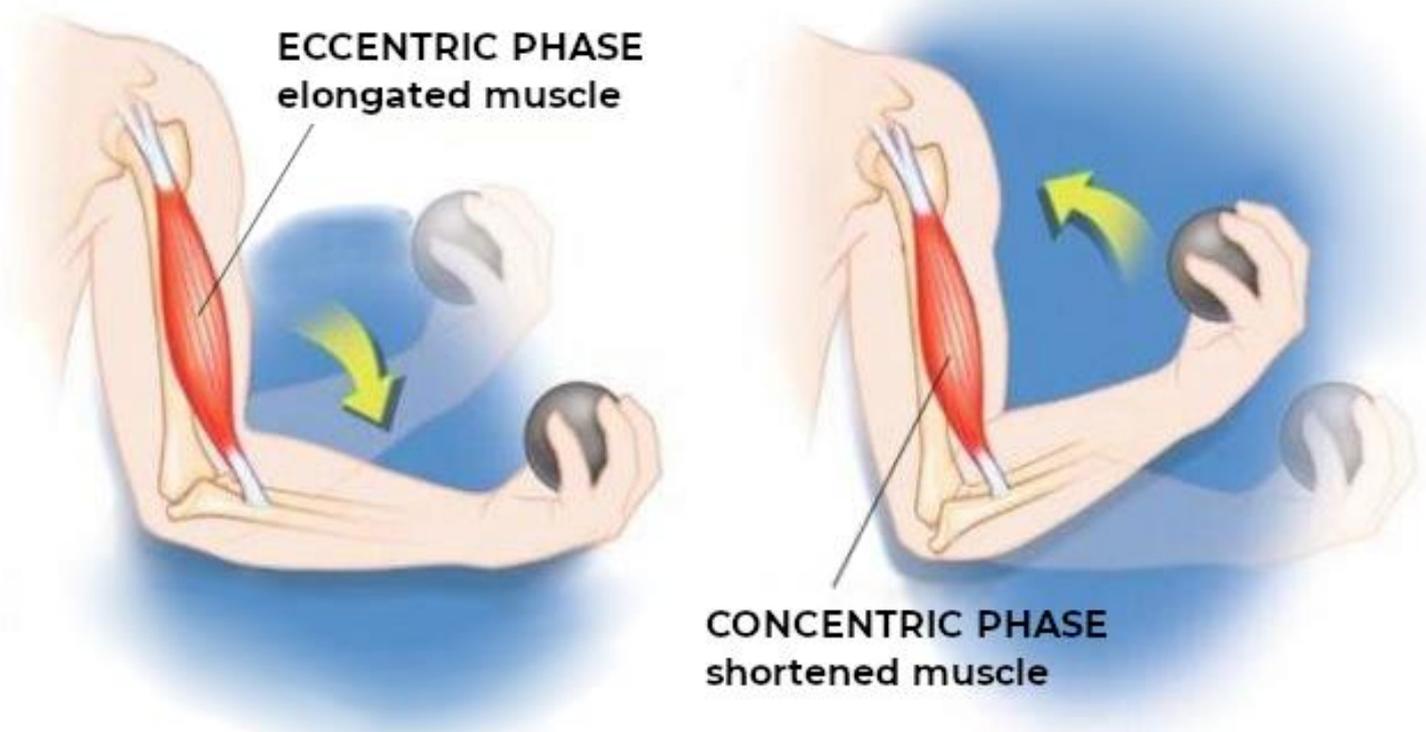
HOW DOES IT WORK?

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 Loop 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.
- ✓ **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.

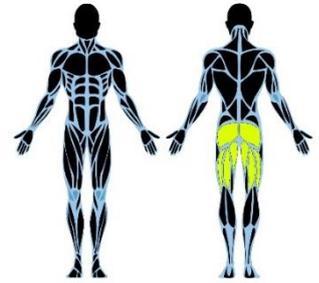
OK ... BUT HOW TO USE IT?

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:

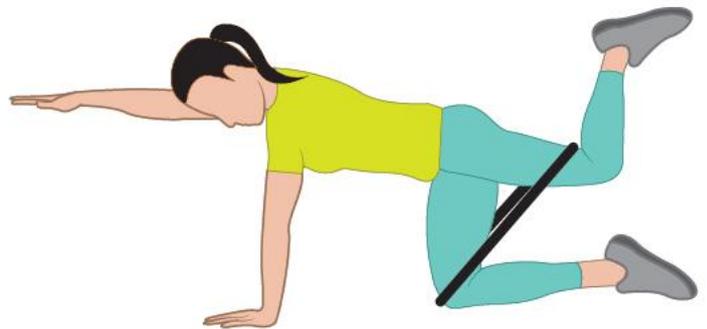
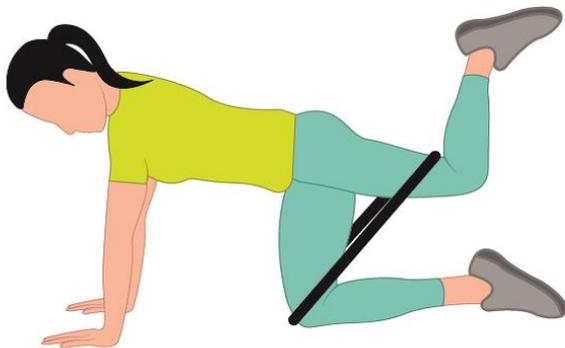
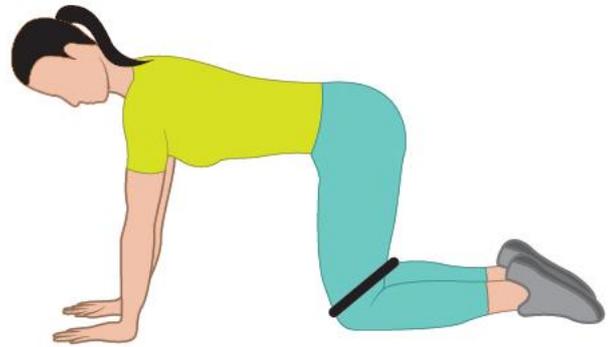
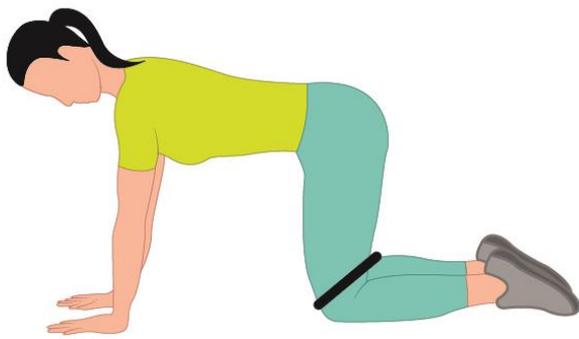
- **Do a warm-up before training**, to prepare the muscles for athletic effort and avoid injuries.
- **Perform 2/3 series, of 10/15 repetitions each**, between one repetition and the next take a break of 60/90 seconds.
- **Control your breathing**, inhale during the unloading phase and exhale during 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) DONKEY KICKS:



Muscles involved: buttocks, legs.



1) Get on all fours and place the elastic just above the knees. Alternatively, you can also perform the exercise standing up.

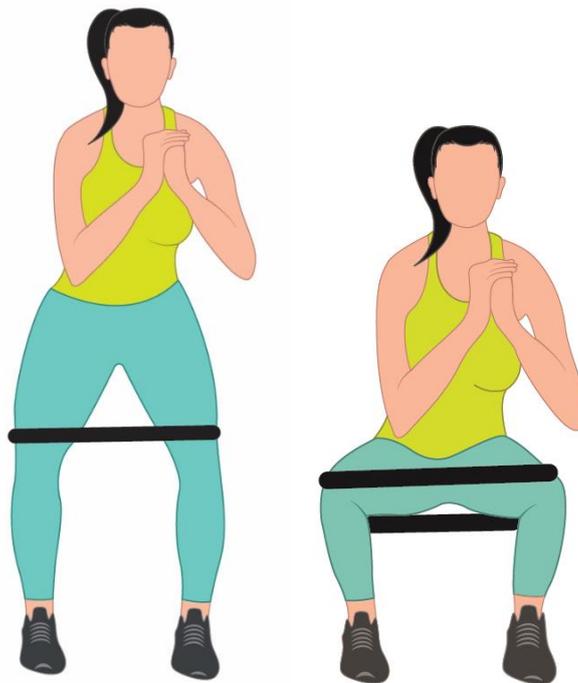
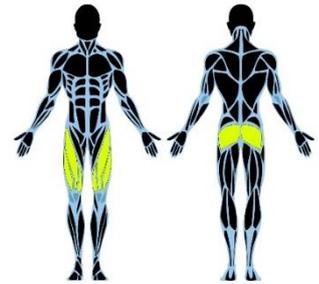
2) Lift one leg straight up, keeping your hips steady and without arching your back. Hold the position for a few seconds.

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

4) Repeat the exercise with the other leg.

2) SQUAT:

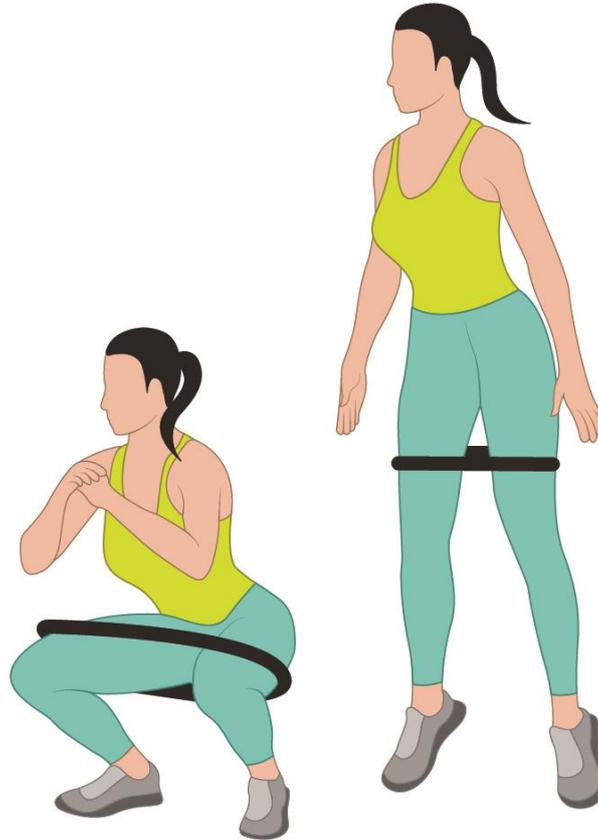
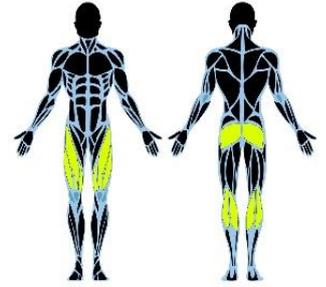
Muscles involved: buttocks, legs.



- 1) From standing, place the elastic just above the knees, keep your feet shoulder-width apart and with the toe pointing outwards.
- 2) Bend your legs and lower your torso until it forms an angle of approximately 90° with the floor. Hold the position for a few seconds.
- 3) Slowly straighten your legs and return to the starting position.

3) SQUAT JUMP:

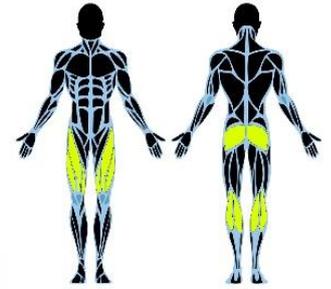
Muscles involved: buttocks, legs.



- 1) From standing, place the elastic just above the knees, keep your feet shoulder-width apart and with the toe pointing outwards.
- 2) Bend your legs and lower your torso until it forms an angle of approximately 90° with the floor.
- 3) Extend your legs and jump explosively upwards, helping you with the movement of your arms.
- 4) Land and cushion with legs.

4) SQUAT WITH SIDE LEG LIFT:

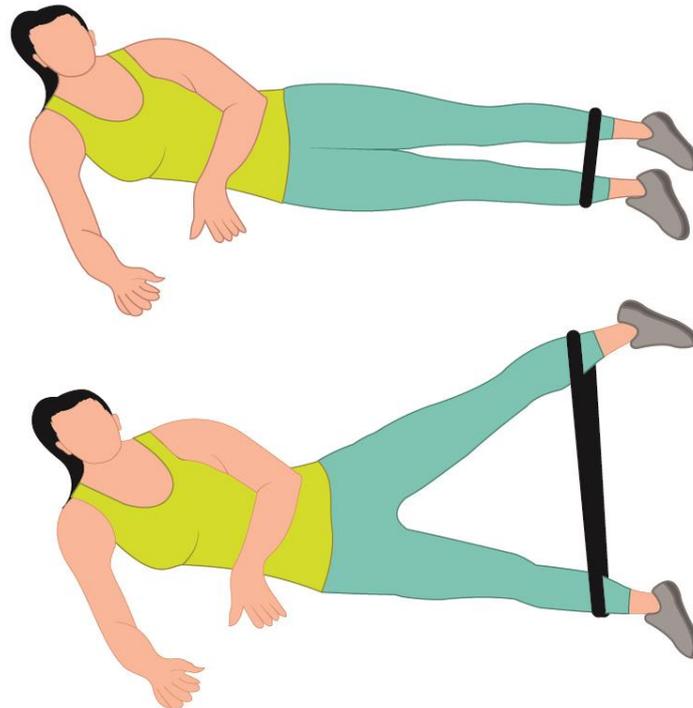
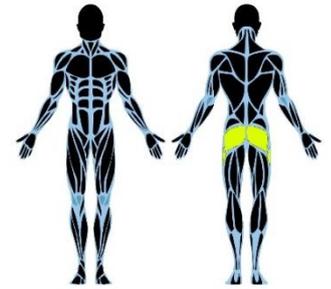
Muscles involved: buttocks, legs.



- 1) From standing, place the elastic just above the ankles, keep your feet shoulder-width apart and with the toe pointing outwards.
- 2) Bend your legs and lower your torso until it forms an angle of approximately 90° with the floor.
- 3) Straighten your legs and then lift one leg to the side.
- 4) Slowly return to the starting position.
- 5) Repeat the exercise with the other leg.

5) HIP ABDUCTION:

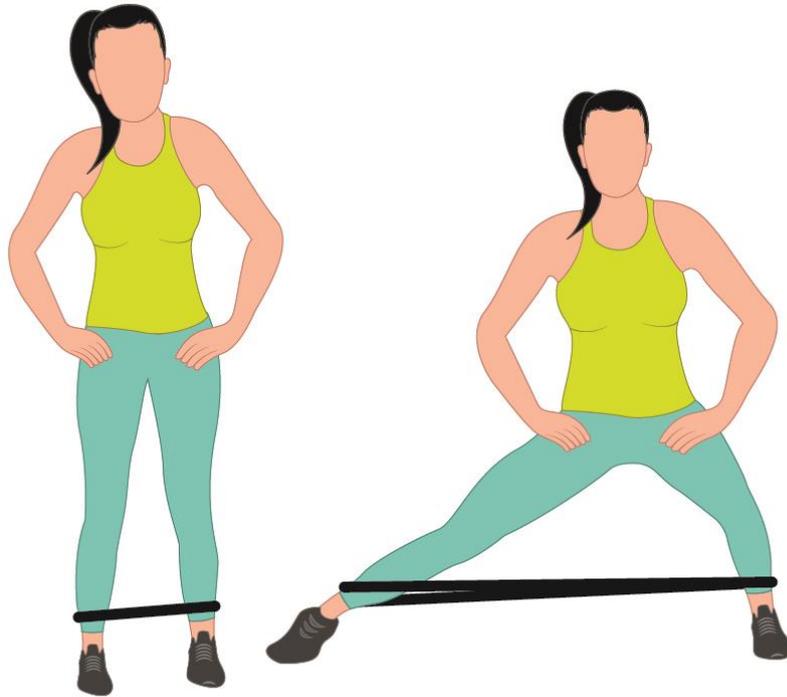
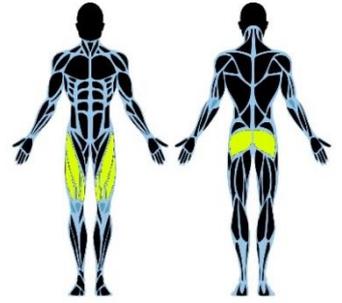
Muscles involved: buttocks, legs.



- 1) Lie on your side and place the elastic just above the ankles. Alternatively, you can also perform the exercise standing up.
- 2) Move the leg upwards until it forms an angle of about 45° with the floor. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) Repeat the exercise with the other leg.

6) SIDE STEP:

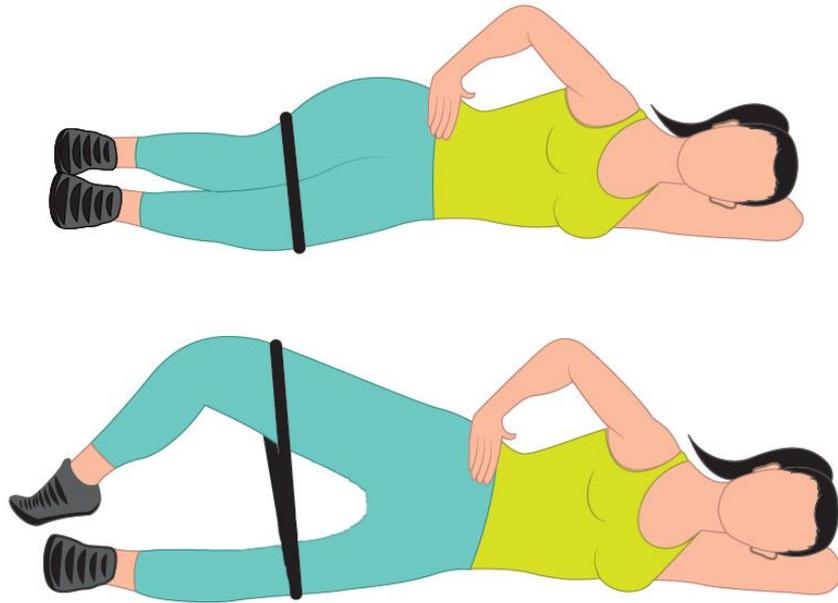
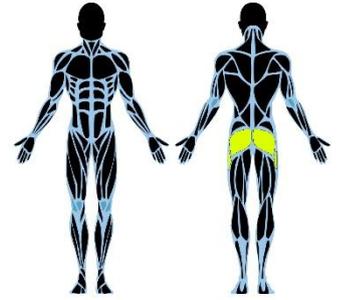
Muscles involved: buttocks, legs.



- 1) From standing, place the elastic just above the ankles and bend the legs slightly.
- 2) Keep one leg still and move the other outward. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) Repeat the exercise with the other leg.

7) CLAMSHELLS:

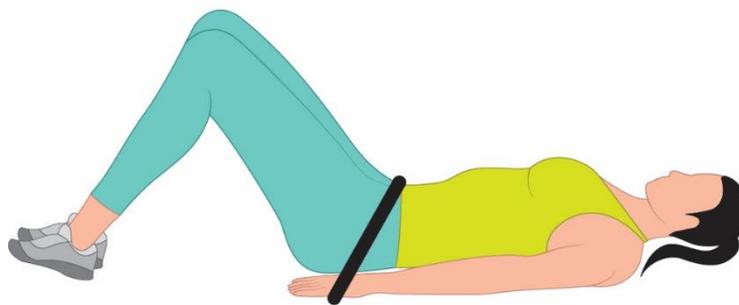
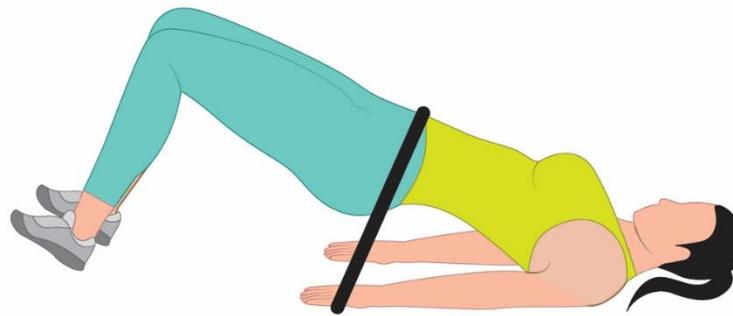
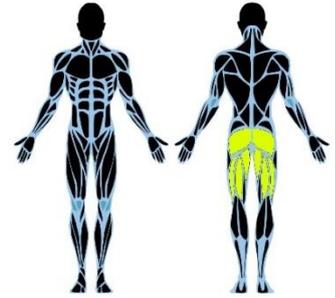
Muscles involved: buttocks.



- 1) Lie on your side and place the elastic just above the knees.
- 2) Keep your legs bent and move the outer leg upwards until it forms an angle of about 45° with the floor. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) Repeat the exercise with the other leg.

8) GLUTE BRIDGE:

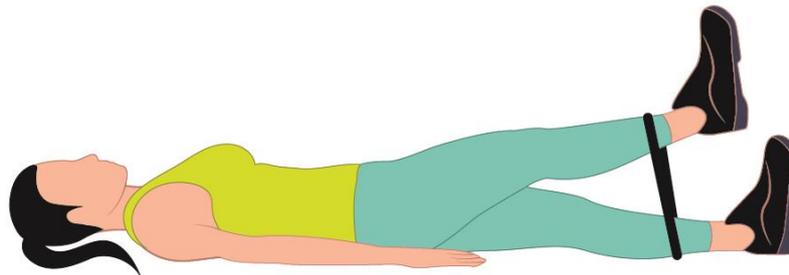
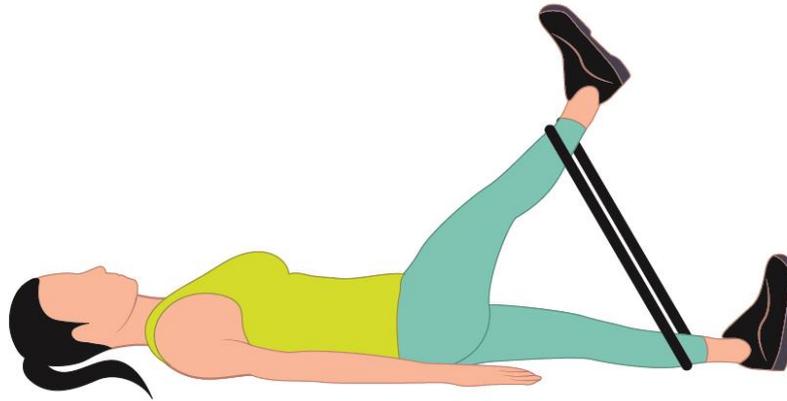
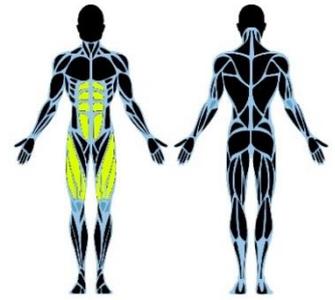
Muscles involved: buttocks.



- 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.

9) STRAIGHT LEG LIFT:

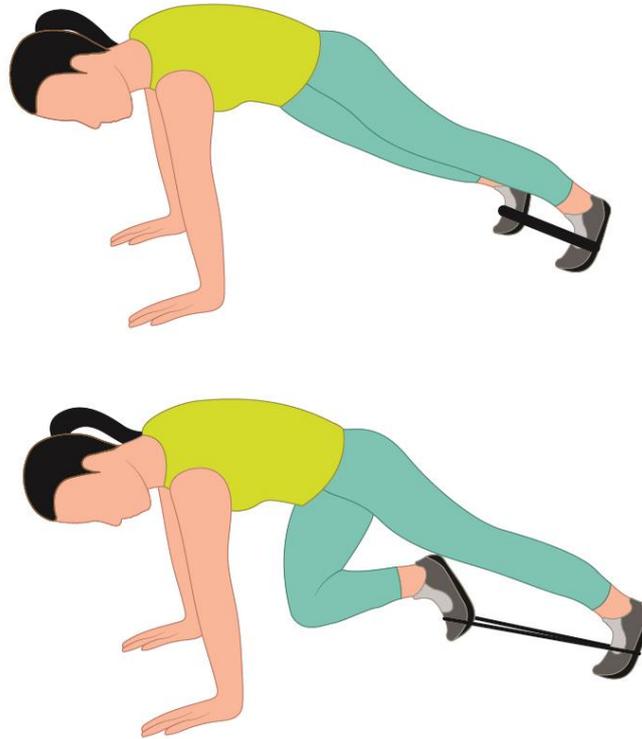
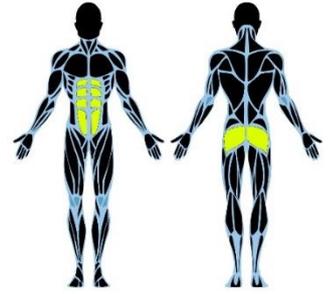
Muscles involved: legs, abs.



- 1) Lie on the floor, straighten your legs and place the elastic just above the ankles.
- 2) Move one leg up, always keeping it straight. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) Repeat the exercise with the other leg.

10) MOUNTAIN CLIMBER:

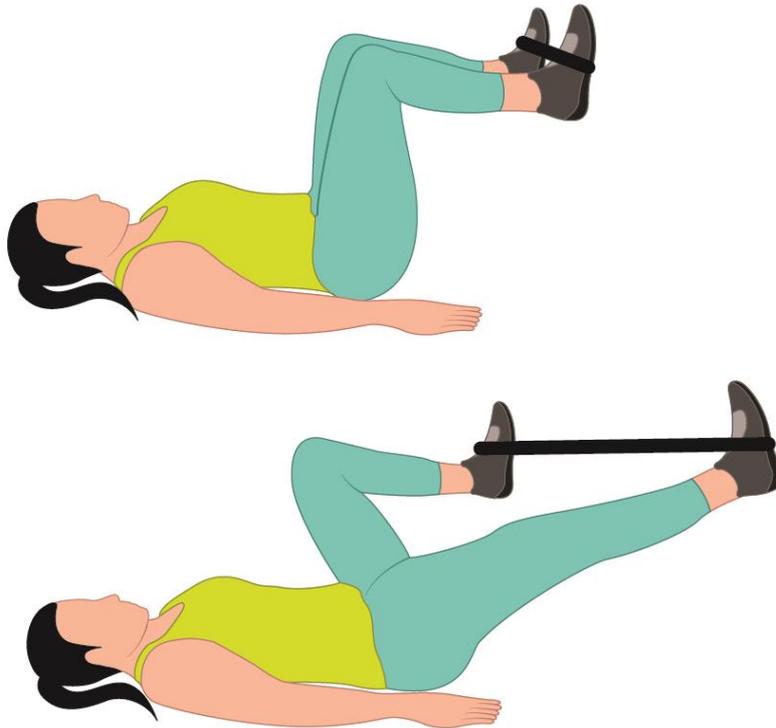
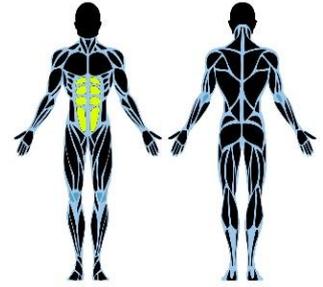
Muscles involved: buttocks, abs.



- 1) Place the elastic around your feet and get into a push-up position: hands resting on the floor, legs and arms extended and back straight.
- 2) Bring your knees to your chest, first one leg and then the other.
- 3) Perform the exercise continuously.

11) BICYCLE:

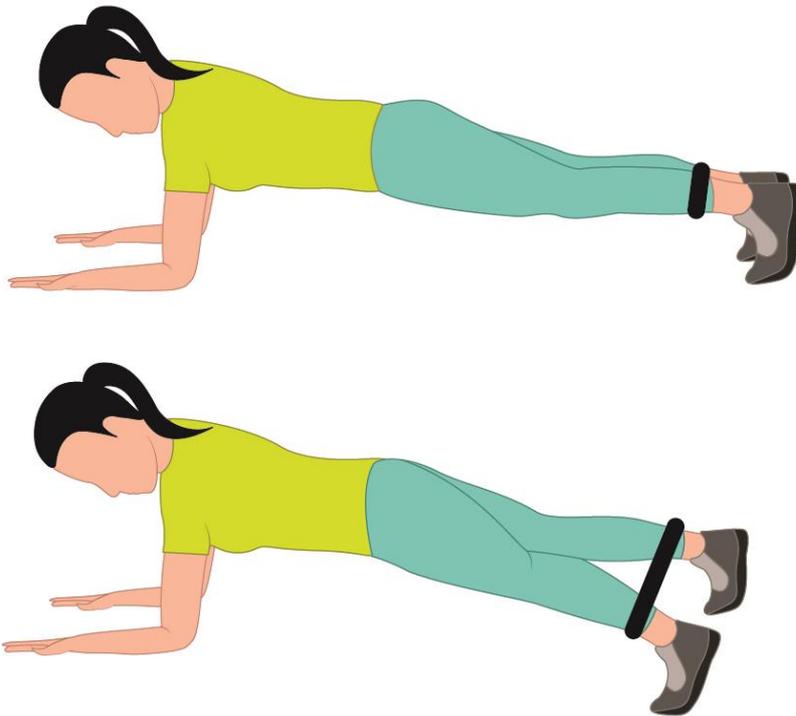
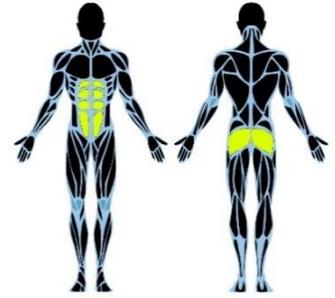
Muscles involved: abs.



- 1) Lie on the floor and place the elastic around your feet.
- 2) Raise your legs, keeping the knees bent at 90° degrees.
- 3) Extend one leg until it is parallel to the floor, without placing your foot on the ground. Hold the position for a few seconds.
- 4) Slowly bend your leg and return to the starting position.
- 5) Repeat the exercise with the other leg.

12) PLANK WITH LEG MOVEMENT:

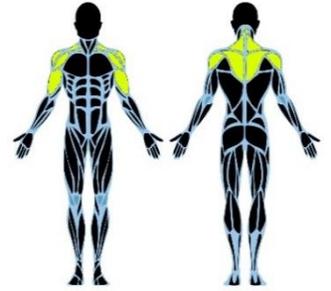
Muscles involved: buttocks, abs.



- 1) Place the elastic just above the ankles and get into the plank position: elbows resting on the floor, legs extended and back straight and parallel to the floor.
- 2) Move one leg outwards. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) It is possible to perform a variation of the exercise, moving the leg up and down.

13) ROWER:

Muscles involved: back, shoulders, biceps.



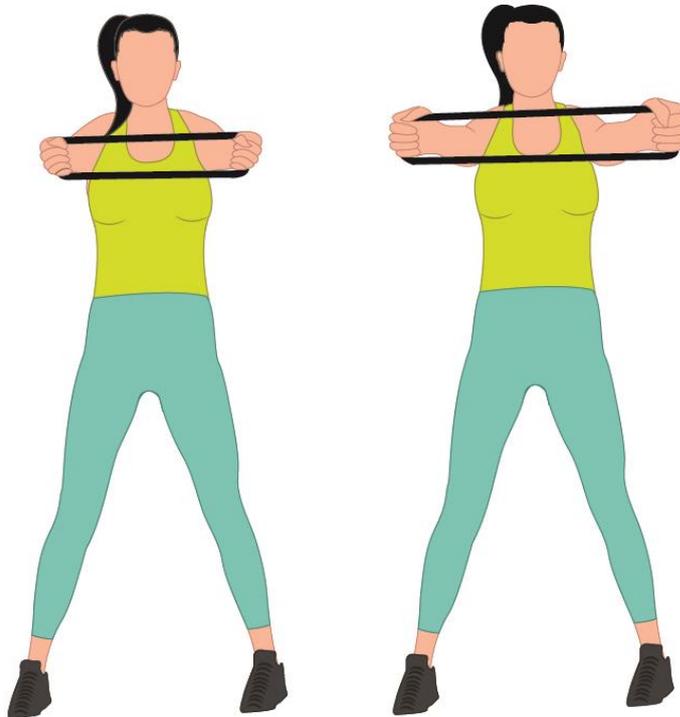
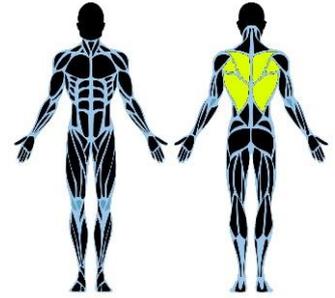
1) Sit on the floor and straighten your legs. Place the elastic around the feet and grasp the ends with the palm facing inwards. Alternatively, it is possible to perform the exercise standing up, placing the elastic under the feet, bending the legs slightly and keeping the back straight.

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.

14) BUTTERFLY:

Muscles involved: back.



- 1) Place the elastic on your forearms and extend the arms forward parallel to the floor.
- 2) Open your arms outward as far as possible. Hold the position for a few seconds.
- 3) Slowly return to the starting position.



15) BICEPS:

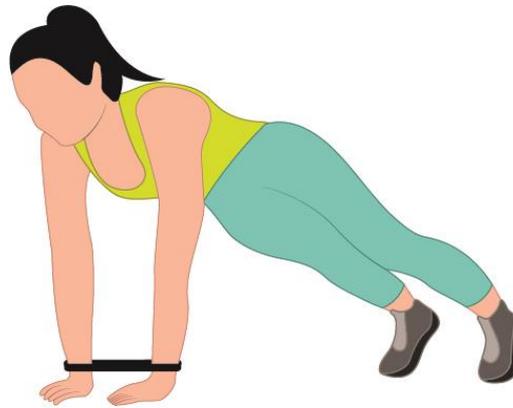
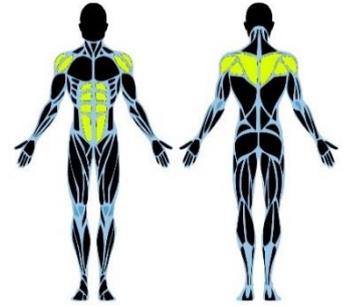
Muscles involved: biceps.



- 1) Kneel down and place the elastic under the knee. Grab the end with the palm facing up.
- 2) Bend your arms and bring the elastic towards your chest. Hold the position for a few seconds.
- 3) Slowly extend your arms and return to the starting position.
- 4) Repeat the exercise with the other arm. Alternatively, you can perform the exercise with both arms.

16) THRUST UP:

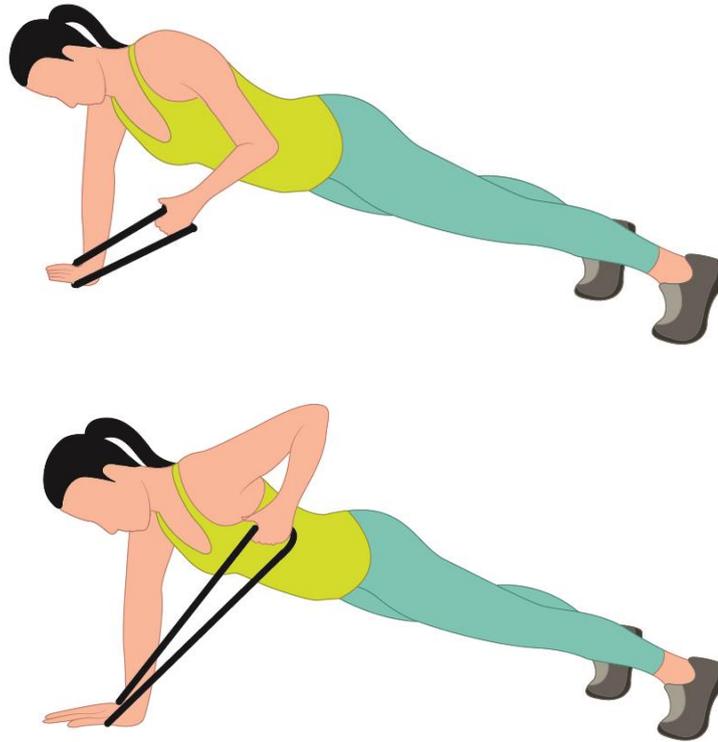
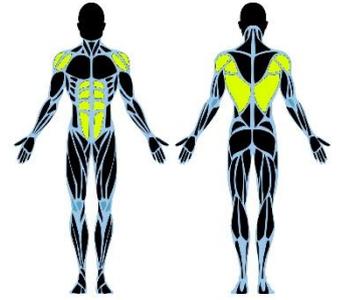
Muscles involved: back, shoulders, abs.



- 1) Place the elastic around your wrists and get into a push-up position: hands resting on the floor, legs and arms extended and back straight.
- 2) Move one arm upwards trying to bring it as parallel to the body as possible, remaining balanced on the opposite hand. Hold the position for a few seconds.
- 3) Slowly return to the starting position.
- 4) Repeat the exercise with the other arm.

17) RENEGADE ROW:

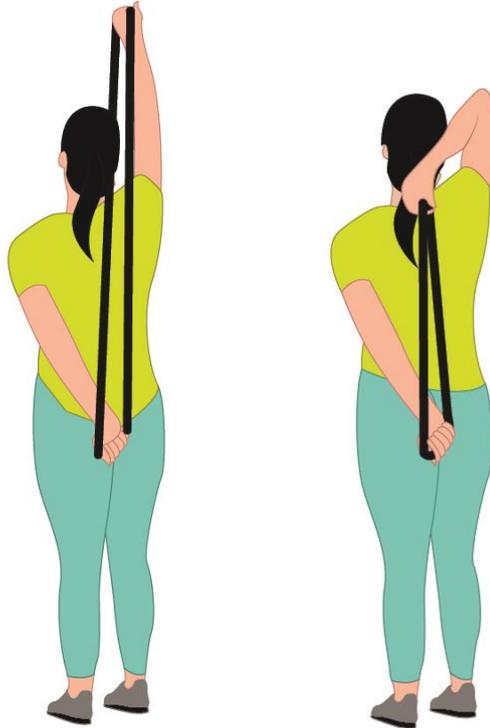
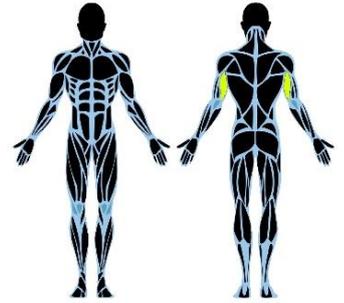
Muscles involved: back, shoulders, abs.



- 1) Grab the elastic with your hands and get into a push-up position: hands resting on the floor, legs and arms extended and back straight.
- 2) Bend your arm to the side of your body, balancing on the opposite hand. Hold the position for a few seconds.
- 3) Slowly extend your arm and return to the starting position.
- 4) Repeat the exercise with the other arm.

18) TRICEPS BEHIND THE HEAD:

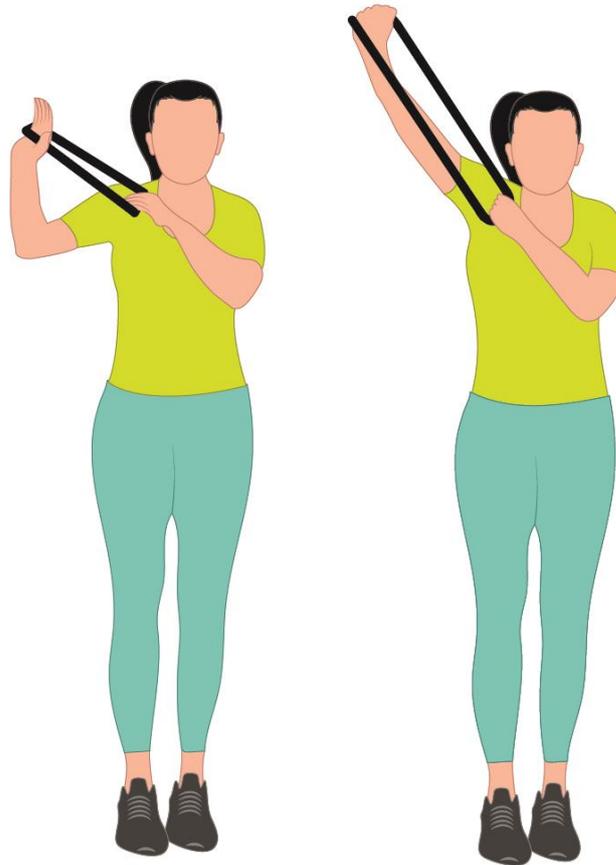
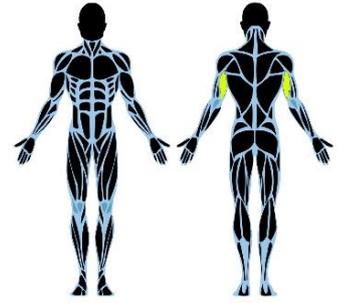
Muscles involved: triceps.



- 1) From standing, place your hands behind the back and grab the elastic at its ends.
- 2) One arm remains stationary behind the back while the other moves upwards keeping the elbow always fixed.
- 3) Extend your arm upwards.
Hold the position for a few seconds.
- 4) Slowly bend your arm and return to the starting position.
- 5) Repeat the exercise with the other arm.

19) TRICEPS IN FRONT OF THE HEAD:

Muscles involved: triceps.



1) From standing, grab the elastic at its ends and place a hand on your chest.

2) Extend the opposite arm upwards, keeping the elbow fixed. Hold the position for a few seconds.

1) Slowly bend your arm and return to the starting position.

4) Repeat the exercise with the other arm.



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