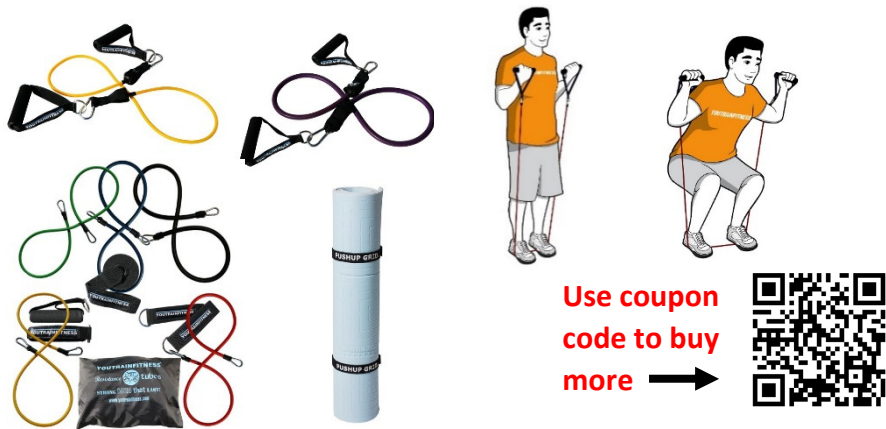


PLEASE READ CAREFULLY BEFORE USE

- The mini loop band (band) is made of the highest quality Latex
- This natural latex rubber may cause allergic reaction. DO NOT USE if you are allergic to latex rubber
- Avoid stretching the band more than two times its resting length
- Please do not attach band to any sharp objects that may damage product
- When removing the band from around the ankles avoid stepping on the band
- Avoid leaving the band in an environment that's too hot or too cold
- The life expectancy of your band will vary based on frequency of use and proper care
- Before participating in any physical activity, please consult your health care provider
- Please consult with a professional coach or certified trainer when using this product
- This product is not a toy and intended for adult use
- To protect against eye injury that can occur if the band snaps towards the face or if you lose your hand grip, user must wear protective eye wear such as safety goggles
- This product is designed and intended for use of exercises in this guide. Other use is not recommended and may void warranty

YOUTRAINFITNESS, LLC is not responsible and assumes no liability for any personal injuries, accidents or damage to personal property or others caused by installing or using this product or any of its components.















VISIT US ONLINE FOR MORE PRODUCTS



Warranty: YOUTRAINFITNESS, LLC warrants that this product is free from defects in workmanship. This warranty will last for a period of 90 days from the receipt purchase date. This warranty does not extend to any defect caused by negligence or misuse of product. For noticeable defects 90 days or less, please email customer service info@youtrainfitness.com for replacement information.

YOUTRAINFITNESS[®]

FUNCTIONAL PERFORMANCE

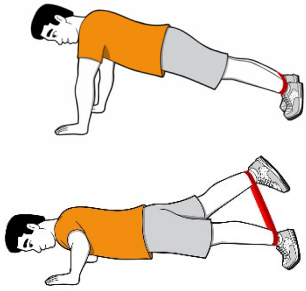
A	Extra Light - Green 	
B	Light - Blue 	
C	Medium - Yellow 	
D	Heavy - Red 	
E	Very Heavy - Black 	
F	Super Heavy - Orange 	
G	Super Heavy - Peach 	

PREMIUM QUALITY MINI LOOP BANDS

MINI BAND EXERCISES

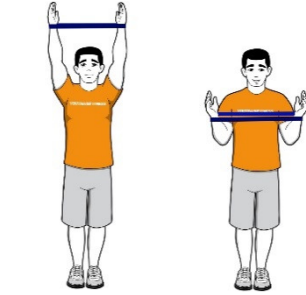
1. PUSHUPS WITH HIP EXTENSION (Chest and Butt Muscles)

- Start in front leaning position & stiffen butt
- Lower upper body while raising leg
- Push up while lowering leg
- Alternate raising leg on each pushup



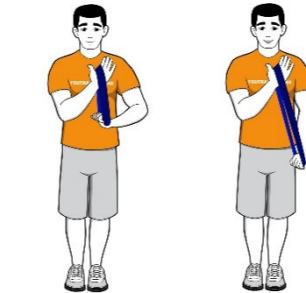
2. LAT PULLDOWN (Shoulders and Upper Back Muscles)

- Place band around wrist and raise arms
- Inhale and lower arms while pressing out
- Exhale and raise arms while pressing out
- Keep tension on band each direction



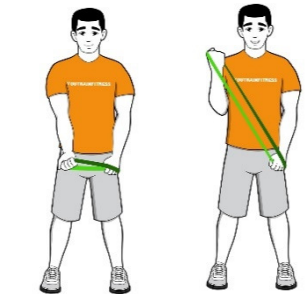
3. TRICEPS PUSH DOWN (Back of Arm Muscles)

- Place band around right hand at shoulder
- Grab band with left hand at belly
- Lower left hand to extend arm
- Return to start position
- Perform for other side



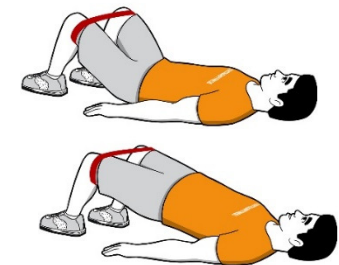
4. BICEPS CURL (Front of Arm Muscles)

- Place left hand faced down around band
- Place right hand faced up around band
- Lift right arm to shoulder level
- Return to start position
- Perform for other side



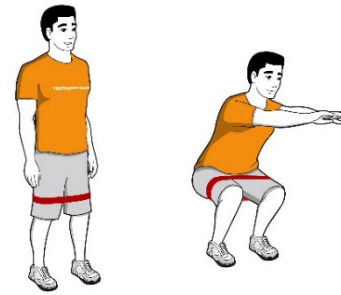
5. BRIDGE WITH ABDUCTION (Core, Butt and Leg Muscles)

- Lay on back, knees bent with band around top of knee
- Stiffen belly
- Raise butt off ground and press legs out
- Hold position for 30 seconds then lower



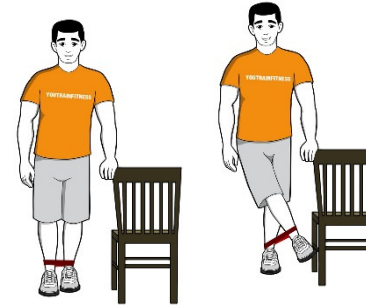
6. SQUAT (Legs and Butt Muscles)

- Place band around thigh
- Stand with feet should width apart
- With hands out front, lower butt to floor (as if sitting) and press legs out
- Return to standing position



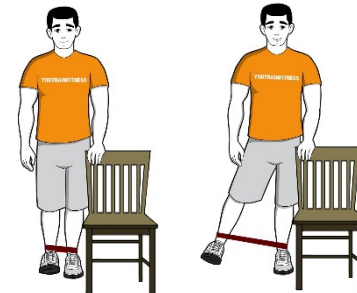
7. HIP ADDUCTION (Inner Leg Muscles)

- Place band around ankles
- Hold on to object (chair) for support
- Raise outer leg across inner leg
- Return outer leg to start position
- Perform for other side



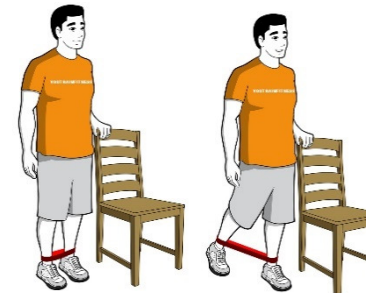
8. HIP ABDUCTION (Outer Leg Muscles)

- Place band around ankles
- Hold on to object (chair) for support
- Raise outer leg out to side
- Return outer leg to start position
- Perform for other side



9. HIP EXTENSION (Butt Muscles)

- Place band around ankles
- Hold on to object (chair) for support
- Extend leg back
- Return leg to start position
- Perform for other side



MINI BAND EXERCISE GUIDELINES

- Perform general upper and lower body warm-up activities before using the band
- Begin with exercise 1 (top left) to exercise 9 (bottom right). This equals 1 circuit
- Perform each exercise for 8-12 or 12-15 repetitions based on intensity preference
- Repeat exercise circuit for 1 to 2 more times for a total of 3 times
- Perform each exercise with full range of motion
- Perform stretching exercises at the end of your workout