

# **Resistance Loop Band Workout Guide**

**Tone and sculpt your body anywhere,  
anytime with these premium bands!**

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## Introduction

Letscom resistance bands provide a full-body workout in one convenient, safe, and easy to use piece of fitness equipment. Available in varying resistance levels, fitness bands allow you to work from different angles to involve more muscle groups, with a greater range of motion than with traditional weight machine exercises. The colors indicate progressive resistance levels (Green: X-Light; Blue: Light; Yellow: Medium; Red: Heavy; Black: X-Heavy), making them an excellent tool for any level of fitness. Whether you're a beginner to working out and more comfortable at home than a gym, or an advanced athlete whose training has plateaued, Letscom resistance bands offer a completely different challenge to your muscles than free weights or machines.

In this book, we'll discover how resistance bands can make your workouts more effective. We'll then examine the proper technique points to maximize the use and reduce the injury risk when using the bands.

## **Benefits of Resistance Bands**

### **1. Multifunctional**

Perfect for fitness, body shaping, weight loss, resistance training, strength training, postpartum recovery, injury rehabilitation and more. Talk with your sports medicine doctor or a physical therapist to find a program that is right for you.

### **2. Cost-Effective**

Instead of expensive membership fee of gyms and bulky, heavy weights, you can use these inexpensive and portable resistance loop bands made with premium natural latex without sacrificing your workout results.

### **3. Train Anywhere**

Lightweight bands can be easily stored and is perfect for home use, hotel workouts, or when you're tight on space at the gym. Time and space never stops you from strengthening and toning your body with these bands since you can exercise anywhere if you throw them into your suitcase when you travel.

### **4. Adaptable for Multiple Fitness Levels**

Whether you're a beginner or an expert, resistance bands are for you. They

come in a variety of resistances, including light, medium and heavy, and you can further adjust the intensity of your resistance-band workouts by giving the band more or less slack. You can also use multiple bands at once to increase the challenge.

### **5. Full-Body Exercises**

Resistance bands can be used for a comprehensive, full-body workout that challenges virtually every major muscle group in your body.

### **6. Endless Variety**

Resistance bands portability and unique resistance capability along with the ability to apply resistance to any movement our body can perform, provides the user an endless variety of exercise options. Along with this variety, bands also provide a high level of versatility which opening up the opportunity for a tremendous amount of individual creativity.

### **7. Can Be Combined with Other Equipment**

Resistance bands are so versatile that you can even use them along with weights, allowing you to get the benefits of two types of exercises at once.

## **Precautions When Using Resistance Bands**

- Prior to every workout, examine all of your resistance loop bands to ensure that they do not contain tears or punctures. Do not use bands that have any signs of wear or tear.
- Before beginning an exercise, consult your general medical practitioner and follow the instructions in the manual.
- Wear non-slip shoes during exercise.
- In the event of sustained loss of breath, sharp pain, nausea, dizziness or

prolonged muscular pain, stop exercising immediately and consult your healthcare professional.

- All exercise routines involve a measure of muscular discomfort during the first few sessions as your body is getting used to the exercise. However, if this muscular soreness persists, stop your routine and consult your healthcare professional.
- Increase the intensity/duration of your exercise gradually and choose the right band with proper strength that you feel comfortable with.
- Never release a resistance band while under tension. A release under tension can cause the band to snap back towards you and result in injury.
- Begin all exercises slowly to ensure band strength.
- Avoid jerking the band.
- Make sure the band is secured safely on its anchor when using it. Don't use door knobs, for example.
- Never stretch a resistance band over 2.5 times their length.

### **Maintenance Guides**

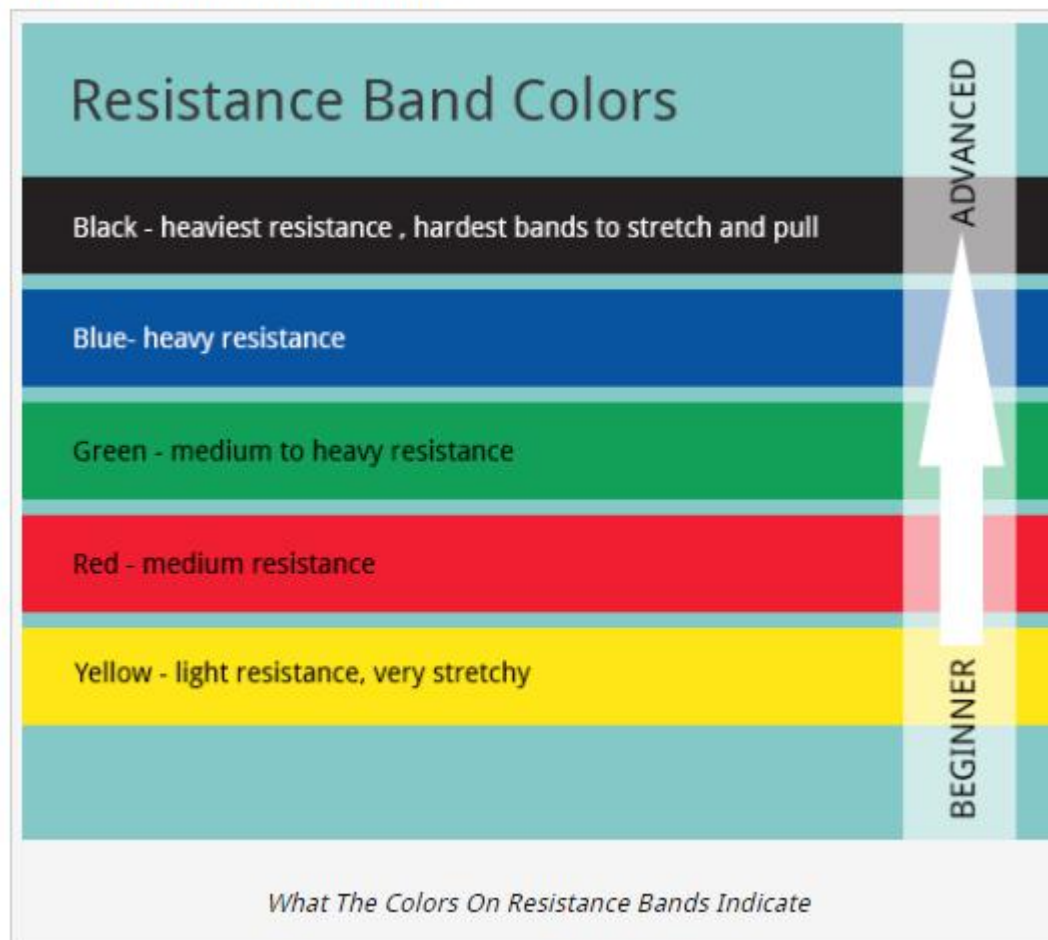
- Do not use bands on abrasive or jagged surfaces
- Do not stretch to more than 3 times their original length
- Do not release the bands when under tension to avoid injury. Carefully return bands to their original length before releasing.
- Wipe with a damp cloth to clean. Do not use soap or other cleaning products on bands, as it may damage and/or weaken latex.
- Store in a cool, dry place away from moisture, heat, and direct sunlight
- If the resistance bands are not in use for a long time, apply talcum powder, baby powder or corn starch on them and store them in the travel pouch in a dry place.



## Choose the Right Resistance

The different colors of resistance bands are an indication of its strength and thickness, therefore giving different resistance.

### Resistance Band Colors



- **Green** – The green bands are classified as X-Light resistance. This means that they are very stretchy, and it takes little effort to pull against them and stretch them out. X-light resistance bands are used for working areas such as the shoulders and shins, where you don't need much resistance to feel the muscle working.
- **Blue** – Blue resistance bands are light resistance. These bands are less stretchy and have more tension than green bands. They have a higher level of tension than green bands and are harder to stretch. Blue bands are used for

muscle groups that need slightly more tension, such as the biceps or triceps.

- **Yellow** – Yellow resistance bands are medium to heavy resistance. Yellow bands are suitable for muscle groups that are larger, such as the legs, chest and back, or for individuals who have been building muscle strength.
- **Red** – Red resistance bands are heavy resistance. These are stiffer than green, blue or yellow and do not provide as much stretch. Red bands are for those who are strong, or for those larger muscle groups, such as the legs, chest and back. These are also the bands to use when working out with someone else.
- **Black** – Black resistance bands have the most resistance. These are the hardest bands to stretch and pull. Like red bands, black bands are used for the large muscle groups, such as the legs, or when working with others.

## Exercises

### Warm-Ups

Whether you are a novice or an expert in exercising, it is essential to warm up and stretch before you exercise. Warming up is necessary as it helps to prepare your body for exercises by increasing your heart rate and improving blood circulation. It even prepares you mentally for your workout.

Here's the science behind why you need to warm up:

- An effective warm-up gets your muscles to activate via the stretch reflex, an automatic response your body has when a muscle is lengthened.
- When the muscle lengthens, the muscle spindles (sensory receptors located in the muscle) are activated. The muscle spindles then send a message to your spinal cord, which responds with its own message for the muscle to shorten.

When you exercise first thing in the morning or after a day of sitting at work, most of your muscles are tight while some might be completely shut off. A warm-up activates the stretch reflex, essentially telling your muscles they need to turn on. Activity requires lengthening and shortening of muscles, and this gets you ready for that. The stretch reflex is intended to protect your muscles from being pulled too far and tearing, so in addition to optimizing muscle production, you are also helping prevent injury.

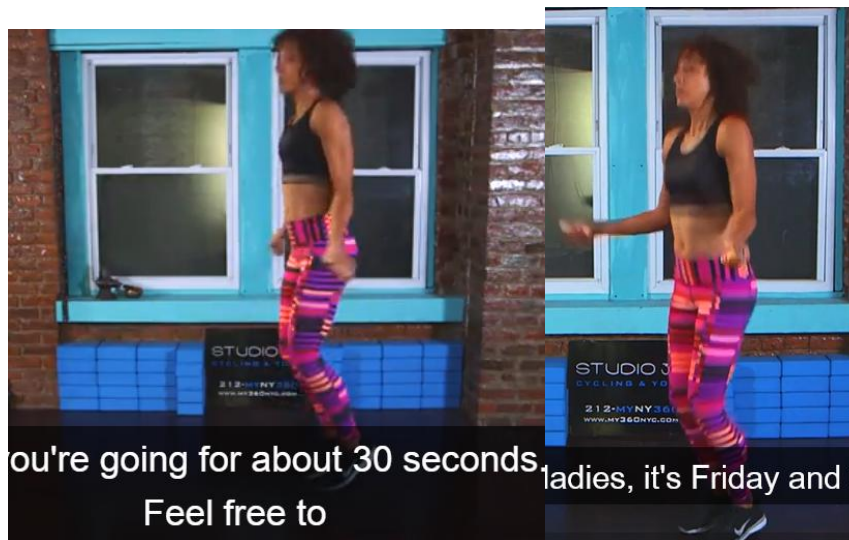
Here are some warm-up exercises to do before your workout:

(以下动作视频:

<https://www.fitnessmagazine.com/workout/warm-up/5-minute-warm-up-workout/>)

### **Jump Rope: 30 seconds**

Start with a regular two-footed jump, and as you get warm you can play around with other jump styles. (Here are some jump rope moves from Copeland that keep your feet guessing.)



### **Alternating Knee Hugs: 30 seconds**

Stand with feet hip-width apart and pull one knee into chest. Keep shoulders back and core tight. Repeat, alternating sides. After a few repetitions on each side, repeat the motion but come onto the ball of the standing leg.



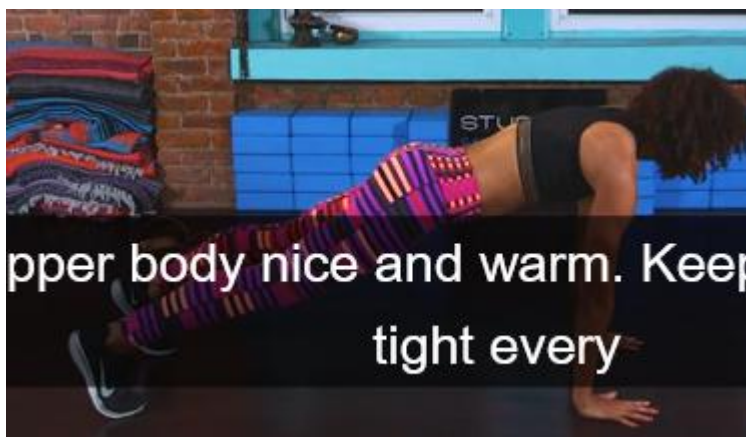
### Alternating Hamstring Stretch: 30 seconds

Stand with feet hip-width apart. Extend one leg straight in front, foot flexed and heel resting on the floor. Bend down to stretch hamstrings while sweeping arms down by outstretched foot and up over head. Repeat alternating sides. (You can do these in place, or while walking, if you have enough room.)



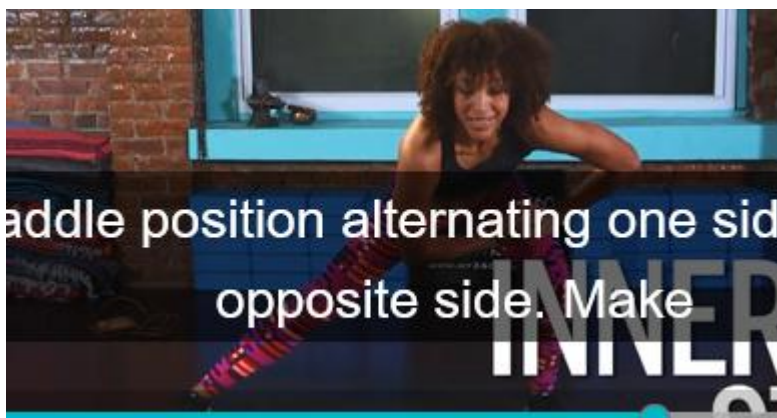
### Walk-Out Planks: 45 seconds

Stand with feet hip-width apart. Bend down to put palms on the floor, and walk hands forward until reaching a high plank position. Then walk hands back towards feet and return to standing. Repeat.

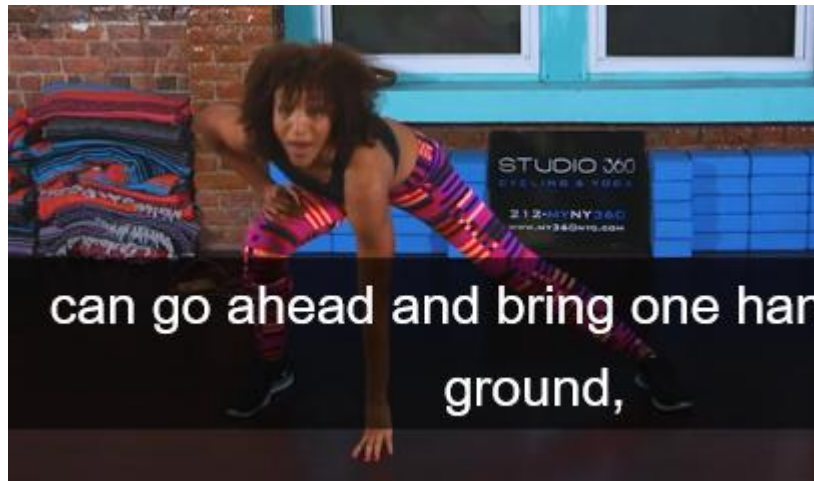


### Inner Thigh Stretch: 30 seconds

Stand with feet slightly wider than hip-width apart. Bend the right knee, shift weight to the right, and place hands on right knee to stretch inner thigh muscles in left leg. Switch sides; repeat.



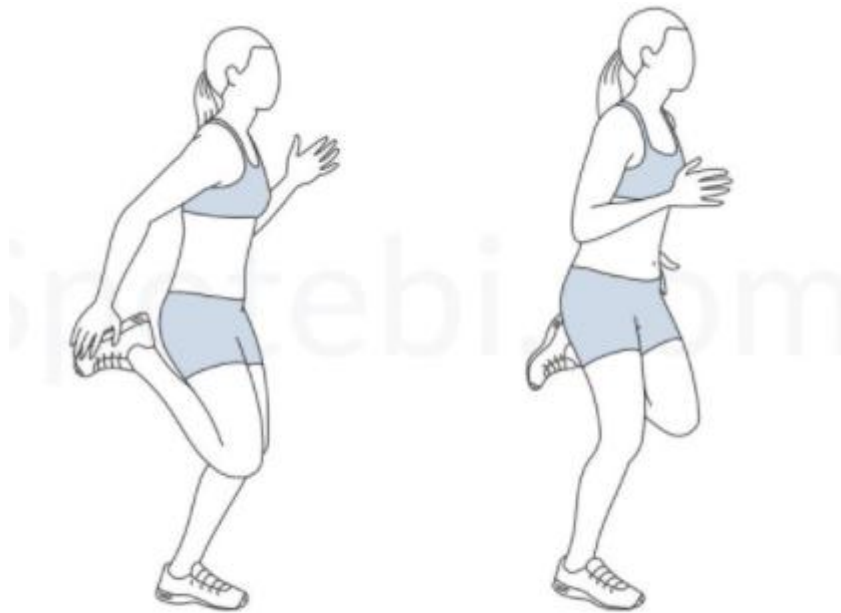




### Butt Kicks: 30 seconds

Start standing tall and bring one heel off the floor towards your glutes, the opposite hand comes up towards you shoulder like running arms, then switch to the other side.





**High Knees: 30 seconds**

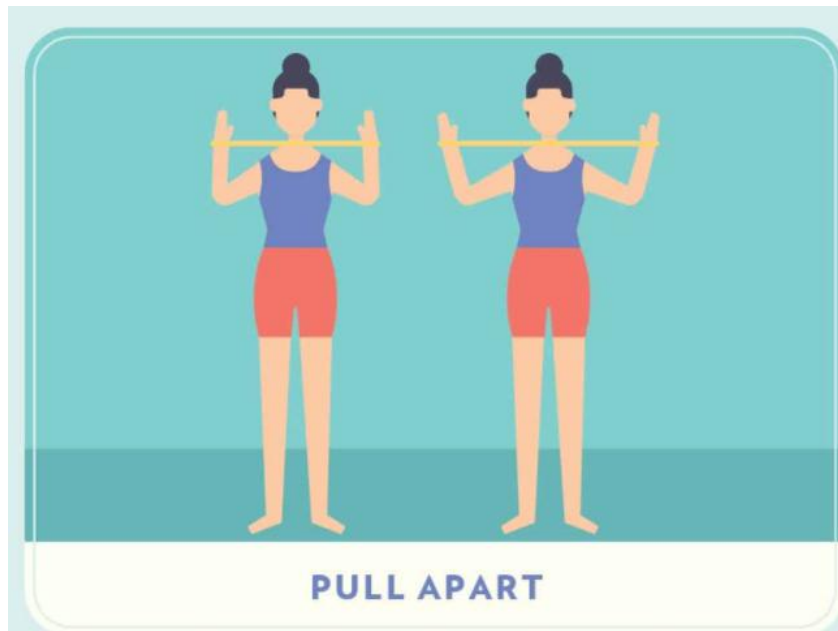
Start standing with feet hip-distance apart. Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so left knee is up before right foot lands. Continue pulling knees up quirky for as long as desired.



## Upper Body Exercises

**Exercise: Pull Apart**

**Instructions:** place the band around each wrist with elbows bent to a 90-degree angle and raised to shoulder height. With palms facing in, press your wrists out on the bands, moving the hands away from each other while contracting the shoulder blades. Return to starting position and repeat.



**Exercise:** Shoulder Abduction Isometric

**Instructions:** Put both hands through the mini-band and hold your arms slightly down and directly in front of your body. Separate the band out to the side as far as you can to create some tension, then begin a quick flutter/pulsing-like move with both hands by pulling the band away from your body at the side and back together.





**Exercise:** Hand Triceps Extension

**Instructions:** Put both hands through the band. Take one hand and place it firmly on the front of your shoulder while your other hand is at a 90-degree angle firm against your body.

Press down on the band with the hand that is bent and hold and flex before returning to the starting position.



**Exercise:** Cuff Pivot

**Instructions:** Stand with feet hip-width apart, holding one end of band in each hand. Fold left arm across waist and extend right arm to side, elbow bent (as shown). With

right arm fixed, open left forearm to side, keeping elbow glued to waist. Return left arm to folded position. Do 12 reps. Switch sides; repeat.



### **Exercise:** Biceps Curl

**Instructions:** Start seated with the band looped around your right thigh. Grab the other end with your right hand. With control, raise your right hand to your right shoulder, and then slowly lower it back down to your knee. Keep going for all your reps on one side before doing the other side.



**Exercise:** Arch

**Instructions:** Hold band overhead, one end in each hand, palms out, feet hip-width apart (as shown). Keep arms straight and lower out to sides at shoulder height, band stretching behind head. Return to start. Do 12 reps.



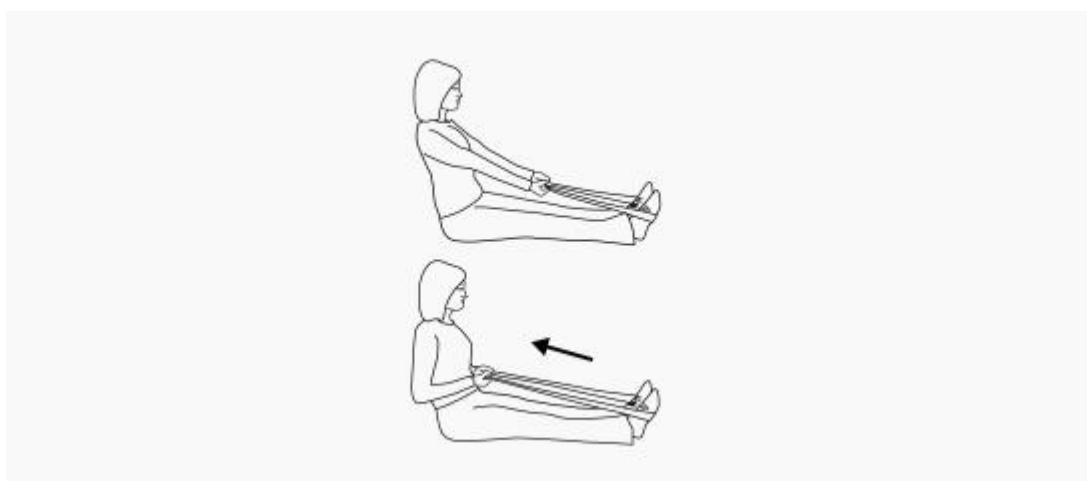
**Exercise:** Triceps Reach

**Instructions:** Anchor the band behind your left shoulder by holding it with your left hand. Grab the other end behind your back with your right hand. Extend your right arm above your head, feeling the resistance of the band in the back of your arm. Continue raising and lowering your arm for all your reps before switching sides. Do 12 reps. Switch sides; repeat.



**Exercise:** Underarm Row

**Instructions:** Sit down on your mat with your legs extended. Place the loop band behind the soles of your feet and hold the other end with both hands in front of your body, with your arms extended and your palms facing down. Keep your posture and tension. Pull the band towards your core, bringing your elbows back and tight to your body. Slowly go back down to the starting position. Repeat it 8 to 12 times.



**Exercise:** Overarm Row

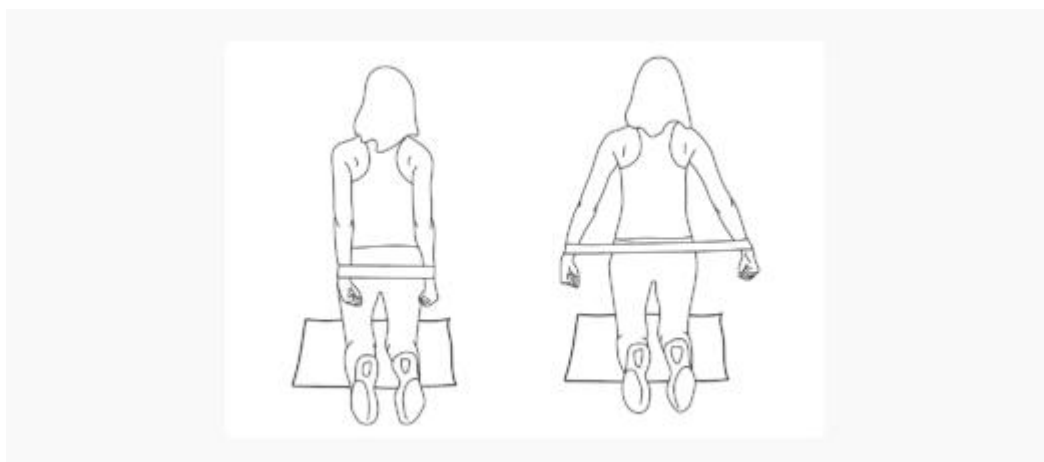
**Instructions:** Sit down on your mat with your legs extended. Place the loop band behind the soles of your feet and hold the other end with both hands in front of your body, with your arms extended and your palms facing down. Keep your posture and

tension. Pull the band towards your chest, keeping your elbows bent and positioned in a high "V". Slowly go back down to the starting position. Repeat it 8 to 12 times.



### **Exercise:** Behind the Back Extensions

**Instructions:** Anchor the loop band around your wrists, behind your back. Correct your posture and keep the tension during the whole exercise. Extend your arms straight down, tight to your body, shoulder-width apart. Open your arms extending outwards and slowly go back to the original position, keeping the resistance on the arms. Repeat it 8 to 12 times.



### **Exercise:** Push-Up Walk

**Instructions:** Start in a plank with the band around your wrists (or anywhere below your elbows). Walk one hand out to the side several inches, and then do a push-up.

Once you're back up in a plank, walk your hand back to the start and repeat on the other side.



### Lower Body Exercises

**Exercise:** Standing Glute Kickbacks

**Instructions:** Place the band around your ankles. With your hands at your chest or on your hips, shift all your weight into your left leg and place your right toes on the ground about an inch diagonally behind your left heel. Squeeze your abs and tuck your pelvis under as you kick your right leg back about 6 inches. Keep the knee straight. Return your right foot to the ground, keeping tension in the band. Switch sides and repeat.





**Exercise:** Squat to Lateral Leg Lifts

**Instructions:** Place the band just above your knees. Stand with your feet hip-width apart. Hinge at the hips and sit back and down into a squat. Stand back up and lift your right leg out to the side. Lower back down and repeat.



**Exercise:** Squat

**Instructions:** Begin by wrapping the band around your leg, just above the knees. Stand with your feet shoulder-width apart. Brace your core. Push your hips back and

bend your knees to lower your body as far as you can, driving your knees outward against the band's resistance. Pause for 1-2 seconds, then slowly push back up to the starting position.



### **Exercise:** Forward Walk

**Instructions:** Begin by wrapping the exercise band around your leg, just above the knee. Stand with your feet wider than hip width apart creating tension on the band. Sit your hips back and down with heels slightly off ground and knees pushed away. Walk forward as instructed in the image for the prescribed number of repetitions per side, while holding squat and posture.





**Exercise:** Standing March

**Instructions:** Stand with the band around your feet and your feet hip-width apart. Then, one side at a time, lift your knee up as close as you can toward your chest. Lower that foot slowly back to the ground and do the same thing with the opposite leg. Keep your core engaged the entire time so that you're not leaning backward or forward. Continue marching like this until you lose proper form.



**Exercise:** Lateral Band Walk

**Instructions:** Place the band around your ankles. Stand in a quarter-squat position, with your feet about hip-width apart, hands at your chest or on your hips. Take a step to the right with your right foot, so that your feet are shoulder-width apart. Then, follow with your left so that your feet are hip-width apart again. Take 8 to 10 steps before heading back the other way



**Exercise:** Ankle Jumping Jacks

**Instructions:** Place the band around your ankles. Stand in a quarter-squat position, with your feet about hip-width apart, hands at your chest. Jump your feet out. With the band around your ankles, stand with your feet wide enough apart so the band is taut. Squat down a few inches. Then jump your feet out to the sides, keeping your squat stance. Jump them back toward each other, careful not to let the band come loose. Continue jumping your feet in and out, staying in a semi-squat the whole time.



### **Exercise: Glute Bridge**

**Instructions:** Place the band around your legs right above your knees. Lie on your back with your feet on the floor, bending your knees to 90 degrees. Rise up with your hips until your shoulders, hips and knees align, contracting your glutes through the entire movement.



**Exercise:** Hip Bridges with Alternating Leg Extension

**Instructions:** Place the band just above your knees. Lie on your back with your hands at your sides, knees bent, and feet flat on floor hip-width apart. Squeeze your glutes and abs and lift your hips a few inches off the floor. Extend your right leg until it's straight, keeping your knees in line. Return your right leg to starting position. Bring your hips back down to the floor. Switch sides and repeat.



**Exercise:** Donkey Kicks

**Instructions:** Place the band around the bottom of your left foot and right ankle. Start on all fours with your knees under your hips and hands under your shoulders. Kick your left leg up, keeping your foot flexed and knees bent. Hold for 2 seconds at the top. Return your left leg to floor. Switch sides and repeat.



**Exercise:** Mountain Climber

**Instructions:** Start with the band around your feet and get into a plank supported by your hands. Bring one knee up toward your chest and back down to meet the other. Then repeat on the opposite side. Continue alternating as quickly as you can while maintaining good form.



**Exercise:** Fire Hydrant

**Instructions:** Place a resistance band around your working leg just above your knee. Begin by lifting your banded leg up and to the side, keeping your knee bent 90

degrees and lifting to hip level. Pause at the top for 1-2 seconds, then slowly lower back down to the start, resisting the pull of the band as you return. Repeat, and then switching.



### **Exercise:** Glute Bridge March

**Instructions:** Loop the band around the arches of your feet and lie on your back with your feet on a weight bench. Extend your arms along your sides. Press into your heels and lift your butt and lower back off the floor. Your weight should be in your feet, arms and shoulders. Lift your right foot off the bench and bring your right knee toward you. Place that foot back on the bench and switch legs.



### **Exercise:** Bicycle Crunch

**Instructions:** Loop the band around your feet and lie on your back. Place your hands behind your head with your elbows out to either side. Lift both feet and both shoulders a few inches off the ground to engage your abs. Now bring your right knee to meet your left elbow, twisting across your body. Untwist back to the start, and then repeat on the other side.



### **Exercise:** Side Plank with Leg Lift

**Instructions:** Place the band around your ankles and get into a side plank, resting on your bottom forearm. You can either stack your feet one on top of the other or stagger one in front for more support. Keeping your hips lifted, raise the top foot several inches off the ground. Hold for a second before lowering it back to the ground with control. Repeat the movement, and then switch side.



**Exercise:** Leg Pull-Apart

**Instructions:** Lie on your stomach with the band around your ankles. Rest your head on your folded arms. Engage your glutes to lift your legs a few inches off the ground. Once lifted, pull your feet away from each other. Slowly bring them back together. From here, you can either continue kicking them in and out.



**Exercise:** Plank Jacks

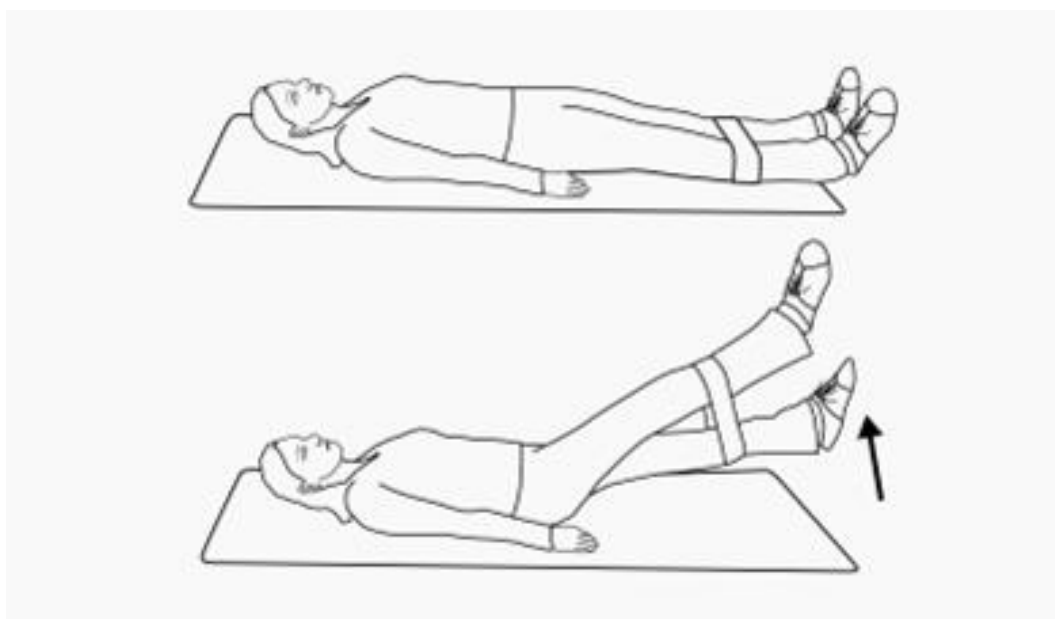
**Instructions:** With the band around your ankles, start in a plank, balancing on your hands and feet. Keep your hips level and core tight as you jump your feet out to the side. Then jump your feet back together, careful to keep the band taut around your ankles.





**Exercise:** Flutter Kicks

**Instructions:** Lay flat on your back and place the Loop Band around your lower legs. Rest your arms extended next to your body, with the palms facing down, and fully extend your legs. Keeping your abdominal muscles tight, lift your legs off of the ground around 7 inches. Then raise your right leg higher than the left one, and in sequence lower the right leg and raise the left leg. Going back and forth, always keeping the legs extended, repeat this sequence



**Exercise:** Supinated Clamshell

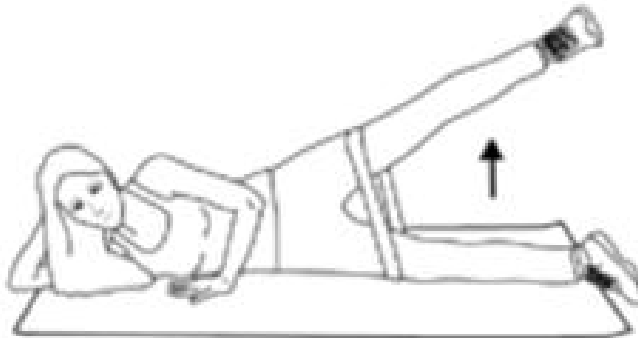
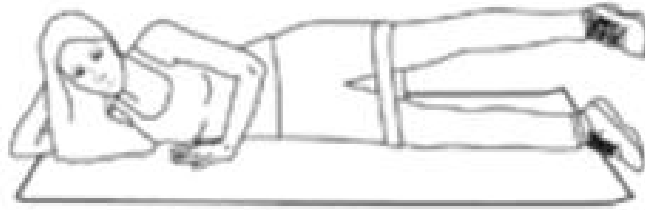
**Instructions:** Place the band around your legs just above your knees. Lie on your back

with hips and knees flexed to 90 degrees. Pull the knees apart while contracting your glutes for 2 to 3 seconds. Slowly return to starting position and repeat



**Exercise:** Lying Hip Abduction

**Instructions:** Lie down on your side and place the Loop Band around your thighs. Keep your abdominal muscles tight, your bottom leg straight, upper leg slightly bent and toes pointing straight ahead and contract your butt. Lift the top leg until you meet resistance in the band, hold it 1 to 2 seconds and slowly return it. Repeat it, then switches sides.



### **Exercise:** Seated Oblique Twists

**Instructions:** Sit on your butt with one leg crossed over the other. Place the Loop Band around the foot of the leg that is straight and grab with the hand of the same side. Place your other hand behind your head. Hold the band with your hand and rotate towards that side, twisting. Repeat the movement, and then switch side.



### **Exercise:** Seated Abduction

**Instructions:** Sit at the edge of a chair and tie a loop band around both legs, just above the knees. Place your feet slightly wider than your shoulders. Slowly press your knees out, turning your feet in as your legs move apart. Hold for two seconds, and then bring your knees back together.



**Life is movement, human life is exercise.**

## **Letscom Resistance Loop Bands**

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