

7. Upright Row

One of the best shoulder exercises! Place a band under your feet. Cross the handles and grab one handle in each hand. With your



hands by your waist, slowly pull your hands up toward your shoulders, while raising your elbows toward the ceiling. At the same time, shrug your shoulders.

8-10 slow and steady reps is best for this one. If you keep it slow, with the right resistance band, you will feel this one working in no time!

8. Triceps Extensions

Complete that arm workout! Start with your feet shoulder width apart and loop a resistance band under your feet. Descend to a half-squat, keeping your back straight



and grasp one handle in each hand. With your upper arm fixed, extend your forearms backward until your arms are straight. You can do triceps extensions with both arms at once or one arm at a time.

8-12 reps with a break between sets is a great starting point.

LIMITED LIFETIME WARRANTY

Your Medic Therapeutics Resistance Bands Set is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations.

This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear. Should you discover your Medic Therapeutics Resistance Bands Set is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced, we will reserve the right to change it for a similar or newer model.

Please note that a flat rate of \$35.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$35.00 made out to Medic Therapeutics to:

Address:

Medic Therapeutics Service Center
3069 Taft Street
Hollywood, FL 33021

Contact:

warranty@medictherapeutics.com



MEDIC THERAPEUTICS

RESISTANCE BANDS SET

User Manual



IMPORTANT: BEFORE YOU BEGIN

Before starting, always consult your doctor to ensure you are medically fit to begin an exercise program. In the event of chest pain, shortness of breath, nausea, dizziness or pain stop exercising immediately and call your doctor. As with all strength training, your muscles may be sore after an intense workout and most of the time this is normal. However, if the pain is prolonged, discontinue use and call your doctor.

Prior to starting a workout, make sure that you are dressed in athletic clothing and footwear. Always ensure movements with resistance bands are performed in a controlled manner. Never let go of a resistance band while it is stretched. The resistance bands are serious pieces of fitness equipment. They are not toys. Always keep resistance bands out of reach of children.

VERIFY THAT YOUR SET COMES WITH ALL OF THE FOLLOWING BEFORE USE

Your resistance band set comes with 2 handles, 2 ankle straps, 1 door anchor, 1 storage bag and the following resistance bands:

COLOR	LEVEL OF RESISTANCE	STRENGTH
Yellow	Extra Light	10 Lbs. (4.6 kg)
Red	Light	20 Lbs. (9.0 kg)
Green	Medium	30 Lbs. (13.7 kg)
Blue	Heavy	40 Lbs. (18.2 kg)
Black	Extra Heavy	50 Lbs. (22.8 kg)

WHOLE BODY EXERCISE POSITIONS

1. Bicep Curls



Stand up tall with feet shoulder-width apart and a band placed under both feet. Grip the handles with your hands down at your side and your palms facing forward. Keep your elbows fixed to your sides while slowly curling the handles up toward your shoulders. With the handles up near your shoulders, pause and squeeze before slowly lowering the handles back toward your hips. Repeat for 8-12 reps, taking a short rest between sets.

2. Cross Body Reach



Place a band under your right foot or use a door anchor. Hold the handle with both hands down by your right hip. Slowly lift both arms up while rotating your entire body to the left against the resistance. Finish with both arms high on your left side. This exercise will really work your shoulders, core and back. Repeat for 8-12 reps before switching to the other side and performing the exercise in the opposite direction.

3. Squats



Stand up tall with the band looped under your feet. Hold the handles at shoulder level and keep your arms as fixed as you can. Squat down low, keeping your back straight and push your butt out. Pause before pushing yourself back up slowly using your legs.

Your legs and glutes are naturally stronger than your arms, so aim for 16-20 reps when doing squats. As always, take a short rest between sets.

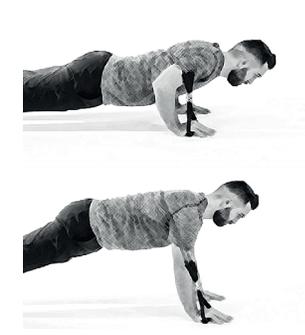
4. Core Twist



Crush those love handles! Use the door anchor to hold one of the bands. Stand with your feet shoulder width apart or even sit down in a chair. Grip both handles with hands closest to the door and rotate your upper body and hips away from the anchor. You can adjust your distance from the door anchor to change resistance, or simply pick a different color band.

16-20 reps per set is ideal!

5. Super Push-Up



Attach both ends of a single resistance band to one handle. Loop the resistance band through your left hand and hold the handle in your right hand. Assume the push-up position with the band wrapping around your shoulders/upper back. Do as many slow, controlled push-ups as you can with added resistance. An ideal chest and triceps workout can be achieved with about 8-10 reps with short breaks between sets.

6. Lunges



The ultimate glute tone is from the lunge. Place a resistance band under your right foot and hold both handles with your palms facing up. Start with your feet staggered one in front of the other. In a single motion, bend both knees until your left knee nearly touches the ground. Slowly return back to the starting position, but as you do, curl your arms, stretching the resistance band and adding more resistance for your legs to overcome.