



Chest Press



Lunges



Standing Twist



Cross Body Extension



Standing Curl



Bent Over Row (Heavy Pants)



Press



# INSTRUCTION BOOK

**60**  
exercises

# CAUTION

**Your Bodylastics system is not a toy. It is a serious piece of exercise equipment. In fact, what you have in your possession is the most powerful slingshot on the planet. Use it with caution and care! When using the door anchor, be sure to place it on the hinge side of the door and lock your door! When standing on the bands make sure to always wear athletic shoes, and position the bands securely under the arches of your feet. Always check your components (bands etc.) for damage prior to use. In the event that a component looks damaged, stop using it immediately and contact [support@bodylastics.com](mailto:support@bodylastics.com) to arrange for a replacement in accordance with the warranty.**

**While your Bodylastics bands have built-in snap reduction and safety tech, they are not snap proof! They will not catch you in the event that a band does actually snap. Similar to free weights or ANY other type of fitness equipment, you must always exercise common sense and caution. Regardless of the exercise performed, you must ALWAYS adjust your body weight in a manner to avoid losing your balance, in the event that a band does snap.**

**Now Let's get to work!**

**SCAN THE QR CODE OR GO TO  
<https://bodylastics.com/start>**



Scan the QR Code to go to the website and watch an unboxing video of the set that you have purchased. Get to know your Bodylastics set inside and out and make sure there is nothing missing. Watch the instruction and setup videos to learn how to use your Bodylastics Bands and Components.

# Curl Bar Assembly Instructions

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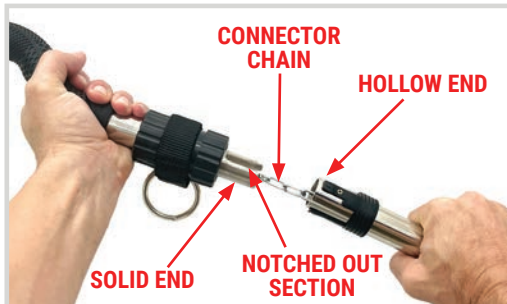
1.

Take the collapsed bar out of the travel bag and lay both halves down on a flat surface.



2.

Hold a half in each hand and feed the connector chain into the half that has the hollow end.



# Curl Bar Assembly Instructions (cont.)

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3.

Push the solid end into the hollow end until it stops. Then twist the two halves of the bar until the notched out section from the solid end aligns with the stopper of the hollow end. Once you feel them align, you should be able to move the solid end deeper into the hollow end until it stops.



4.

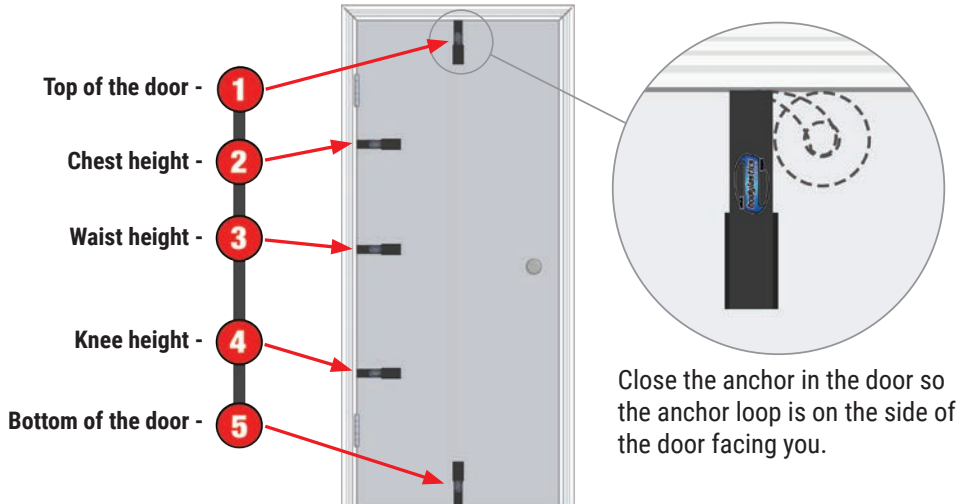
Now twist the plastic collar (clockwise or counter clockwise, it depends on how you are holding the bar) so the collar tightens on the thread. Stop twisting when the connection is secure and tight. **DO NOT OVER TIGHTEN THE COLLAR AS IT COULD STRIP THE THREAD.**



# Door Anchor Position Diagram

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Refer to this diagram for the door anchor position found in the exercise descriptions.



Close the anchor in the door so the anchor loop is on the side of the door facing you.

**CAUTION:** The distance from the bottom of your door to the floor cannot be taller than 20mm. If gap is taller than 20mm, place door anchor on the bottom of the hinge side of the door.

# Door Anchor Setup

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1.

Locate the hinge side of the door. The hinge side is the vertical side of the door that the door hinges are attached to.



2.

Push the loop of the anchor between the door opening and the door frame.



3.

Open the loop of the door anchor.



4.

Thread your band(s) through the loop of the door anchor.



# Ankle Strap Setup

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1.

Place the strap around your ankle with the soft cushioned side against your ankle.



2.

Thread the rough side of velcro through the rectangular ring.



3.

Pull the end of the strap back and stick the rough side securely to the soft side.



4.

Check to make sure that the strap is securely attached.





# Anywhere Anchor Setup

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1.

Wrap the Anywhere Anchor around a stationary object.



3.

Pull the strap tight.



2.

Pull one loop through the other loop.



4.

Thread a band through the padded loop to double over your band, or clip a band directly onto the D-Ring to use a single length of elastic.



### Attaching The Bands:

To attach your Clip Resistance Bands to the handles and ankle straps simply clip them on to the metal rings.



### Increasing Resistance:

To increase resistance, simply substitute the elastic for a thicker one (thicker = more tension), or "Stack" the resistance by clipping on (combining) multiple bands.



### Decreasing Resistance:

To decrease resistance, simply change out the elastic for a thinner one (less tension), or remove additional bands which are attached.



# Maintaining Your Bands

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Do not wrap your bands around stationary objects.



Never thread your band through the ring of an ankle strap.



Never clip your band to an anchor loop.



Do not pull your bands side to side like a pulley. If you are pulling side to side wrap one end of the band back through the loop.



Do not stretch the bands more than 3-4 times their resting length.



Do not store your bands in direct sunlight or extreme hot or cold temperatures.

# Lifetime Warranty

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Premium Quality Resistance Bands

## Here's how it works:

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### Replacements in the First 90 days:

US, CA, UK or EU shipping addresses: FREE of charge

All other countries: Market price for shipping

### Replacements After 90 days:

US, UK or EU shipping addresses: \$£€5.95 per item

CA: CAD 8.95 per item

All other countries: Market price for shipping



To place a warranty order go to <https://bodylastics.com/warranty>

To contact us regarding your warranty please email [support@bodylastics.com](mailto:support@bodylastics.com)

\* Free Replacement Not Applicable For Products Used In Commercial Settings

# 27 CURL BAR EXERCISES

**The next 54 pages contain 27 exercises you can perform with your Bodylastics Bar.**

***Important:*** Please make sure you have reviewed all the safety precautions at the beginning of this manual. Also make sure that you carefully inspect all equipment for any signs of damage prior to performing any exercise. Do not use any equipment that displays signs of damage or wear and instead contact [support@bodylastics.com](mailto:support@bodylastics.com) to arrange a replacement in accordance with the warranty.

# Chest Press

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Premium Quality Resistance Bands

MUSCLE GROUP  
**CHEST**



**Area Targeted:** Middle Chest

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand close to the door with your back to the anchor. Position your head and shoulders in between the bar and the anchor. Grip the bar at chest height with hands shoulder-width apart and palms facing forward. Position your elbows tight to your body. Your palms should be facing down. Keep your back straight, head straight, and chest up.

**Movement:**

Push the bar down and forward until your arms are almost fully straight and are at stomach height. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Grip the bar lightly to ensure that the majority of the stress is placed on the chest muscles.
2. Do not bring your elbows past your shoulders as you move them back to the starting position.

# Standing Chest Fly

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Premium Quality Resistance Bands

MUSCLE GROUP  
CHEST





**Area Targeted:** Middle Chest

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the center collar of the bar with one hand (palm facing forward) and stand 3 to 4 feet away from the door with your active side facing the door. Position your arm so that it is pointing straight towards the door anchor and has a slight bend. Keep your back straight, head straight, chest up, and feet shoulder-width apart.

**Movement:**

Pull the bar across your body until it is right in front of your chest.

**Points To Remember:**

1. Keep your arm frozen with a slight bend in your elbow throughout the movement.
2. Keep your shoulders square, do not rotate your upper body as you pull the bar.

# Biceps Curls

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BICEPS**



**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s), hips-width apart. Now grip the bar with each hand with palms facing up (choose the width that feels the most comfortable) and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Keep a slight bend in your legs. Start with your arms straight down and elbows tight to your sides.

**Movement:**

Pull the bar up and bend your arms until it is at chest height. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your elbows stationary at your sides, do not let them move forward and back during the movement.

# Reverse Biceps Curls

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BICEPS**



**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s), hips-width apart. Now grip the bar with each hand with palms facing down (choose the width that feels the most comfortable) and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Keep a slight bend in your legs. Start with your arms straight down and elbows tight to your sides.

**Movement:**

Pull the bar up and bend your arms until it is at chest height. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your elbows stationary at your sides, do not let them move forward and back during the movement.

# Preacher Curls

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BICEPS**



## **Area Targeted:** Biceps

### **Set up:**

**Anchor Position:** #4 - Knee height.

**Bands:** Thread the band(s) through the anchor and attach both ends of the band(s) to the center ring.

**Body Positioning:** Grip the bar with each hand, shoulders width apart, palms facing up. Sit down 3 to 4 feet from the door while facing the door. Keep your head straight and chest up. Your arms should be almost fully straight, with your elbows resting right above your knees.

### **Movement:**

Pull the handles and bend your arms until the bar is almost touching your chin. Return to the starting position (controlling the resistance). Repeat.

### **Points To Remember:**

1. Make sure to fully lengthen your muscles (until your arms are almost straight) and shorten your muscles (when your hands are by your face) the muscle for each repetition.

# Forward Triceps Extension

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Premium Quality Resistance Bands

MUSCLE GROUP  
**TRICEPS**





**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand close to the door/anchor point with your back to the anchor. Position your head and shoulders in between the bar and the anchor point. Grip the bar with both hands towards the center with palms facing forward. Stand about 3 feet from the door, with your back to the door. Stagger your legs with one leg in front. Start with your upper arms up parallel to the floor and the bar in front of your forehead.

**Movement:**

Push the bar forward until it is right in front of your chest. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Try to keep your elbows in (instead of them flaring out) during the movement.
2. Keep your arms up parallel to the floor.

# Kneeling Triceps Extension

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Premium Quality Resistance Bands

MUSCLE GROUP  
**TRICEPS**



## **Area Targeted:** Triceps

### **Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach both ends of the band(s) to the center ring of the bar.

**Body Positioning:** Grip the bar with both hands close to the center with palms facing down. Kneel down, facing the door about one foot away from the door. Keep your back straight, head straight, chest up and stomach tight. Your upper arms should be pointed down towards the floor and your elbows stationary.

### **Movement:**

Push the bar down to the top of your thighs and straighten your arms. Return to the starting position (controlling the resistance). Repeat.

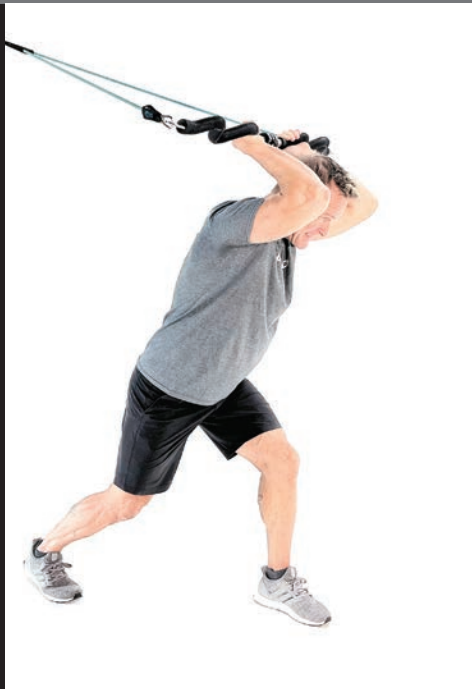
### **Points To Remember:**

1. Keep your elbows stationary at your sides, do not let them move forward or back during the movement.

# Overhead Triceps Extension

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Premium Quality Resistance Bands

MUSCLE GROUP  
**TRICEPS**



**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with both hands in a close grip, and stand about 3 feet from the door, with your back to the door. Stagger your legs with one leg in front. Start with your upper arms up above, parallel to the floor, and the bar behind your head.

**Movement:**

Push the bar forward until it is right in front of you, higher than eye level. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Try to keep your elbows in (instead of them flaring out) during the movement.
2. Keep your elbows stationary, do not move them up and down.

# Squats

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Premium Quality Resistance Bands

MUSCLE GROUP  
**LEGS**



**Area Targeted:** Thighs & Butt

**Set up:**

**Anchor Position:** Not required.

**Bar:** Attach an ankle strap to each end ring of the bar.

**Bands:** Attach each end of the band(s) to an ankle strap.

**Body Positioning:** Stand on the band(s) with both feet and hips-width apart. Squat down, press the bar over your head and rest it on your shoulders, right below your neck (not on your neck). Stand up straight. Keep your back straight, head straight, chest up, and elbows back.

**Movement:**

Bend your legs and squat down as if you were going to sit in a chair. Stand up and return to the starting position. Repeat.

**Points To Remember:**

1. Keep your chest up and back flat during the exercise.
2. Make sure that your knees are tracking over your toes during the movement.

# Lunge

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Premium Quality Resistance Bands

MUSCLE GROUP  
LEGS





**Area Targeted:** Thighs & Butt

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s) with one foot in front. Take a big step backward with the other leg. Lower your hips square to the floor, press the bar over your head and rest it on your shoulders, right below your neck (not on your neck). Stand up straight. Keep your back straight, head straight, chest up, and elbows back.

**Movement:**

Bend your front leg and lower your hips until your front thigh is parallel to the floor and your back knee is almost touching the floor. Then return to the starting position raising your hips straight up until your front leg is almost fully straight. Repeat.

**Points To Remember:**

1. Push through your heel.
2. As you lower and raise your body, keep your knee tracking over your toes.

# Front Squats

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Premium Quality Resistance Bands

MUSCLE GROUP  
LEGS



**Area Targeted:** Thighs & Butt

**Set up:**

**Anchor Position:** Not required.

**Bar:** Attach an ankle strap to each end ring of the bar.

**Bands:** Attach each end of the band(s) to an ankle strap.

**Body Positioning:** Stand on the band(s) with both feet hip-width apart. Squat down and rest the bar on the front of your shoulders with your arms interlocked (making a box) and elbows up at shoulder height. Stand up straight. Keep your back straight, head straight, chest up, and elbows back.

**Movement:**

Bend your legs and squat down as if you were going to sit in a chair. When you feel like your body has naturally stopped lowering, return to the starting position by standing up and raising your body until your legs are almost fully straight. Repeat.

**Points To Remember:**

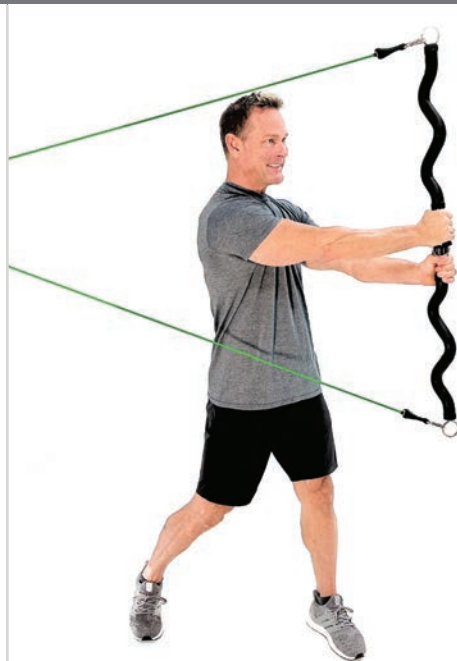
1. Keep your chest up and back flat during the exercise.
2. Make sure that your knees are tracking over your toes during the movement.

# Standing Abs Twist

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Premium Quality Resistance Bands

MUSCLE GROUP

**ABS**



**Area Targeted:** Side Abs

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand about 3 to 4 feet away from the door, with your side facing the door. Keep your back straight, your head straight, and your stomach tight. Position your arms to the side, towards the anchor point.

**Movement:**

Rotate your upper body (from your waist) away from the door and tension until your body naturally stops. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your arms straight out in front of you as you twist.

# High Low Chops

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Premium Quality Resistance Bands

MUSCLE GROUP

**ABS**



**Area Targeted:** Side and Middle Abs

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach both ends of the band(s) to one outer ring on the bar.

**Body Positioning:** Grip the bar with both hands, one on each side of the center collar. Turn your body so that your side is facing the door. The hand closest to the anchor point should grip with palm up and the other hand with palm down. The ring closest to the anchor should be at eye level, and the other ring at hip level. Stand far enough away from the anchor point so that the band is just starting to stretch. Keep your chest up, head straight, and arms straight.

**Movement:**

Rotate the bar down and across, bending your body until the ring that is attached to the band(s) is past your outer knee. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Try to keep your upper body relaxed while you rotate.

# Low-High Abs Chops

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Premium Quality Resistance Bands

MUSCLE GROUP

**ABS**





**Area Targeted:** Side Abs

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Thread the band(s) through the anchor and attach both ends of the band(s) to one outer ring on the bar.

**Body Positioning:** Grip the bar with both hands, one on each side of the center collar. Turn your body so that your side is facing the door. The hand closest to the anchor point should grip with palm up and the other hand with palm down. The ring closest to the anchor should be at knee level, and the other ring at hip level. Stand far enough away from the anchor point so that the band is just starting to stretch. Keep your chest up, head straight, and abs in a slight crunch position.

**Movement:**

Rotate the bar up and across your body until the ring that is attached to the band(s) is past and above eye level. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

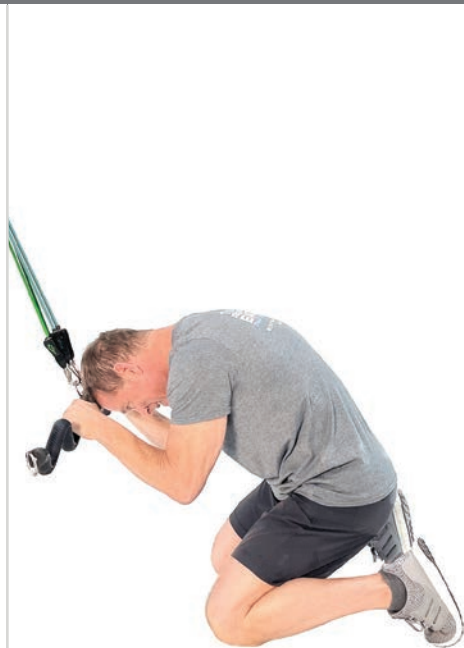
1. Try to keep your upper body relaxed while you rotate.

# Kneeling Abs Crunch

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Premium Quality Resistance Bands

MUSCLE GROUP

**ABS**



**Area Targeted:** Middle Abs

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach both ends of the band(s) to one center ring on the bar.

**Body Positioning:** Grip the bar with a close grip, palms down, and kneel down about 2 feet away from the door, facing the door. Hold the back of your hands close to your forehead and position your arms so that your elbows are about 12 inches apart and facing down. Keep your knees bent with your buttocks touching your heels.

**Movement:**

Crunch your body down and forward until your elbows are close to your knees. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your elbows about 12 inches apart.
2. Keep your buttocks down on your heels throughout the movement.
3. Exhale as your crunch.

# Standing Front Shoulder Raise

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Premium Quality Resistance Bands

MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Front Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s), hips-width apart. Now grip the bar with each hand (shoulders width apart) and stand up straight with your back straight, head straight, chest up, and stomach tight. Keep a slight bend in your legs. Your arms should be straight down with palms facing your thighs, on top of your thighs.

**Movement:**

Raise the bar up until your hands are at eye level. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your arms straight with just a micro bend.

# Standing Lateral Raise

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MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Side Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the middle of the band(s) with the foot on the same side of the shoulder that you are going to work. Now grip the center of the bar with the hand of your active arm (palm facing in) and stand up straight with your back straight, head straight, chest up, and stomach tight.

**Movement:**

Raise your arm straight out to the side until your elbow is at shoulder height. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep a micro bend in your elbow as you raise and lower the bar.

# Shoulder Press

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MUSCLE GROUP  
SHOULDERS





**Area Targeted:** Front/Side Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Thread the band(s) through the anchor & attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the middle of the band with one foot slightly forward. Bend down and grip the bar and raise it so that your hands are right above your shoulders and your elbows are down.

**Movement:**

Press your hands over your head until your arms are almost fully straight. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Grip the bar lightly as you press your hands up.

# Shrugs

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MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Top of Shoulders

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s) hips-width apart. Now bend down and grip the bar, slightly wider than shoulders width with both hands (palms facing behind you), and stand up straight with your back straight, head straight, chest up, and stomach tight. Keep a slight bend in your legs. Your arms should be straight down with palms facing your thighs, on top of your thighs.

**Movement:**

While keeping the bar close to your body and arms straight down, raise your shoulders up towards the back of your head until they cannot raise any further. Return to the starting position (controlling the resistance). Repeat.

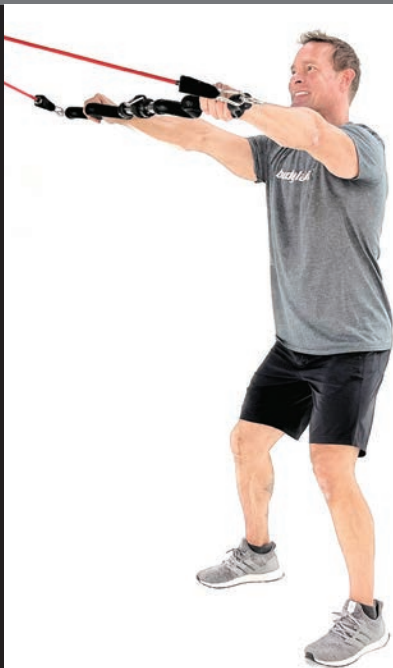
**Points To Remember:**

1. As you raise the bar, do not move the shoulders forward. Keep your shoulders back.

# High Row

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Premium Quality Resistance Bands

MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Rear Shoulder

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand, shoulders width apart, palms facing down. Stand 3 to 4 feet from the door while facing the door. Keep your head straight and chest up. Your arms should be straight out in front of you with the bar at chin height.

**Movement:**

Pull the bar until your elbows are even with your shoulders, and the bar is at the top of your chest. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Hold the bar with a loose grip.
2. Pull through the elbows.

# Upright Row

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Premium Quality Resistance Bands

MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Front and Side Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Stand on the band(s) hips-width apart. Now grip the bar towards the center of the bar with both hands (palms facing behind you) and stand up straight with your back straight, head straight, chest up, and stomach tight. Keep a slight bend in your legs. Your arms should be straight down with palms facing your thighs, on top of your thighs.

**Movement:**

While keeping the bar close to your body, pull your elbows straight up and out, raising the bar until your hands are at the bottom of your chest. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. As you raise the bar, lead with movement with your elbows.

# Standing One Arm Back Row

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BACK**





**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Using a staggered stance (one foot slightly back) and step on the middle of the band with the back leg. Bend down and grip the bar from the center collar with the arm that is on the same side as the back leg. Now stand up, but only 50% of the way to fully standing. Place your inactive hand on your front knee. Keep your butt back, back straight, and head straight.

**Movement:**

Pull your hand up towards your hip until your upper arm is parallel to the floor. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Keep your arm tight to your body (do not flare the elbows outward).
2. Try to keep your forearm parallel to the floor as you pull up.

# Straight Arm Lat Extension

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand towards the outer ring with palms facing down. Stand 3 to 4 feet away from the door while facing the door. Keep your slight bend in your legs, your back straight, and your chest up. Your arms should be straight out in front of you and pointed toward the door anchor.

**Movement:**

Push the bar down and back until it touches the top of your thighs. Return to the starting position (controlling the resistance). Repeat.

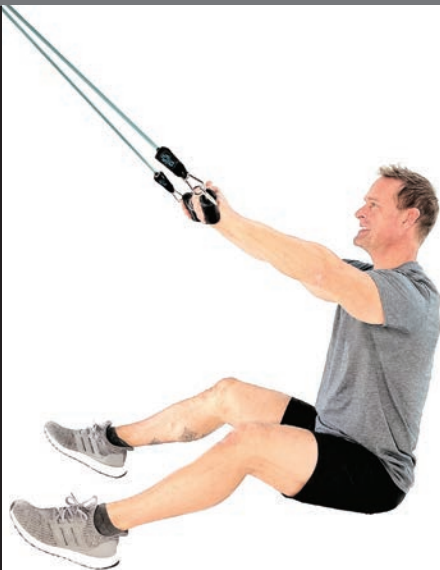
**Points To Remember:**

1. As you push the bar down, keep your shoulders back (scapular retraction) like you are squeezing a quarter between your shoulder blades.

# Seated Wide Grip Lat Pull

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand towards the outside of the bar. Sit close to the door, facing the door, with your knees bent. Keep your back straight, head straight, chest up, and shoulders forward. Your arms should be straight and pointed up towards the door anchor. Lean back slightly so that your body is not straight up and down.

**Movement:**

Pull the bar back until your hands are right across your chest. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Grip the bar loosely (just tight enough not to let go).
2. Squeeze your shoulder blades together as you pull the handles back to the ending position.

# Standing Back Row

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand, shoulders width apart, palms facing up. Stand 3 to 4 feet from the door while facing the door. Keep your head straight, your chest up, and a slight bend in your legs. Your arms should be straight out in front of you (forearms parallel to the floor.)

**Movement:**

Pull the bar until your hands are by the middle of your abdomen. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Hold the bar with a loose grip.
2. Squeeze your shoulder blades together as you pull the handles back.
3. Your arms should be tight to your body as you pull.

# Seated Back Extension

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MUSCLE GROUP  
**BACK**





**Area Targeted:** Middle Back (along Spine)

**Set up:**

**Anchor Position:** #4 - Knee height.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand, shoulders width apart, palms facing down. Sit down 3 to 4 feet from the door while facing the door. Keep your head straight and chest up. Your arms should be straight out in front of you at the same height as the anchor.

**Movement:**

Lean back against the tension until your shoulders are about 1 foot off the floor. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. Use a heavy amount of resistance to offset your body weight as you lean back.

# Dead Lift

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MUSCLE GROUP  
**BACK**



**Area Targeted:** Entire Posterior

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Thread the band(s) through the anchor and attach each end of the band(s) to an outer ring of the bar.

**Body Positioning:** Grip the bar with each hand, shoulders width apart, palms facing down. Stand 3 to 4 feet from the door while facing the door. Bend forward slightly, stick out your butt, and keep your head straight, back straight, and chest up. Your arms should be straight down with the bar right in front of your chin.

**Movement:**

Stand up and back against the tension until your body is fully straight and the bar is touching your waist. Return to the starting position (controlling the resistance). Repeat.

**Points To Remember:**

1. As you stand up and bend down, keep the bar close to your legs.



# 33 RESISTANCE BANDS EXERCISES

**The next 66 pages contain 33 exercises you can perform with your Bodylastics Resistance Bands.**

***Important:*** Please make sure you have reviewed all the safety precautions at the beginning of this manual. Also make sure that you carefully inspect all equipment for any signs of damage prior to performing any exercise. Do not use any equipment that displays signs of damage or wear and instead contact [support@bodylastics.com](mailto:support@bodylastics.com) to arrange a replacement in accordance with the warranty.

# Chest Press

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Premium Quality Resistance Bands

MUSCLE GROUP  
**CHEST**



**Area Targeted:** Middle, Upper Chest

**Set up:**

**Anchor Position:** #4 - Knee height.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand, and stand 3 to 4 feet away from the door with your back to the door. Position your arms so that they are parallel with the floor, and parallel with the door behind you. Your palms should be facing down. Keep your back straight, head straight and chest up.

**Movement:**

Push the handles forward, up and in until they are about 6 inches apart, and at eye level. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Grip the handles lightly to insure that the majority of the stress is placed on the chest muscles.
2. Do not bring your elbows past your shoulders as you bring them back to the starting position.

# Double Point Chest Press

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Premium Quality Resistance Bands

MUSCLE GROUP  
**CHEST**





**Area Targeted:** Middle, Upper Chest

**Set up:**

**Anchor Position:** #4 - Knee height.

**Bands:** Attach each end of the first band to a handle, and each end of a second band to an ankle strap.

**Body Positioning:** Secure an ankle strap on each arm, above the elbow, and grip a handle from the first band in each hand. Stand 3 to 4 feet away from the door with your back to the door. Position your arms so that they are parallel with the floor, and parallel with the door behind you. Your palms should be facing down. Keep your back straight, head straight and chest up.

**Movement:**

Push the handles forward, up and in until they are about 6 inches apart, and at eye level. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Grip the handles lightly to insure that the majority of the work is handled by the chest muscles.
2. Do not bring your elbows past your shoulders as you bring them back to the starting position.

# Resisted Standard Push Up

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Premium Quality Resistance Bands

MUSCLE GROUP

CHEST



**Area Targeted:** Middle Chest

**Set up:**

**Anchor Position:** Not required.

**Bands:** Wrap the band(s) around your body so that the band(s) are around your back.

**Body Positioning:** Lay on the floor and place your palms over the band(s), on each side, so that there is no slack. Your hands should be about 20 inches apart with fingers pointed overhead. Keep your back straight, legs straight and head straight.

**Movement:**

Push your entire body off the floor until your arms are almost totally straight. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Do not let your buttocks push up or sag down during the movement. Your body should be straight, like a board from your head to your feet.
2. When you lower your body, stop when your upper arms are parallel with the floor.

# Standing One Arm Chest Fly (Mid)

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Premium Quality Resistance Bands

MUSCLE GROUP  
**CHEST**



**Area Targeted:** Middle Chest

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with one hand.

**Body Positioning:** Stand 3 to 4 feet away from the door with your active side facing the door. Position your arm so that it is pointing towards the door anchor and has a slight bend. Your palm should be facing forward.

**Movement:**

Pull the handle(s) around until your hand is right in front of your chest. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Keep your arm frozen with a slight bend in your elbow throughout the movement.
2. Keep your shoulders square, do not rotate your upper body as you pull the handle(s).

# Kneeling One Arm Chest Fly

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Premium Quality Resistance Bands

MUSCLE GROUP  
**CHEST**



**Area Targeted:** Middle Chest

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with one hand.

**Body Positioning:** Kneel 3 to 4 feet away from the door, with your active side facing the door. Place your inactive hand on the floor to stabilize your body. Position your active arm so that the upper arm is parallel with the floor, and elbow is slightly bent. Keep your back straight and chest up.

**Movement:**

Pull the handle(s) down and around until your hand is almost touching the floor, right below your chest. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your arm frozen in position with a slight bend in the elbow.

# Standing Curl

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Premium Quality Resistance Bands

MUSCLE GROUP  
BICEPS





**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Stand on the band(s) hips width apart. Now take a handle in each hand and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Start with your arms straight down with palms facing forward, and elbows tight to your sides.

**Movement:**

Pull the handles up and bend your arms until your hands are at chest height. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your elbows stationary at your sides, do not let them move forward and back during the movement.

# Standing Hammer Curl

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Premium Quality Resistance Bands

MUSCLE GROUP  
BICEPS



**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach a closed ankle strap to each end of the band(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, and thumb on the outside.

**Body Positioning:** Stand on the band(s) hips width apart and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Start with your arms straight down, elbows tight to your sides, and palms facing in.

**Movement:**

Pull the ankle straps or handles up, and bend your arms until your hands are at chest height. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your elbows stationary at your sides, do not let them move forward and back during the movement.

# Standing One Arm Preacher Curl

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Premium Quality Resistance Bands

MUSCLE GROUP  
BICEPS



**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** Not required.

**Bands:** Wrap the band(s) once around the foot on the same side of your active arm, and then attach both ends of the band(s) to one handle. Grip the handle with the hand of your active arm.

**Body Positioning:** Keep your back flat, head straight and chest up. Position your non-active arm across your body, with the back of your hand stabilizing your active elbow. Your active arm should be almost totally straight (there should still be a very slight bend) with palm facing forward.

**Movement:**

Pull the handle and bend your arm until your hand is at chest height. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Make sure to get full range of motion throughout the movement.

# Seated Preacher Curl

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Premium Quality Resistance Bands

MUSCLE GROUP  
BICEPS



**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand and sit facing the door with your toes 2 to 3 feet from the door. Your feet should be flat on the floor and knees up. Position your arms so that they are almost fully straight with palms facing up and elbows resting right above your knees. Keep your back straight and chest up.

**Movement:**

Pull the handles and bend your arms until your hands are almost touching your face. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Make sure to fully lengthen (until your arms are almost straight) and shorten (when your hands are by your face) the muscle for each repetition.

# Lying Curl (Low)

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Premium Quality Resistance Bands

MUSCLE GROUP  
BICEPS





**Area Targeted:** Biceps

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand and lay on your back with your toes 1 to 2 feet away from the door. Your knees should be up and together, and feet flat on the floor. Start with your arms straight (on the floor) and tight to your body with palms facing up.

**Movement:**

Pull the handles and bend your arms until your hands are directly over your chest. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your upper arms down against the floor during the entire movement.

# Kneeling Extension

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**TRICEPS**



**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Grip an end of the band(s) in each hand, right above the clip.

**Body Positioning:** Kneel down, facing the door about one foot away from the door. Keep your back straight, head straight, chest up and stomach tight. Your upper arms should be perpendicular to the floor, elbows stationary at your sides, hands shoulder width apart, and your palms facing in.

**Movement:**

Push your hands down to the top of your thighs and straighten your arms. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your elbows stationary at your sides, do not let them move forward or back during the movement.

# Two Arm Kickback

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**TRICEPS**



**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #3 - Waist height.

**Bands:** Attach a closed ankle strap to each end of the band(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, and thumb on the outside.

**Body Positioning:** Stand 3 to 4 feet from the door while facing the door. Bend forward at your waist so that your back is almost parallel with the floor. Position your arms up, with your upper arms parallel with the floor, elbows tight to your side and hands right below your chest.

**Movement:**

Push your hands back until they are by your hips, and your arms are straight. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your upper arms parallel with the floor and elbows tight to your body throughout the movement.

# Forward Extension

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MUSCLE GROUP  
**TRICEPS**



**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle with each hand and stand about 3 feet from the door, with your back to the door. Stagger your legs, with one leg in front. Start with your upper arms up at parallel with the floor, hands close to your head (at eye level), and palms facing forward.

**Movement:**

Push the handles forward and straighten your arms. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your upper arms parallel with the floor throughout the movement.

# Cross Body Extension

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MUSCLE GROUP  
**TRICEPS**





**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Attach a closed ankle strap to both ends of the band(s) and grip the loop of the strap with the hand of your active arm. Your fingers should be inside the loop, and thumb on the outside.

**Body Positioning:** Stand about 3 feet away from the door with your inactive side facing the door. Start with the hand of your active arm up by the opposite chest, palm facing towards your body. Create a strong base with your feet wider than hips width apart and your inactive hand on your hip.

**Movement:**

While keeping your upper arm perpendicular to the floor, pull your hand down and across your body until your arm is straight. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your upper arm perpendicular to the floor and tight to your body as you straighten your arm.

# Lying Extension

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MUSCLE GROUP  
**TRICEPS**



**Area Targeted:** Triceps

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach a closed ankle strap to each end of the band(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, and thumb on the outside.

**Body Positioning:** Grip an ankle strap, or handle in each hand and lay on the floor with your body facing away from the door, and your head about 2 to 3 feet away from the door. Keep your knees bent and together, feet flat on the floor and elbows tight to your side. Start with your arms bent, hands directly over your chest, and palms facing forward.

**Movement:**

Push the handles out towards your feet, straightening your arms. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Try to keep your elbows down and stationary at your sides.

# Calf Raise (Arms Up)

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MUSCLE GROUP  
LEGS



**Area Targeted:** Calves

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand and stand 1 to 2 feet away from the door with your back to the door. Raise your hands to shoulder height. Keep your back straight, head straight and stomach tight.

**Movement:**

Raise your heels off the floor until you cannot get any higher on your toes. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Push through your big toe as you raise your heels.

# Lunges

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MUSCLE GROUP  
**LEGS**



**Area Targeted:** Thighs & Butt

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Stagger your feet with one foot in front. Now stand on the band(s) with your front foot. Grip a handle in each hand and raise your hands up to shoulder height. With your back straight, head straight, elbows back, and chest up, lower your hips straight down until your front thigh is almost parallel with the floor.

**Movement:**

Straighten your front leg and raise your hips. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Push through your heel.
2. As you lower and raise your body, keep your knee tracking over your toes.

# Lying Hamstrings Curl

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MUSCLE GROUP  
LEGS





**Area Targeted:** Hamstrings

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach each end of the band to an ankle strap.

**Body Positioning:** Wrap the ankle straps around your ankles and lay on the floor 3 to 4 feet away from the door. Keep your buttocks down and your back flat.

**Movement:**

Bend both legs together and move your heels towards your buttocks. While controlling the resistance, return to the starting position. Repeat.

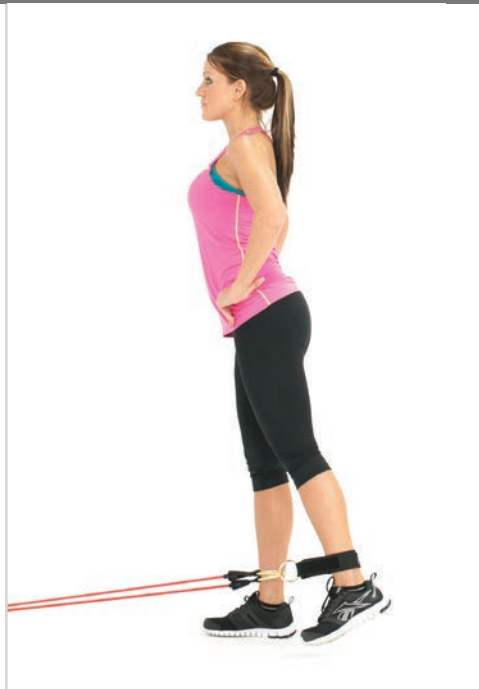
**Points To Remember:**

Keep your calves and feet relaxed during the movement. If you cannot keep them relaxed, simply point your toes.

# Hip Extension

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MUSCLE GROUP  
LEGS



**Area Targeted:** Butt (Gluteus Maximus)

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach both ends of the band to one ankle strap.

**Body Positioning:** Now secure the ankle strap around the ankle of your active leg, with the ring in the front. Stand 3 to 4 feet away from the door while facing the door, with both legs even (side by side). If necessary, place a chair beside you to use for balance. Keep your back straight, head straight and stomach tight.

**Movement:**

While keeping your active leg straight, push your active leg back (10 to 12 inches), squeezing your buttocks. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Push your active leg back from your heel.

# Squats

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MUSCLE GROUP  
**LEGS**



**Area Targeted:** Thighs & Butt

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Stand on the band(s) with both feet, hips width apart. Squat down and grip a handle in each hand. Raise the handles up to shoulder height, with the bands behind your arms, palms facing forward. Stand up straight. Keep your back straight, head straight, chest up, and elbows back.

**Movement:**

Bend your legs and squat down as if you were going to sit in a chair. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Keep your chest up and back flat during the exercise.
2. Make sure that you knees are tracking over your toes during the movement.

# Kneeling Crunch

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MUSCLE GROUP

**ABS**



**Area Targeted:** Middle Abs

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Grip each side of the band, right above the clips or handles.

**Body Positioning:** Kneel down about 2 feet away from the door, facing the door. Hold your hands close to your forehead and position your arms so that your elbows are about 6 inches apart and facing down. Keep your knees bent with your buttocks touching your heels.

**Movement:**

Pull your body down with your abs and crunch down against the resistance, moving your elbows towards your knees. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Try to keep your arms, hands and legs frozen in place. ONLY use your abs to pull against the resistance and bend your body.
2. Exhale as you crunch and bend your body.

# Standing Twist

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MUSCLE GROUP

**ABS**





**Area Targeted:** Side Abs

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with both hands.

**Body Positioning:** Stand about 3 to 4 feet away from the door, with your side facing the door. Keep your back straight, head straight and stomach tight. Position your arms in front of your body with your hands in tight to your chest.

**Movement:**

Rotate your upper body (from your waist) away from the door and tension, until your body naturally stops. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your lower body stationary as you rotate your upper body.

# Resisted Crunch

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MUSCLE GROUP

**ABS**



**Area Targeted:** Middle Abs

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** Attach each end of the band(s) to an ankle strap.

**Body Positioning:** Grip an ankle strap, or handle in each hand and lay on the floor facing away from the door with your knees bent, and feet flat on the floor. Lay far enough away from the door so that the band(s) are starting to stretch. Keep your arms straight, tight to your body and your palms facing down.

**Movement:**

Raise your body and crunch up, moving the ankle straps or handles 3 to 4 inches towards your heels. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

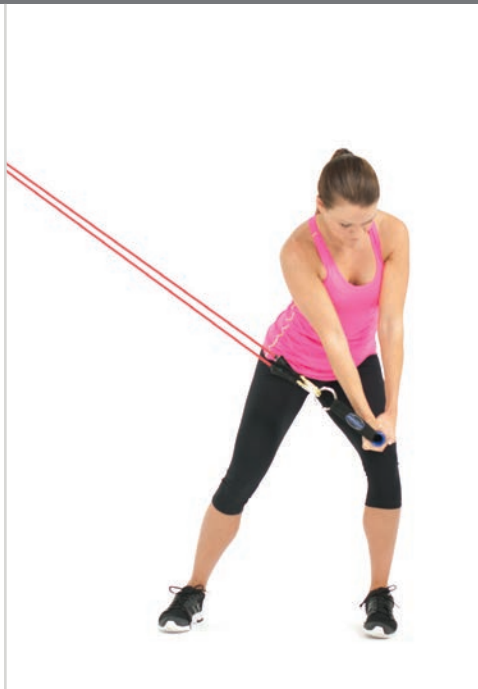
1. Keep your arms down.
2. Think about moving your rib cage towards your pelvis as you crunch up.

# High/Low Chop

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Premium Quality Resistance Bands

MUSCLE GROUP

**ABS**



**Area Targeted:** Side and Middle Abs

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with both hands.

**Body Positioning:** Stand about 2 feet away from the door. Turn your body so that your side is facing the door. Keep your chest up, head straight and arms almost straight (elbows slightly bent). Get into the starting position by rotating towards the door so that your arms are pointed up towards the door anchor.

**Movement:**

Pull your hands down and across your body until they are by your outer leg, right above your knee. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Maintain only a slight bend in your arms (they should almost be straight).

# Press

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Premium Quality Resistance Bands

MUSCLE GROUP  
**SHOULDERS**



**Area Targeted:** Front/Side Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Stagger your feet with one foot in front. Now stand on the band(s) with your front foot. Grip a handle in each hand and stand up straight. With the bands in front of your arms and palms facing forward, bring your arms up to goal post position (upper arms parallel, and forearms perpendicular with the floor). Keep your back straight, head straight and chest up.

**Movement:**

Press your hands over your head and together until your arms are almost fully straight. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Grip the handles lightly as you press your hands up.

# Reverse Fly

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Premium Quality Resistance Bands

MUSCLE GROUP  
**SHOULDERS**





**Area Targeted:** Rear Shoulder

**Set up:**

**Anchor Position:** #2 - Chest height.

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Grip a handle in each hand and stand 3 to 4 feet away from the door while facing the door. Keep your chest up, head straight and legs slightly bent. Your arms should be straight out in front of you (pointed towards the anchor), with elbows at shoulder height and palms facing in.

**Movement:**

Pull the handles back and around, moving your arms from out in front of your body to directly out to the side. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep just a slight bend in your elbow as you pull back.

# Standing Front Raise

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MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Front Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Stand on the band(s) hips width apart. Now grip a handle in each hand and stand up straight with your back straight, head straight, chest up, and stomach tight. Your arms should be straight and down with palms facing your thighs, on top of your thighs.

**Movement:**

Raise your arms up, until your hands are at eye level. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Keep your hands 6 inches apart as you raise your arms.

# Standing Lateral Raise

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MUSCLE GROUP  
SHOULDERS



**Area Targeted:** Side Shoulder

**Set up:**

**Anchor Position:** Not required.

**Bands:** Attach a closed ankle strap to each end of the band(s) and position a strap over each wrist with the ring on the bottom.

**Body Positioning:** Stand on the band(s) hips width apart and stand up straight with your back straight, head straight, chest up, and stomach tight. Start with your arms slightly bent and palms facing in, at your sides.

**Movement:**

Raise your arms straight out to the sides, until your elbows are at shoulder height. While controlling the resistance, return to the starting position. Repeat.

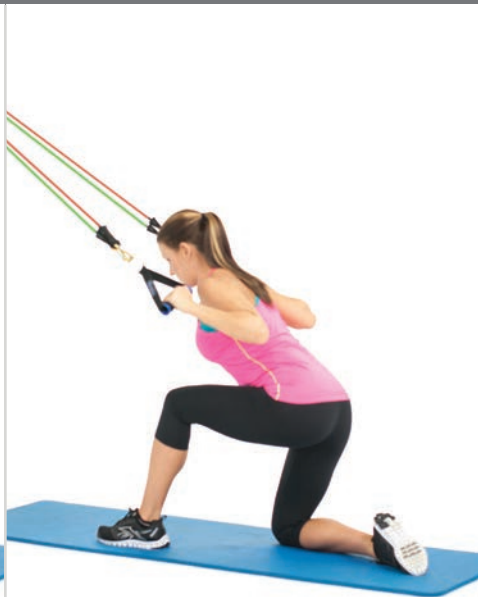
**Points To Remember:**

Rotate your upper arm bone forward so that as you raise your arms out to the side, your elbows are higher than your hands.

# Wide Grip Pull Down

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Premium Quality Resistance Bands

MUSCLE GROUP  
**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Grip a handle with each hand and kneel down on one knee, 3 to 4 feet from the door while facing the door. Bend forward (pointed in the direction of the anchor) with your back straight, head straight, and shoulders down. Your arms should be wider than shoulders width, pointed towards the anchor with palms facing down.

**Movement:**

Pull the handles down and out to the sides until your hands are even with your chin. While controlling the resistance, return to the starting position. Repeat.

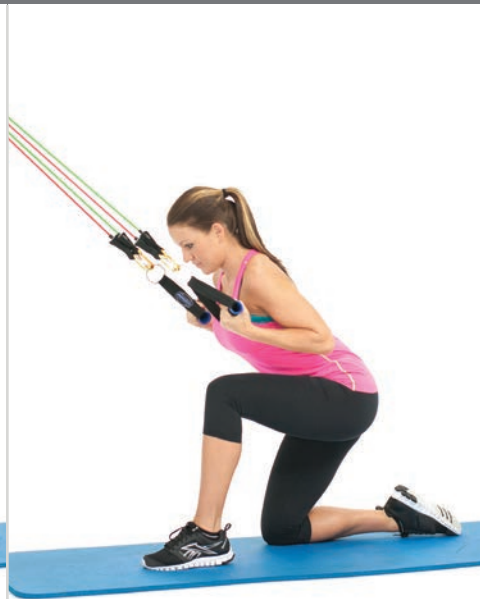
**Points To Remember:**

1. Grip the handles loosely, just tight enough so that you will not let go.
2. Pull through your elbows.

# Reverse Grip Pull Down

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MUSCLE GROUP  
**BACK**





**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #1 - Top of the door.

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Grip a handle with each hand and kneel down on one knee, 3 to 4 feet from the door while facing the door. Bend forward (pointed in the direction of the anchor) with your back straight, head straight, and shoulders down. Your arms should be pointed towards the anchor with palms facing up and hands about 6 inches apart.

**Movement:**

Pull the handles down until your hands are below your chin. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Grip the handles loosely, just tight enough so that you will not let go.
2. Push your shoulder blades down as you pull the handles towards your chin.

# Squatted Row

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**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** #4 - Knee height.

**Bands:** Attach a handle to each end of the band(s).

**Body Positioning:** Grip a handle in each hand and squat 3 to 4 feet from the door while facing the door. Keep your head straight and chest up. Your forearms should be parallel with the floor.

**Movement:**

Pull the handles until your hands are by your chest. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Hold the handles with a loose grip.
2. Squeeze your shoulder blades together as you pull the handles back.
3. Your arms should be tight to your body as you pull.

# Bent Over Row (Heavy Pants)

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**BACK**



**Area Targeted:** Outer Back

**Set up:**

**Anchor Position:** Not required.

**Bands:** No adjustment required.

**Body Positioning:** Lay the band(s) on the floor and stand on the band(s) with your feet hips width apart. The length of the band on each side from the outside of your foot to the clip or handle should be about 6 inches. Now grab the band right below the clip or handle and get into a squatted position. Keep your knees bent, buttocks back, back straight, head straight, chest up, and shoulders back. Your arms should be straight down and the band should be starting to stretch.

**Movement:**

Pull the band up and back until your hand is by your hip. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

1. Keep a light grip on the band(s) just tight enough so you do not let go.
2. Pull through your elbow.

# Standing Extension (Band)

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**BACK**



**Area Targeted:** Middle Back (along Spine)

**Set up:**

**Anchor Position:** #5 - Bottom of the door.

**Bands:** No adjustment required.

**Body Positioning:** While facing the door bend forward and grip a side of the band with each hand, so that the band is just starting to stretch. Position your lower body far enough away from the door so that when you bend forward, your head is close to the door, but does not touch it. Keep your arms straight (pointed towards the anchor), head straight, and back flat.

**Movement:**

Stand up against the tension until you are standing up straight. While controlling the resistance, return to the starting position. Repeat.

**Points To Remember:**

Try to keep your hips stationary during the exercise (do not move them forwards and backwards).



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