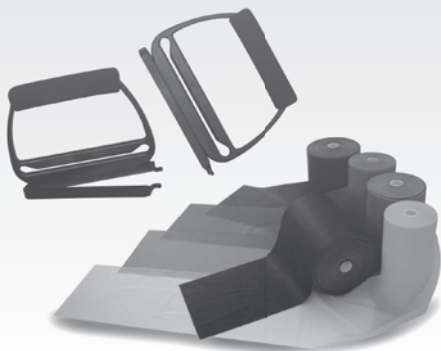


# Flat Band and Handle

## EXERCISE GUIDELINES



### **PLEASE READ THE EXERCISE INSTRUCTIONS BELOW BEFORE USING THIS PRODUCT!**

- It is advised that you consult with your physician before beginning any exercise program.
- Always wear comfortable clothing and shoes that will allow your skin to breathe during your workout.
- Before using the equipment, warm your body up with 5-15 minutes of cardiovascular exercise or other rhythmic movement.
- Allow 30-60 seconds of rest between each set of exercise and 60-90 seconds of rest between different exercises.
- Make sure to work both the front and back of the body equally to ensure a total-body workout and proper muscle balance.
- Perform all exercises slowly and with control in a full range of motion.
- Maintain proper alignment in your spine, wrists and hands on all exercises.
- Keep your abdominals active on all exercises.
- Discontinue exercising if you begin to feel nauseated or dizzy, or if you have any pain that makes you uncomfortable. If this continues, seek the professional help of a physician.
- Always breathe with movement.
- Allow 24-48 hours between strength exercise workouts.



Exercise #1: **Seated Back Rows**  
Level: **Beginner**

**Starting Position:**

- Sit on the floor with your knees bent and place the band under the arches of your feet.
- Flex your feet.
- Hold the handles of the flat band with your palms facing each other.
- Sit up with a straight back.

**Execution:**

- Inhale to begin.
- Exhale as you pull both elbows along your sides toward the back of the room.
- Keep your back straight and your shoulders down away from your ears as you pull the flat band.
- Inhale and return your arms to the starting position.
- For more or less resistance, shorten or lengthen the flat band.
- Do 1-2 sets of 5-12 repetitions.

Exercise #2: **Frog**  
Level: **Beginner**

**Starting Position:**

- Lie on your back with the band wrapped around both feet.
- Bend your knees toward your chest.
- Hold the handles at your sides, keeping your elbows on the floor.

**Execution:**

- Inhale to prepare.
- Exhale as you extend your legs out at a 45-degree angle and lift your shoulders off the floor.
- Keep the back of your ribcage on the mat.
- Focus your eyes on your thighs and try to curl up your shoulders a little more on each exhale.
- Do 1-2 sets of 8-12 repetitions.



### Exercise #3: **Shoulder Presses**

Level: **Intermediate**

#### **Starting Position:**

- Stand with your feet hip-width apart and place the flat band under the arches of your feet.
- Hold the flat band handles in both hands at your shoulders.
- Bend your knees slightly.
- Reach your head toward the ceiling.

#### **Execution:**

- Inhale to prepare.
- Exhale as you extend your arms above your head at a 45-degree angle.
- Return to the starting position.
- Keep your back straight and head in line with your spine.
- To reduce the level of resistance, press one hand upward at a time.
- Do 1-2 sets of 10-15 repetitions.



### Exercise #4: **Double Leg Stretch**

Level: **Advanced**

#### **Starting Position:**

- Lie on the floor with both legs lifted in a tabletop position and the flat band wrapped around your feet.
- Hold the flat band handles at your chest with your palms facing the floor.
- Lift your head and shoulders from the floor.
- Try to lift your shoulder blades from the floor.

#### **Execution:**

- Hold this curled up position for a deep inhale.
- Exhale as you extend your arms and legs, stretching the band.
- For an easier version of this exercise, extend just the arms and then just the legs.
- Do 1-2 sets of 5-8 repetitions.

**ALLERGY NOTE:** SPIN Fitness® brand of bands contain latex rubber.

## CARE AND MAINTENANCE

- To avoid band damage, keep band away from heat, cold and sharp objects.
- If using the band in a chlorinated pool, make sure to rinse the band with fresh tap water thoroughly and allow to air dry after each use.
- Dust your band with talcum powder to keep it soft and pliable, especially if using in chlorinated water.
- Before each use, always inspect the band for any tears, nicks, punctures or other signs of defect.
- If any defects are found, do not use. Instead, discard the band and contact SPIN Fitness for warranty information.
- Do not stretch the SPIN Fitness band more than three times its resting length.
- Never tie two bands together.
- Pay attention to high-stress areas on your product.

## EXERCISE USE

- For additional exercise information, see the SPIN Fitness educational programs and DVDs.
- Make sure to select the proper band resistance for your fitness level.
- When holding the band in your hand, keep your hand in line with your wrist. Do not allow your hand to curl forward or backward away from your wrist.

## IMPORTANT INFORMATION

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