

Pro-Source Resistance Bands

1) Pick the right bands.

Less resistance means it's easier.

Strong resistance means it's tougher.

If you're just starting or don't have much strength, begin with lighter weights.

2) Look at the bands.

3) Check for any cracks, tears, or worn areas before using it.

4) Don't use broken bands.

5) Hold it gently.

6) Use the handles or hold it in your hands if there are no handles.

7) Keep your wrists straight.

Basic Use:

1) Always start by warming up (for example, march in place for 2 to 3 minutes).

Beginner exercise- Seated Row (For back and arms)

1) Sit up straight in a strong chair.

2) Put the band under both of your feet.

3) Hold one end in each hand.

4) Pull back like you're rowing a boat, while squeezing your shoulder blades together.

- 5) Come back slowly. Do it 8 to 10 times.
- 6) Breathe out when you pull, and breath in when you come back.

Safety Tips:

- 1) No quick or sudden movements. Take your time and be steady.
- 2) Stay away from pain. It's fine to feel a little tightness in your muscles but stop if something hurts.
- 3) Keep the band safe. Make sure it won't fall off your feet or furniture.
- 4) Don't go overboard. Begin with little steps and take breaks when you need to.

Helpful tips:

- 1) Use it 2 to 3 times a week. Take breaks.
- 2) Keep it in a cool and dry spot.
- 3) Wipe with a wet cloth, don't use strong cleaners.

Before you start, check with your doctor or physical therapist if you have any health worries.

Keep moving, stay safe, and have fun while you exercise.