

A woman with blonde hair in a ponytail, wearing a black sports bra and black leggings, is performing a workout with resistance bands. She is holding the handles of two black resistance bands, one in each hand, and pulling them outwards. The background is a plain, light gray.

AQUARIAS

WORKOUT
GUIDE

RESISTANCE BANDS

Let's get started

CHECK YOU HAVE ALL THESE ELEMENTS BEFORE WE GET STARTED

The Swifty Resistance Bands have been designed to provide you with the highest level of resistance tube technology and comes complete with:

 **5 x RESISTANCE BANDS**

-  Yellow = **5 kg**
-  Red = **7 kg**
-  Blue = **10 kg**
-  Green = **12 kg**
-  Black = **15 kg**

 **2 x HANDLES**

 **1 x DOOR ANCHOR**

 **2 x ANKLE STRAP**

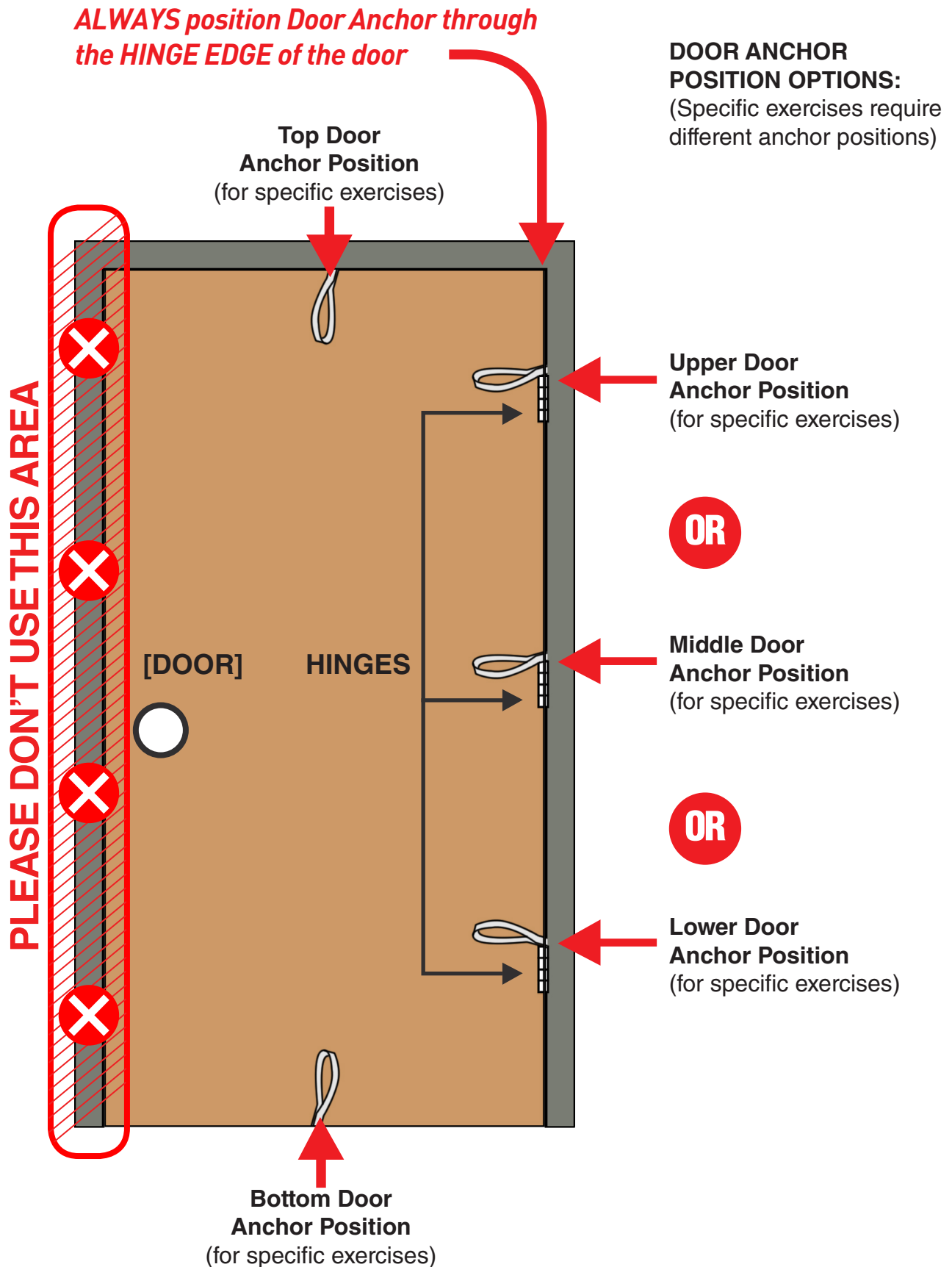
...and of course our introductory exercise guide to get you kick started and ready to smash your new fitness regime.

IMPORTANT: BEFORE YOU BEGIN

- Wear appropriate footwear
- Warm up prior to exercise – can do so by walking or jogging lightly on the spot for at least 5 minutes.
- Always start Swifty Resistance Bands exercises with slight tension on the tube. Start with the lowest resistance and progressively increase the resistance to feel challenged yet able to perform the workouts. Do 10 to 20 reps before increasing the intensity.
- Perform movements in a controlled manner both when lifting and releasing the tension. Make sure you take about 2 seconds to lift the resistance band and 2 seconds to lower it. Train both sides of the body equally. Rest between each set (30 seconds or more depending on your fitness level). Work out to the point of fatigue but not exhaustion.
- Stop the workout if you feel any pain or dizziness.

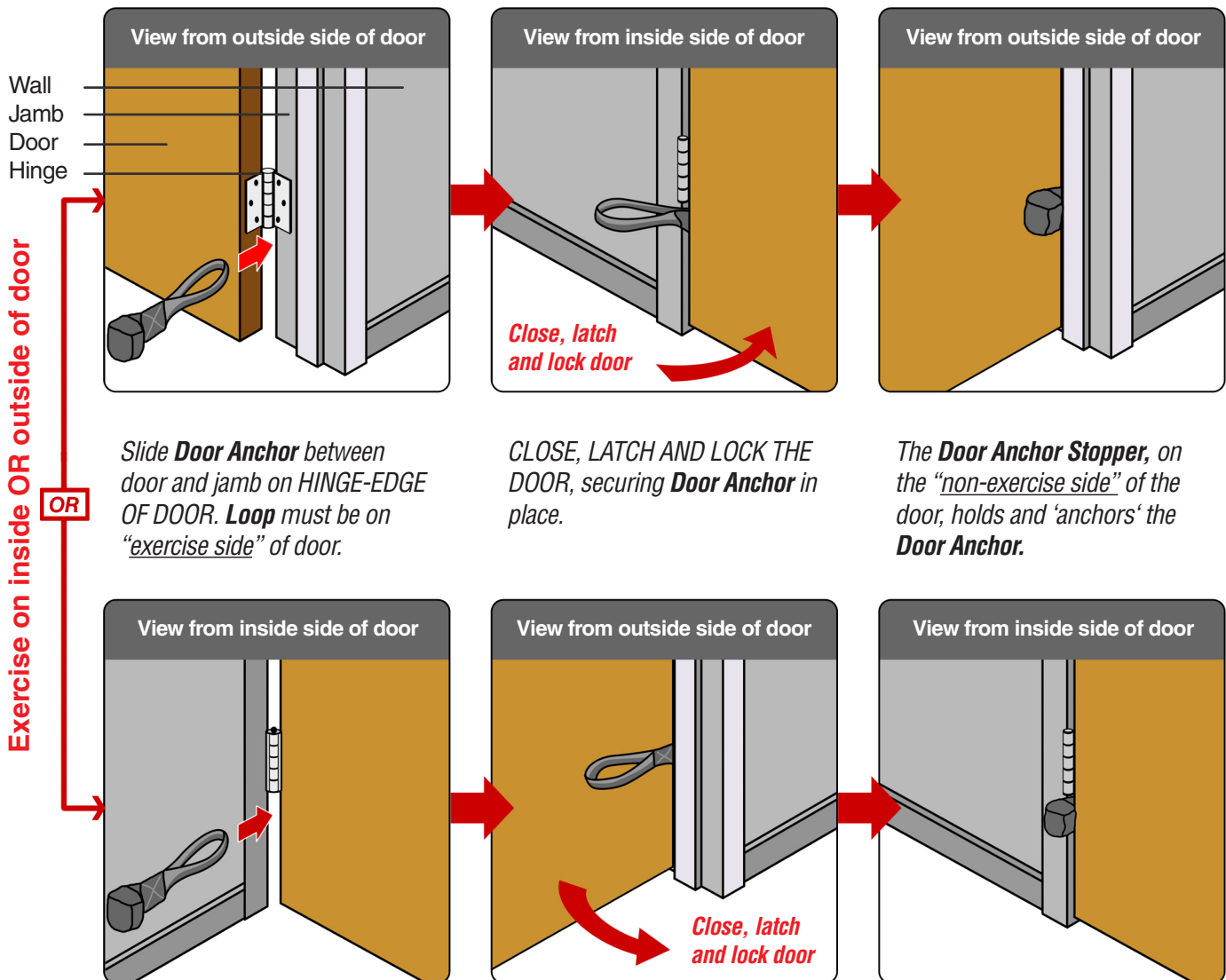
WARNING!

DOOR ANCHOR PLACEMENT



DOOR ANCHOR INSTALLATION

Exercise on inside OR outside of door



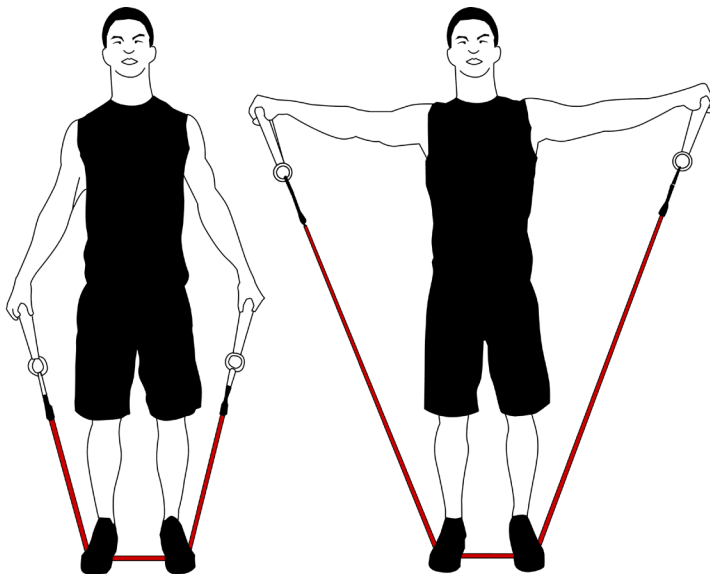
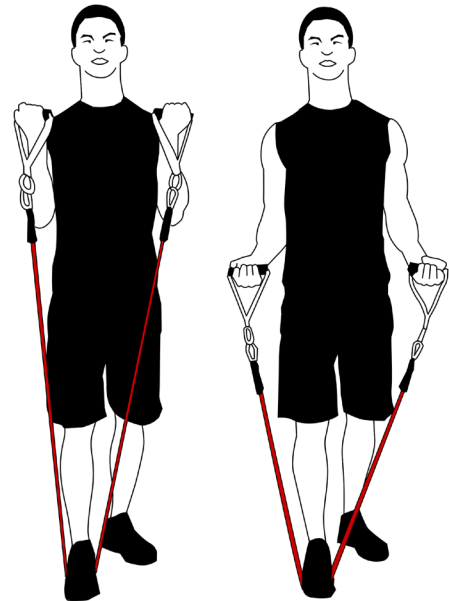
LET'S GET STARTED

QUICK START TRAINING GUIDE

Check out the following quick start movements and full body workout to get you building muscle and blasting fat.

BICEP CURL ▶

Secure the band underneath your foot and grab the handles with your hands in front of your thighs, arms extended and palms facing up. Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause. Keep your upper arms immobile throughout.

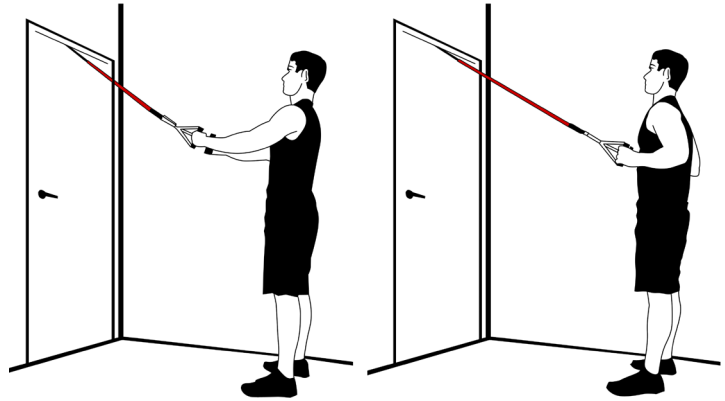


◀ **SIDE LATERAL RAISES**

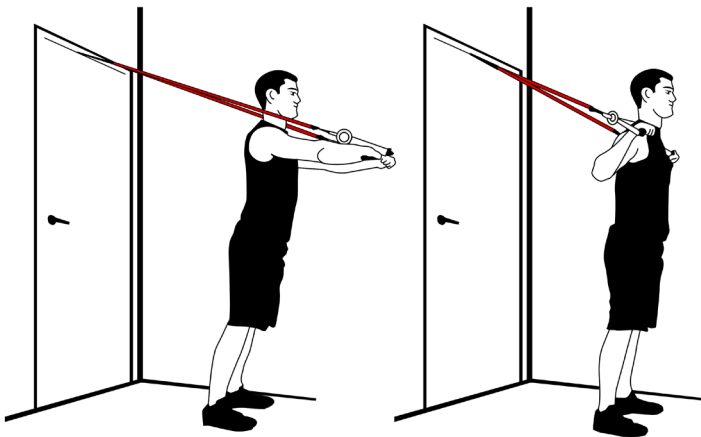
Grab an elastic band and hold one end in each hand. Next, step on the middle of band with feet about hip-width apart. Stand tall with chest out and back straight. Arms at your sides. This is the starting position. Begin exercise by raising arms straight out from your sides until they are in line with your shoulders (parallel to the ground). Pause, then slowly lower arms back down to starting position.

TRICEPS

Secure the band high in front of you and hold the handles with your hands in front of your abdomen, palms facing each other, elbows bent at 90 degree angles. Pull the handles down by extending your arms completely and allow them to slowly return after a short pause. Keep your upper arms immobile throughout.



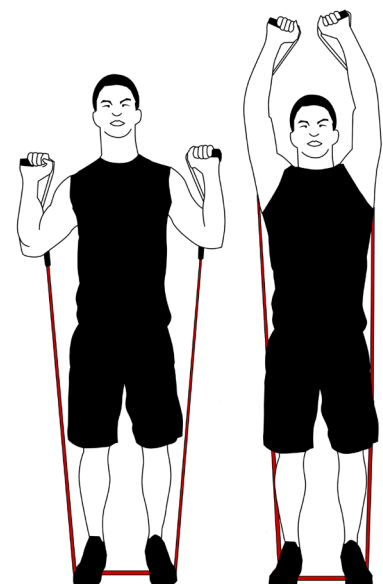
CHEST PRESS



Secure the band high using the door stop to the top of the door. Stand with your back to the attachment, elbows bent and shoulders abducted to 90 degrees (upper arm level with shoulder) so that your hands are next to your chest. Push forwards and straighten your arms out in front of you. Slowly return to the starting position.

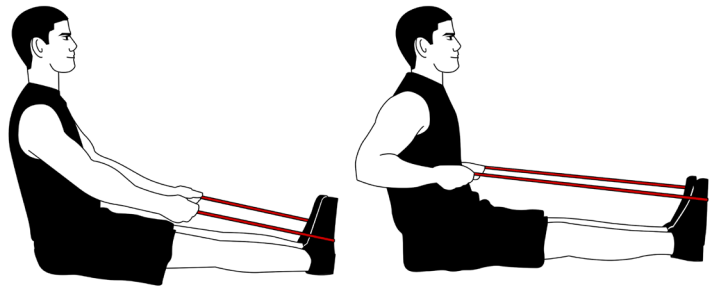
SHOULDER PRESS

Secure the band underneath your feet and grab the handles with your hands over your shoulders, elbows bent and palms facing forward. Push the handles straight up until your arms are close to being fully extended and allow them to slowly return after a short pause. Keep your feet solidly in place throughout.

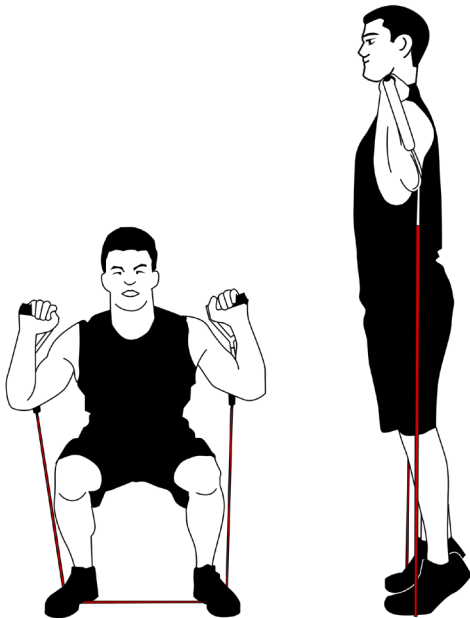


UPPER BACK ROW

With legs extended, place the center of the band behind the soles of your feet. Grab the band with both hands, arms extended and palms facing each other. Sitting nice and tall, bend at the elbow and pull the band toward your core, squeezing your shoulder blades together. Slowly return to starting position and repeat.



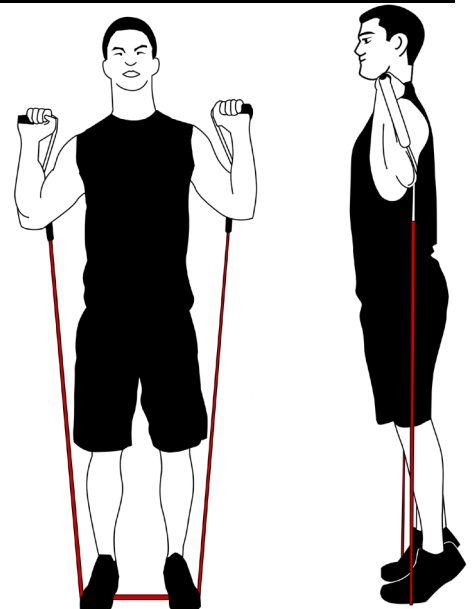
SQUAT



Secure the band underneath your feet, crouch down and hold the handles with your hands on each sides of your shoulders, palms facing forward. Push yourself up by extending your legs and allow yourself slowly back down after a short pause. Keep your feet solidly in place throughout.

CALVES

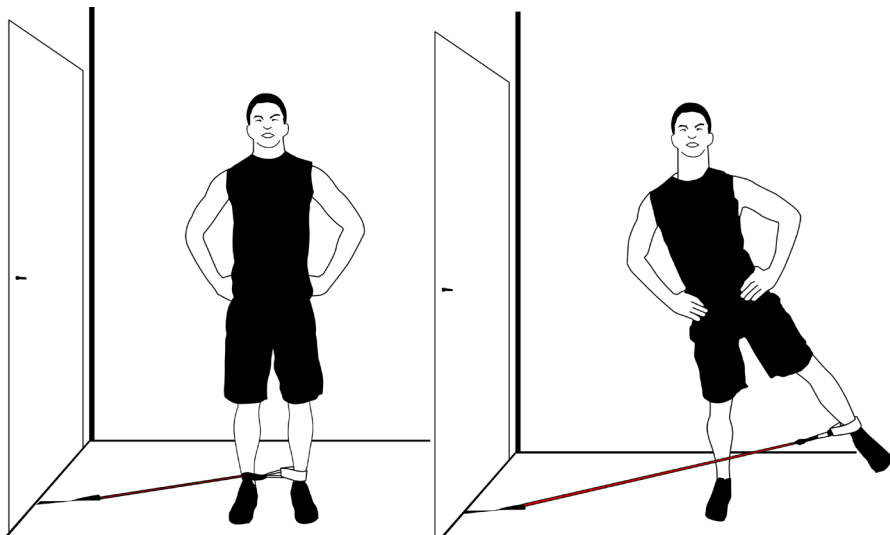
Secure the band underneath your toes and make sure that the length of the band between the foot and the arms is the same for both sides. While holding the handles of the band, raise your arms to the side of your head as if you were ready to perform a shoulder press. Keeping your hands by your shoulder, stand up on your toes as you exhale and contract the calves at the top of the movement. After a one second contraction, slowly go back to the starting position.



LEG ADDUCTOR



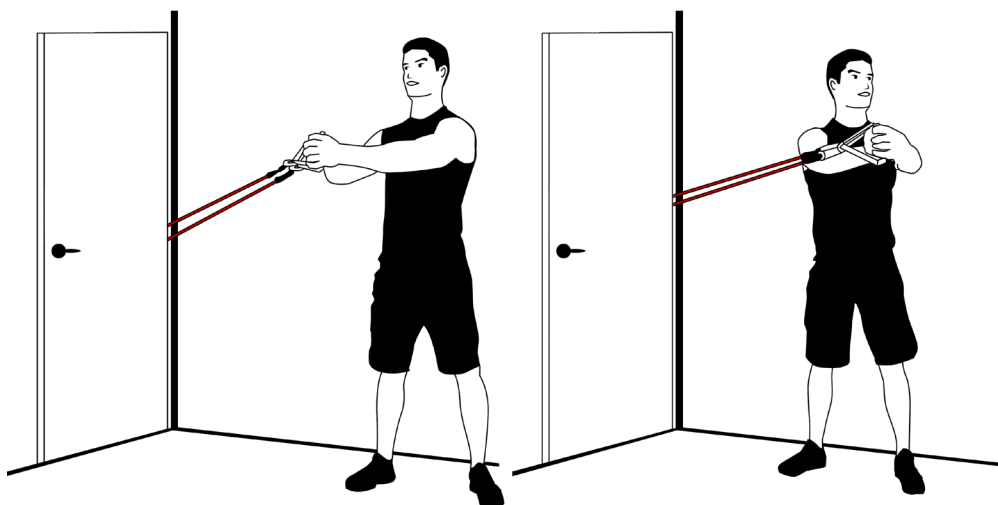
Attach anchor at the bottom of the door and to the ankle. Step 1 meter away from the door. With your back & head straight, chest up, tight stomach and leg straight, start with your working leg, pull the resistance across your non working leg. Make sure you pull away from the ankle.



AB TWIST



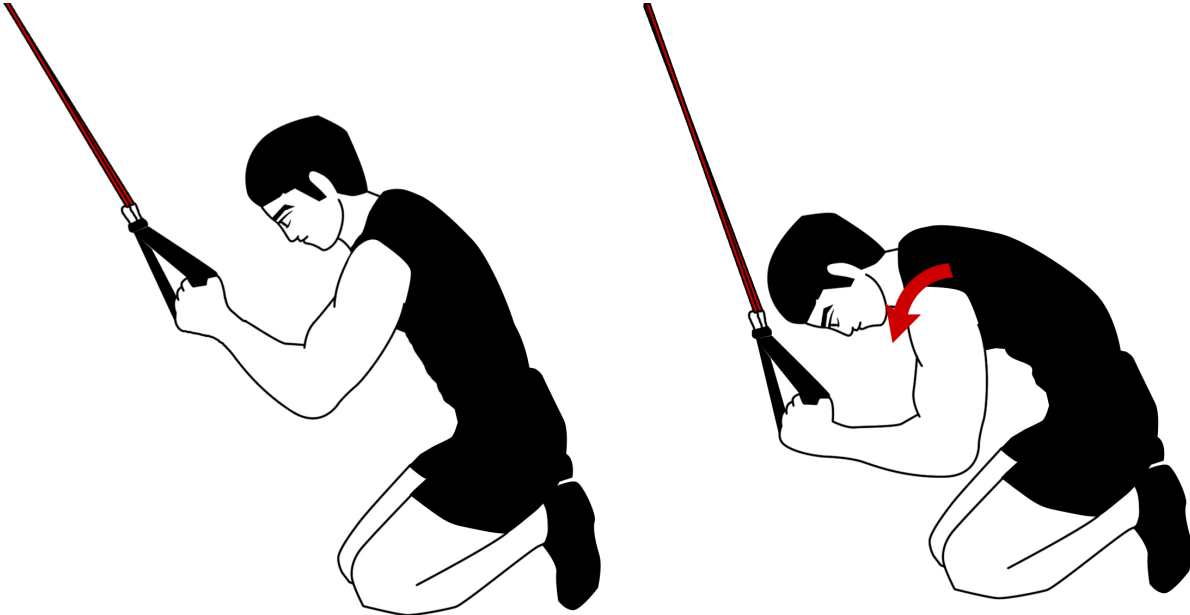
Attach the band to the anchor at stomach height. With your side facing the door/pole, step 1 meter away. With your back & head straight and your core switched on, twist your upper body away from the door until your body naturally stops. Turn the other way and complete on the other side.



STOMACH CURL

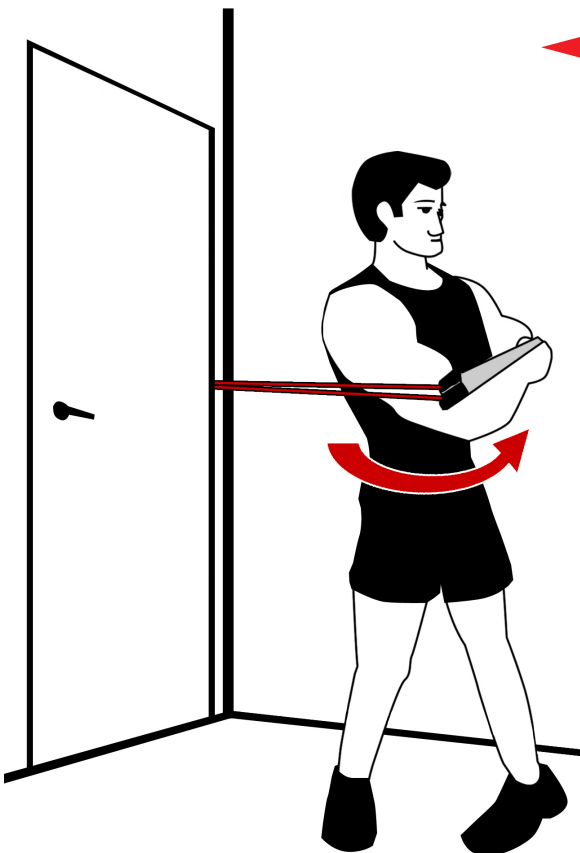


Training points: kneel down and stomach in, keep your shoulder and arms still, body moving up and down, just like the sit-ups.



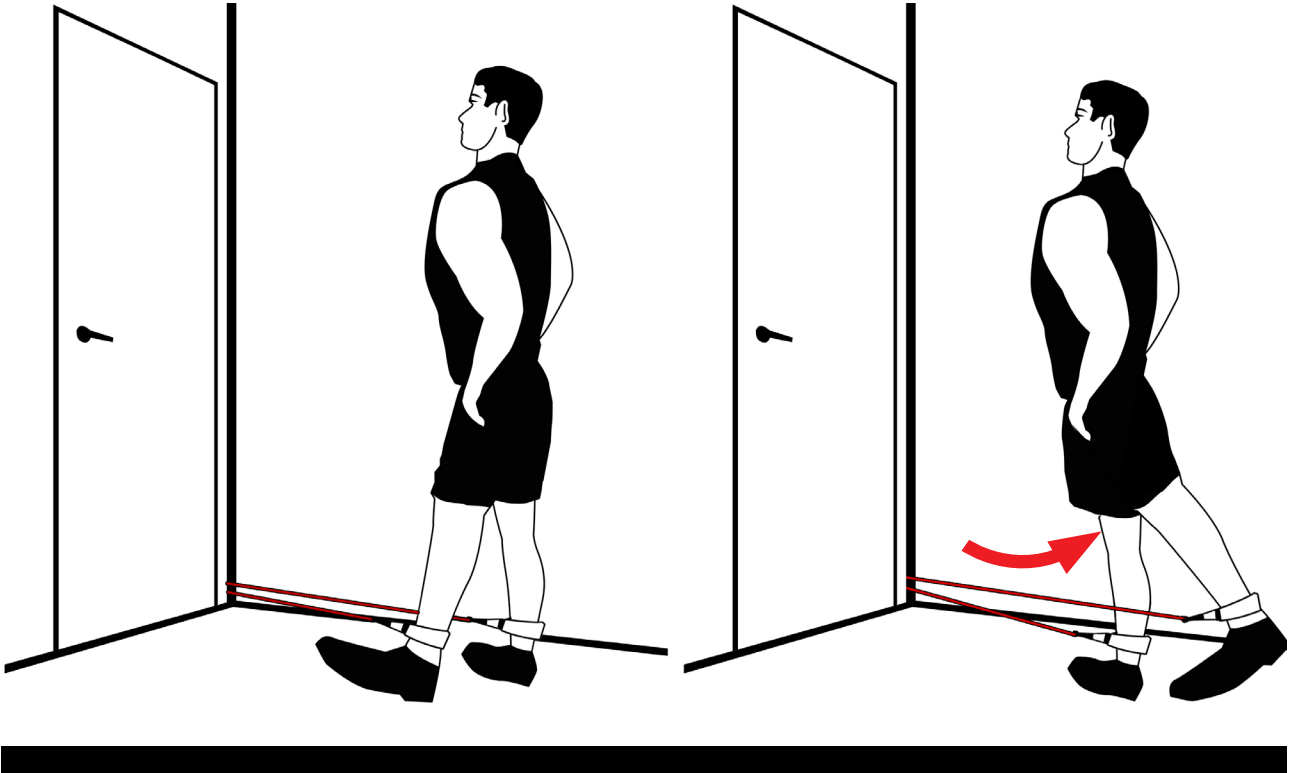
STOMACH TWIST

Training points: keep your body straight and tight, holding handles each hand, and twist waist and stomach.



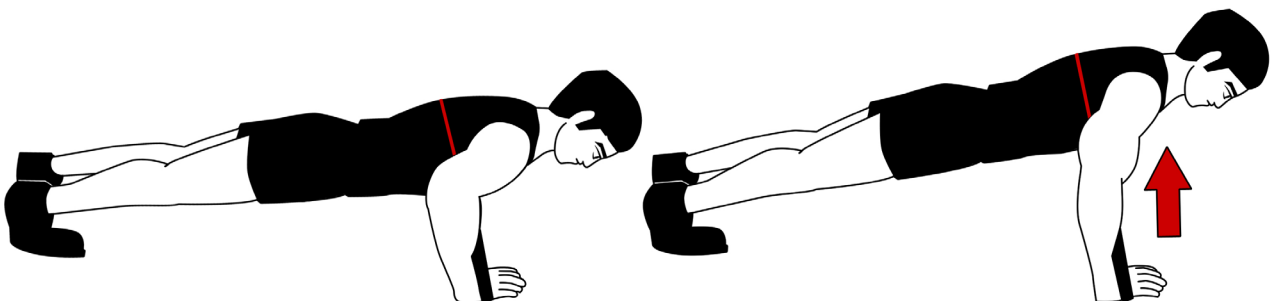
HIPS ▼

Training points: place each leg inside each of the hoops of the resistance cable. Hands on hips, Keep the body straight and tight, straight legs and back kick. And repeat.



ARMS ▼

Training points: with the band crossing your back and the ends under your hands, push up against the resistance of the band, and the slowly return to the starting position.



WARNING!

WARNING! This program is designed for healthy individuals 18 years and older. You must consult your physician prior to starting this or any other program. If you experience discomfort while using this product stop activity immediately. Always check equipment for wear or damage before using. If any defects are found do not use this product. All forms of exercise pose inherent risks. Swifty advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience.

ARE YOU READY FOR A KILLER WORKOUT?

Complete the below workout as described:

Have your timer ready to Smash out 3 Rounds of the below – 40 seconds of work (Continuous repetitions) 20 seconds of rest.

- Complete each of the below 6 movements in the above format

1 ▶ Squats

4 ▶ Triceps

2 ▶ Squats Shoulder

5 ▶ Ab Twist

3 ▶ Press Calf Raise

6 ▶ Squats

- Select a resistance that will challenge you but that you can also work at efficiently.
- Allow for 1 Minute Rest between each Round

**WORK HARD THROUGHOUT THE ENTIRE WORKOUT, DON'T STOP AND
PUSH YOURSELF TO BE YOUR BEST!**

Thank you!

We appreciate your business and want to do everything to ensure you have a 5 Star experience with us. Without your review and Feedback – We Do Not Exist Your satisfaction is our priority. If you enjoyed our service commitment to your satisfaction, please leave us a positive review. Thank you!