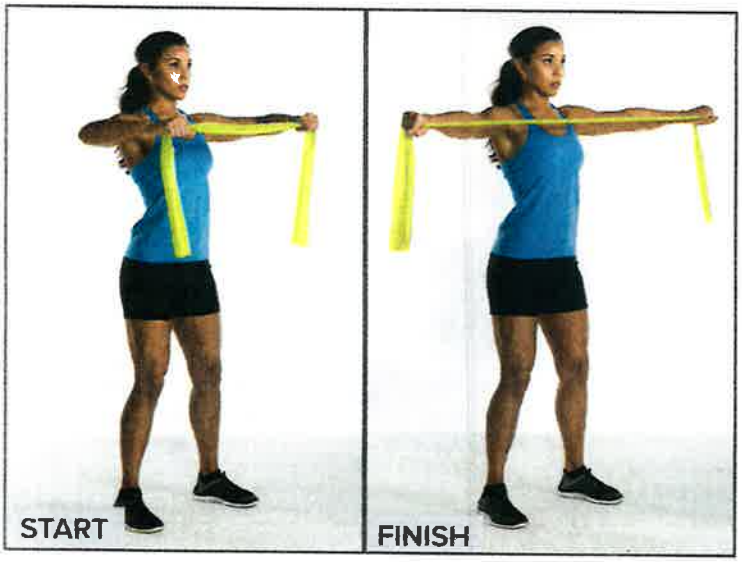
GAIAM EVOLVE

FLAT BANDS
EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

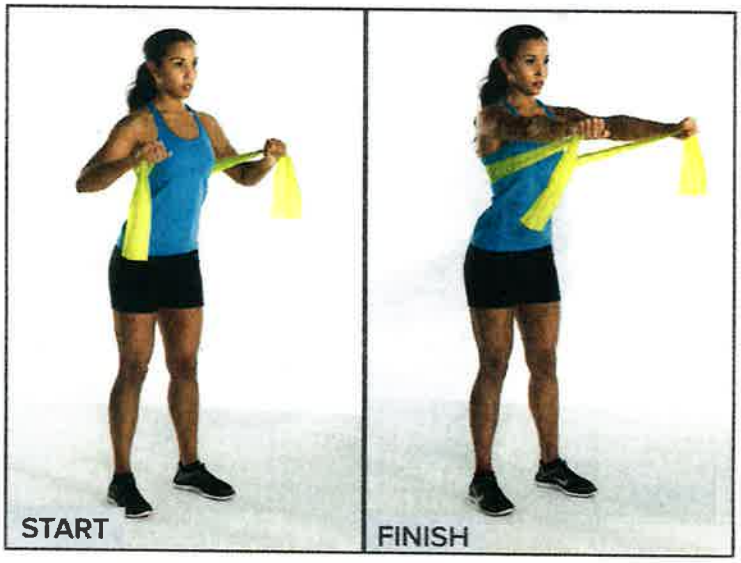
ARM EXTENSION



Stand with feet hip-width apart. Hold the Flat Band with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.

Keep elbows stationary, straighten arms until hands are aligned with shoulders, being careful not to lock the elbow joint. Hold 1–2 seconds and slowly return to start position.

CHEST PRESS



Stand with feet hip-width apart. Place the Flat Band behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.

Press both arms forward, rotating the shoulders inward during the movement, ending with palms facing down. Keep shoulder blades together through entire movement. Hold 1–2 seconds and slowly return to start position.

UPRIGHT ROW

Stand with one foot slightly in front of body and bend knee with opposite leg straight and positioned slightly behind body. Hold ends of Flat Band and straighten arms along sides of body. Place bottom of front foot on middle of band firmly in floor.

Bend arms and raise up in front of body to shoulder height. Hold 1-2 seconds and slowly return to start position.

KICK BACK FRONT RAISE

Stand with feet hip-width apart, hold ends of Flat Band and straighten arms along sides of body. Place bottom of foot on middle of band and bend leg while balancing on opposite leg.

Simultaneously straighten leg down and back behind body while raising arms up and forward in front of chest. Hold for 1-2 seconds and slowly return to start position.

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GAIAM EVOLVE

LOOP BANDS
EXERCISE GUIDE

EXERCISE INSTRUCTION

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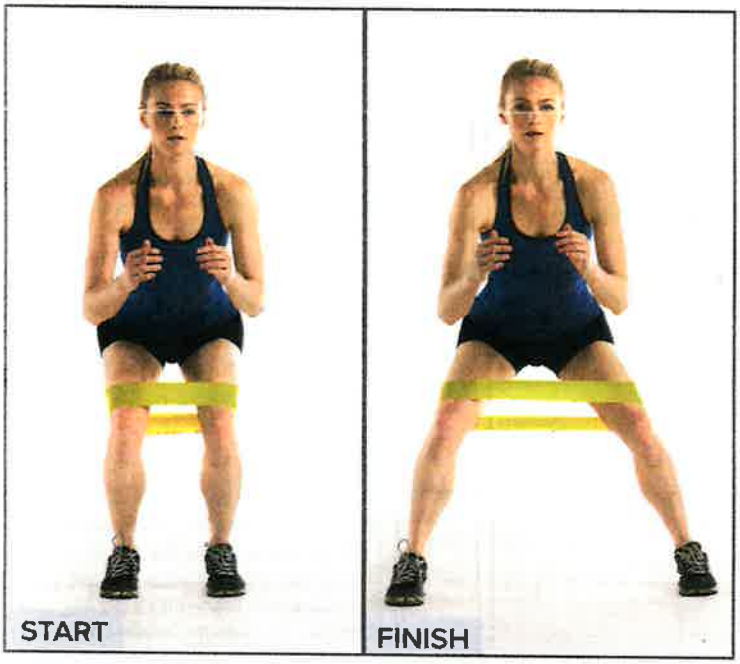
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

LEG EXTENSION

START: Sit on floor, bend legs and secure loop around foot of nonexercise leg and ankle of exercise leg. Lie back and support upper body on forearms.

FINISH: Straighten exercise leg while keeping knee stationary and foot of non-exercise leg flat on floor. Return to start and repeat.

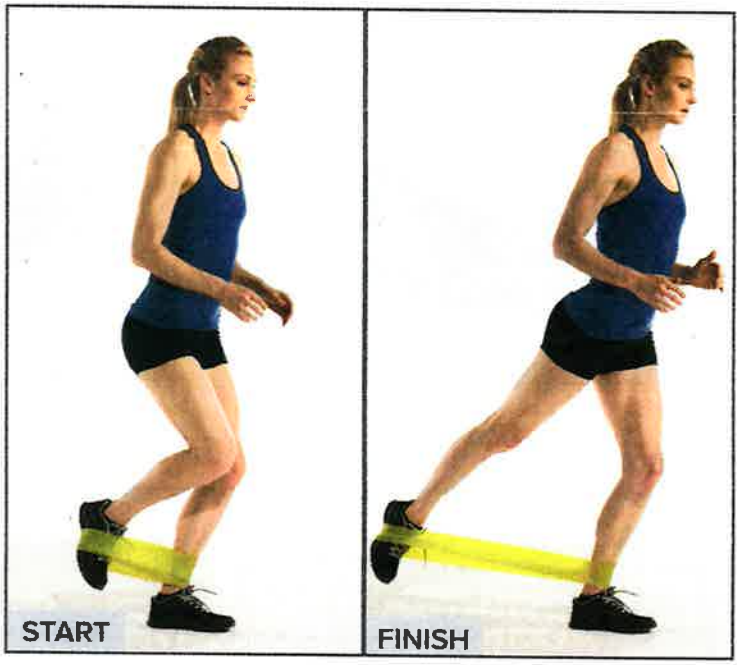
SIDE STEP



Secure loop just above knees. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body.

Keep head up and hips square. Keep one leg stationary with foot flat on floor while stepping out and away from side of body with opposite leg. Keep knees bent, hips down and shoulders square. Return to start and repeat.

KICK STEP



Place loop just above ankle of non-exercise leg and around foot of exercising leg. Stand and balance on foot of non-exercise leg and bend exercise leg and position foot slightly behind body with foot off floor.

Keep foot of non–exercise leg flat on floor while straightening and lifting the opposite leg up and back, keeping toes pointed toward floor. Keep hips and shoulders square. Return to start and repeat.

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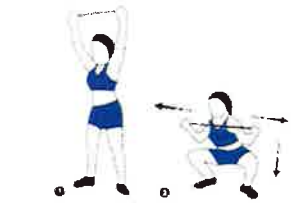
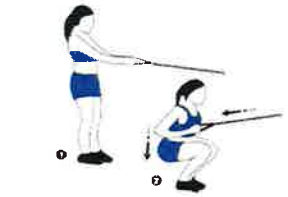
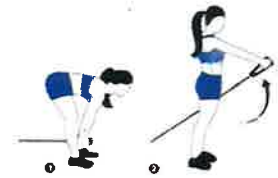
WOD FITTERS

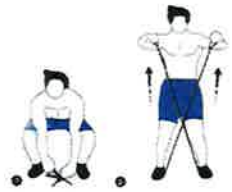
RESISTANCE BAND Workouts

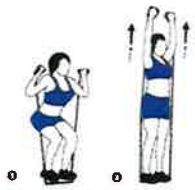
TOTAL BODY


Sumo Squat Pull

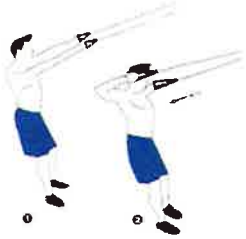

Squat Row


Pull Through

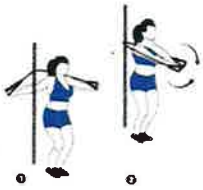

Swing

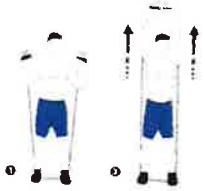

Thruster

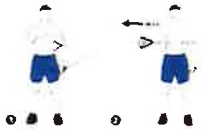
UPPER BODY


Face Pull

Upright Row

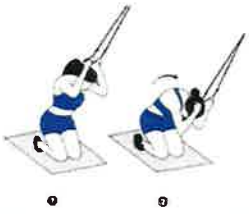

Chest Fly

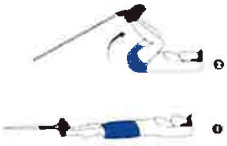

Shoulder Press

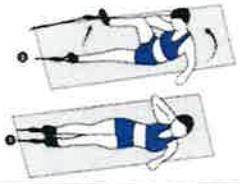

Exterbal Rotation

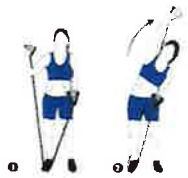
CORE

Crunch

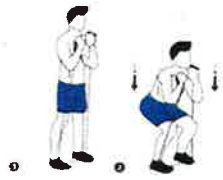

Kneeling Crunch

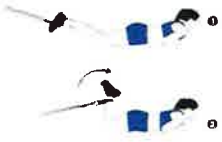

Reverse Crunch


Lying Oblique crunch

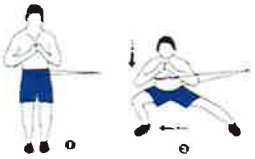

Side Bend

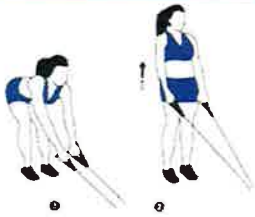
LOWER BODY


Squat

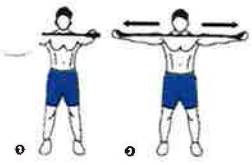

Hamstring Curl

Lunge

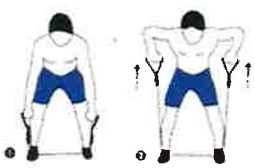

Lateral Lunge

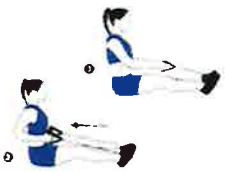

Romanian Deadlift

BACK


Back Fly

Lying Pullover


Bent Over Row


Row

Split Row