

30875 KOREGLUTI BANDS IM

size:110*162mm



WHITE

Light Level Resistance | 14-25 lbs

GREY

Medium Level Resistance | 25-30 lbs

BLACK

Heavy Level Resistance | 40-50 lbs

PLEASE READ BEFORE USE

- Consult a medical profession if you believe you may have a latex allergy
- Ensure that you rest between sets
- Discontinue any exercise that causes discomfort or pain

PRODUCT INFORMATION

- 70% Polyester + 30% Latex
- Anti-slip grip material to help keep the band in place
- Portable carry bag allows for use at home, traveling or at the gym

CARE INSTRUCTION

- Do not machine wash, wash by hand in cold water
- Do not use bleach or fabric softener. Rinse thoroughly and hang up to dry (do not use tumble dryer)
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- Clean and dry the bands thoroughly before storing for long periods of time and fold neatly



Hand Wash



No Iron



Dry Flat



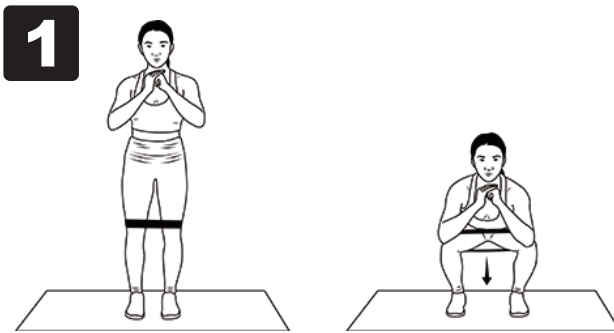
No Tumble Dry

THANK YOU FOR PURCHASING KOREGLUTI BANDS!

We are committed to providing you with premium quality products and a great experience.

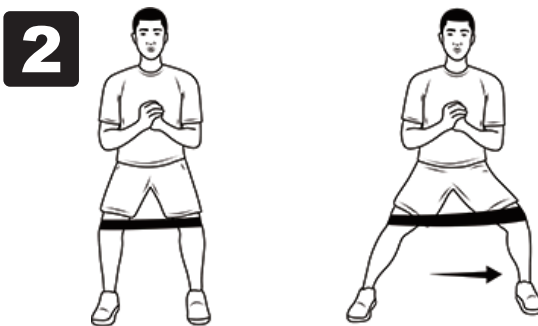
We hope that you enjoy this product. If you have any issues with the product or service, please contact us at service@gonexer.com so that we can help.

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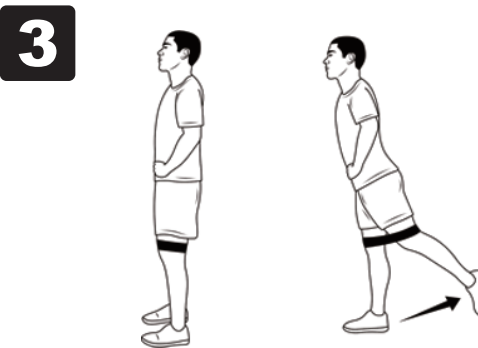
Squats

1. Place the bands either just below the knee or just above
2. Squat down so that your thighs are parallel with the ground
3. Stand up and repeat for 10-15 reps



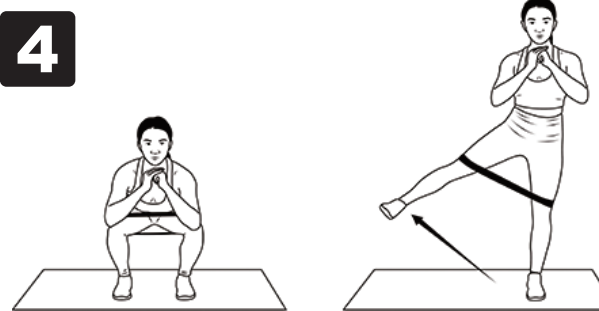
Lateral Band Walks

1. Place the bands either just below the knee or just above
2. Keeping your right leg on the ground, step out with your left leg
3. Step back in and repeat for 10-15 reps on both sides



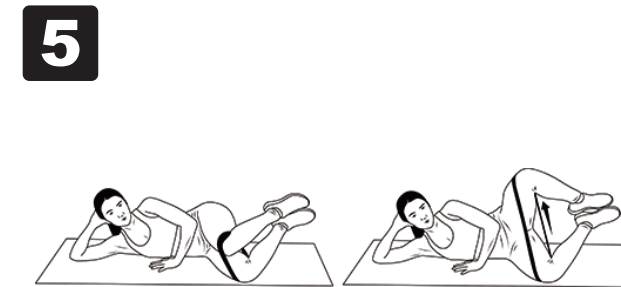
Standing Kickbacks

1. Place the bands either just below the knee or just above
2. Keeping your right leg on the ground, swing backwards with your left leg
3. Step back in and repeat for 10-15 reps on both sides
4. Stand up and repeat for 10-15 reps



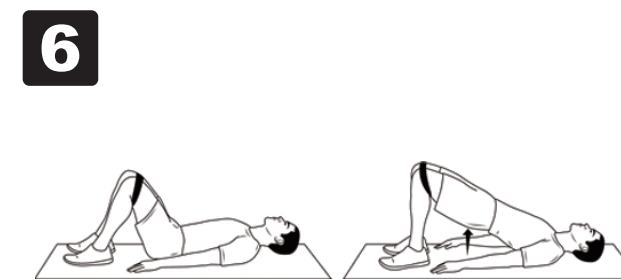
Squat to Lateral leg Lifts

1. Place the bands either just below the knee or just above
2. Squat down so that your thighs are parallel with the ground
3. As you stand up keep your left leg on the ground, swing out and up with your left leg. (brace your abs to keep stable)
4. Step back in and repeat for 10-15 reps on both sides



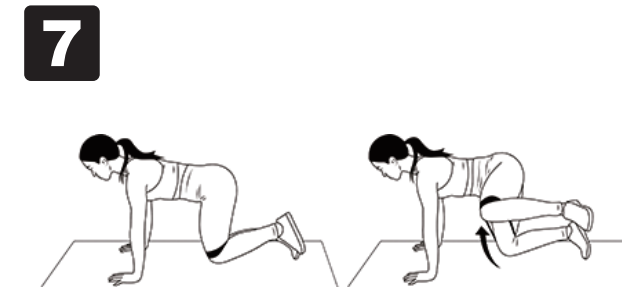
Clamshells

1. Place the bands either just below the knee or just above
2. Laying on the ground on your right side, keep your right knee on the holding your feet together and your legs bent
3. Raise your left leg up in a controlled way. Lower your leg and repeat for reps on both sides



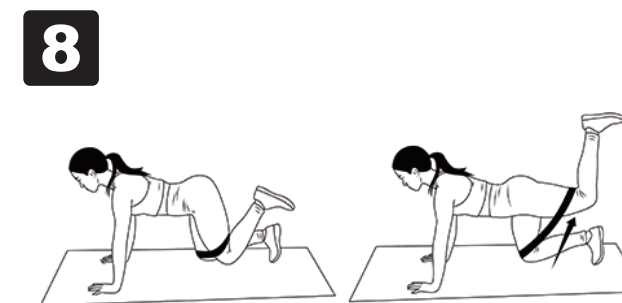
Glute Bridges

1. Place the bands either just below the knee or just above
2. Laying on your back, bend your knees, place your feet flat on the floor outstretch your arms along your body to provide support
3. Using your glute muscles, push your feet and arms in to the floor whilst lifting your lower body
4. Lower back down and repeat for 10-15 reps.



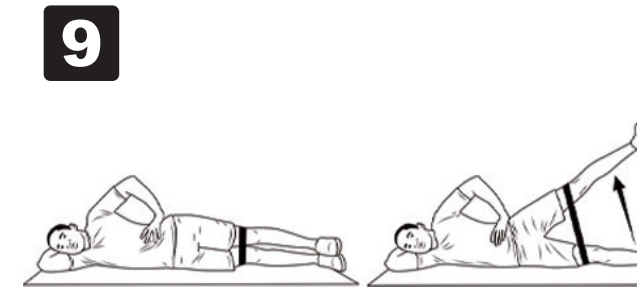
Fire Hydrant

1. Place the bands either just below the knee or just above
2. Kneel on the floor with your hands on the ground so that your back is parallel with the ground
3. While keeping your right leg on the ground and hands on the floor, raise your left leg out and up
4. Lower your leg and repeat for 10-15 reps on both sides



Donkey Kicks

1. Place the bands either just below the knee or just above
2. Kneel on the floor with your hands on the ground so that your back is parallel with the ground
3. While keeping your right leg on the ground and hands on the floor, raise your left leg out and up
4. Lower your leg and repeat for 10-15 reps on both sides



Abductor Lift

1. Place the bands either just below the knee or just above
2. Laying on the ground on your right side, keep your right knee on the ground with your legs outs straight
3. Raise your left leg up in a controlled way. Lower your leg and repeat for 10-15 reps on both sides