

# Black Mountain Products®

## Workout instructions:

1. **WARNING- DO NOT** wrap B.M.P.® bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.
2. Consult your physician before beginning any regular exercise.
3. Always examine your B.M.P.® bands for any defects, cracks, cuts, tears, or imperfections before use. If there any imperfections, stop using bands immediately, and contact B.M.P.® support.
4. Do not use B.M.P. ® resistance bands for any use than exercise.
5. Do not overstretch B.M.P.® resistance bands.
6. Warm up before starting any exercise routine.
7. When exercising, be careful not to let B.M.P.® resistance bands to snap back at you.
8. When starting exercise, start slowly. Start with a light tension band and move slowly towards higher tension bands.
9. Use B.M.P.® bands only as directed.
10. Children below the age of 16, use only under adult supervision.

## Warranty:

1. All bands are FULLY warranted for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products® by telephone or e-mail if there is any missing, damaged, or defective products.
3. Warranty does not cover any incidental damage.
4. Void, where limited or prohibited by law.
5. B.M.P. reserves the right to alter the warranty at any time.

## Warranty Support:

**Warranty@blackmountainproducts.com**

**Telephone: 224-655-5955**

**Office hours: 8-4 CST M-F**

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**Black Mountain Products®**

**Reach Your Peak Performance!**

## Resistance Loop Band Set



**Light-Yellow Medium-Blue Heavy-Green**

All bands include a “NO QUESTIONS ASKED” 60 day warranty.

## I. Resistance Band Squats

- a. Start by sliding the loop band around thigh height with both feet shoulder width apart.
- b. While holding both hands in front of you, start into a full squat, until your legs are parallel with the floor.
- c. Return from a squat position to the standing/start position to complete a full repetition.

## II. Triceps Extension

- a. Start by grasping the tubing putting one hand down on your side and the other hand behind your back.
- b. Extend the arm behind the back upwards towards the ceiling, until arm is fully extended.
- c. Return extended arm to starting position to complete one repetition.
- d. Switch arms to opposite position to exercise other arm/triceps.

## III. Standing Leg Abduction

- a. Start by looping band around both legs, near ankle height in a standing position.
- b. While keeping core tight, raise your left leg laterally out to your side.
- c. Slowly lower raised leg back to starting position.
- d. Alternate legs for work both sides of lower body.

## IV. Lying Leg Abduction

- a. Start by lying on your side, while looping band around lower legs.
- b. Drive bottom leg towards floor while lifting top leg against the band.
- c. Hold and slowly return the top knee to the starting position.
- d. Flip on other side to work both legs.

