

Black Mountain Products®

Workout Instructions:

1. **WARNING!** DO NOT wrap B.M.P.® Loop bands around areas of your body where they are not intended for use including, but not limited to, your neck and waist. This may result in serious injury or death.
2. Consult your physician before beginning any regular exercise program.
3. Always examine your B.M.P.® Loop bands for any defects, cracks, cuts, tears, or imperfections before use. If there are any imperfections, stop using the bands immediately, and contact B.M.P.® support.
4. Do not use B.M.P.® Loop bands for any use, other than exercise.
5. Do not overstretch the B.M.P.® Loop bands.
6. Warm up before starting any exercise routine.
7. When exercising, be careful not to let the B.M.P.® Loop bands 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 the B.M.P.® Loop bands only as directed.
10. Children below the age of 16, should only use under adult supervision.

Warranty:

1. All bands are FULLY warrantied for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products® by telephone, e-mail or online 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:

[blackmountainproducts.com/request-a-replacement/
warranty@blackmountainproducts.com](https://blackmountainproducts.com/request-a-replacement/warranty@blackmountainproducts.com)
Telephone: 815-322-2028
Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at [blackmountainproducts.com](https://www.blackmountainproducts.com)

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<https://www.facebook.com/BlackMountainProducts>



Reach Your Peak Performance!
5 Piece Resistance Loop Band Set



Extra Light (Yellow) | Light (Blue) | Medium (Green)
Heavy (Black) | Extra Heavy (Red)



For new products and exercises, scan the QR code
or visit us at blackmountainproducts.com.

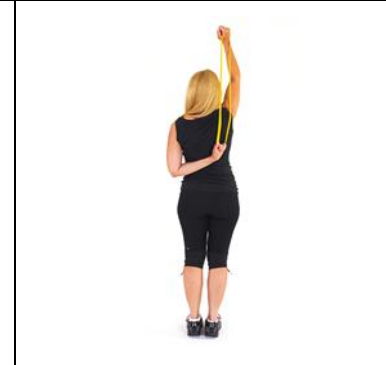
Resistance Band Squats

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



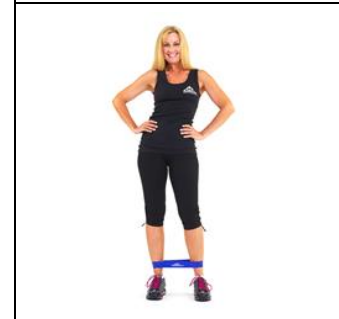
Triceps Extension

- Start by grasping the tubing, putting one hand up, parallel to the side of your head and the other hand behind your back.
- Extend the arm upwards towards the ceiling, until arm is fully extended.
- Return extended arm to starting position to complete one repetition.
- Switch arms to opposite position to exercise other arm/triceps.



Standing Leg Abduction

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



Lying Leg Abduction

- Start by lying on your side, while looping the band around the lower legs.
- Hold the bottom leg in a rigid position and lift the top leg against the band.
- Hold and slowly return the top leg to the starting position.
- Flip on your other side to work the other leg.

