

IMPORTANT PRODUCT SAFETY NOTES.

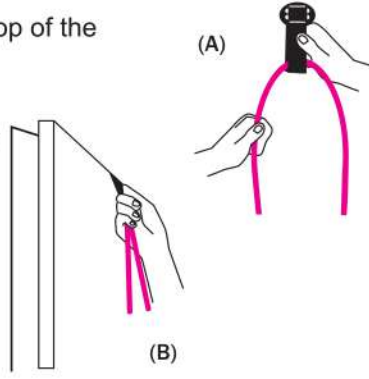
- Always check for holes or worn spots in the tubing before starting your exercise with Sanctband Active Tubing with Handles. Replace the tubing if you see any tears or damages.
- Keep the product away from heat, cold and sharp object.
- Avoid prolonged exposure to sunlight and water.
- Be prepared to replace Sanctband Active Tubing with Handles when it shows sign of degeneration.
- NEVER PULL the product DIRECTLY TOWARDS YOUR FACE.

- Keep the product away from young children.
- Always do your exercise on carpet or wood floors. Avoid abrasive flooring as this may cause cutting or tearing of the tubes.
- Wear comfortable, athletic shoes. Avoid sandals or shoes with heels.
- Do ensure that the tubing is secured underfoot properly or safely anchored before each exercise.
- Always perform each exercise in a slow and controlled manner.

1 Attaching a door attachment

Sanctband Active
Australia

- Slide the Sanctband Active Tubing through the loop of the door attachment. (Picture A)
- Place the door attachment prefixed with Sanctband Active Tubing above the door with the rounded edge over the door edge.
- Close and lock the door.
- Check that the door attachment is secured by pulling the Sanctband Active Tubing slowly. (Picture B)



2 Upper arm: Biceps

Hold both the handles and place the tube on the floor. Step on the center of the tube with your front leg. Then pull the handles towards your upper body slowly and inhale at the same time. Next lower your hand slowly and exhale concurrently. Repeat the exercise 8 - 12 times.



3 Lateral raises - Shoulders

Start: Standing, place the center of the fitness tube securely under the arch of one foot. Grasp both handles and stand with arms down by your sides.

Finish: Raise both arms laterally, out to your sides, pausing when the arms are up about shoulder height, with your palms facing the floor. Bring the arms back down to the starting position in a slow, controlled manner and repeat 8 - 12 times.



4 Squat - Legs & buttock

Start: Standing, place both feet approximately shoulders width apart in the center of the fitness tube. Be careful to place the tube securely under the arch of each foot. Holding both handles, bring hands up to shoulder height as shown.

Finish: Keep head up, eyes look forward and back flat as you squat, bending both knees in a slow and controlled manner, until thighs are parallel to floor. Straighten knees to stand up and repeat 8 - 12 times.



5 Upper arm: Triceps

For this exercise, step on the center of the tube and pull the handles behind your hips. Slowly bring the handles to the front and repeat the sequence. Make sure both upper arm are static throughout the entire exercise.



6 Glute Bridge - Lower back and buttock muscles

Draw up your feet together with the heel touching the floor. With both handles in one hand and the tube on the other hand, firmly press them against the floor. Raise your hips and lower them slowly. Remember to keep your back straight.



7 Seated low row

Start by sitting on the floor and wrapping the tubing around your feet as illustrated with equal length at both sides of the tubing to ensure equal resistance. Bend knees slightly and grip the handles. Pull your arms backwards until your hands reach your abdominal area. Hold briefly and then slowly return to the starting position. Repeat 8 - 12 times.



8 Backward Leg Raise - Buttock muscles

Get into position as shown. Lift the stretch-out leg backwards and lower down slowly. Repeat this sequence 8 - 12 times. Repeat the same sequence on the other leg.



9 Crunches

Lie on your back with the tube as shown. Raise your hand towards the knee. At the same time, lift your back as you raise your hand.



10 Cross Crunches

Lie on your back with the tube as shown. For this exercise, bring both your hands towards one knee and raise your back at the same time. Always breathe out as you bring your head towards your knees.

