SPORTENZIA

USER GUIDE

SET OF 3 FABRIC RESISTANCE BANDS

Three fabric bands, Light, Medium and Heavy, to work glutes, legs and thighs at home, in the gym or on the road. Choosing the level, putting the band on, exercises, care.

REF. BANDETRAINX3 · 3 LEVELS: LIGHT, MEDIUM, HEAVY · THICK FABRIC, 8 CM WIDE



01 · GETTING STARTED

CONTENTS, CHOOSING THE LEVEL, PUTTING IT ON

In the box

- **Light** band (light grey): 18 to 32 lbs, for beginners, mobility and activation.
- **Medium** band (dark grey): 30 to 50 lbs, for regular training.
- **Heavy** band (black): 45 to 70 lbs, for heavy squats and intensive work.
- Each band is 8 cm wide; its level is stitched on the label.

Who it is for

For every level, from beginner to experienced: the band is chosen for the exercise, not only for strength. A single workout may use two of them.

Putting it on

1. **Choose the band** for the exercise and your level. For a first session, start with the Light one: technique comes before resistance.
2. **Slip it on** above the knees for squats, glute bridges or hip thrusts; around the ankles for lateral steps and leg raises.
3. **Check the inner side** the non-slip strip must sit against skin or clothing, without a fold. It is what keeps the band from rolling.
4. **Put it under light tension** in the starting position, feet hip-width apart: a slack band does no work.
5. **Push against the band** throughout the movement, knees in line with the feet. Move up a level when the whole set becomes easy, without losing control.

Specifications

Material	**Thick fabric, elastic fibres**	Dimensions	**76 cm × 8 cm per band**
Light	**18 to 32 lbs**	Medium	**30 to 50 lbs**
Heavy	**45 to 70 lbs**	Inside	**Non-slip strip**
Areas	**Glutes, legs, thighs**	Use	**Home, gym, outdoors**

BEFORE EVERY SESSION

- Inspect each band: a pulled thread, a thinned area or an open seam means it goes in the bin.
- Never let go of a band under tension, never pull it towards your face.
- Do not hook the band on a sharp or unstable object.
- Keep out of children's reach: it is not a toy.

GOOD TO KNOW

- Resistance is given in pounds (lbs), the maker's unit. The range runs from a light stretch to a maximum stretch.
- A new band is stiff: the first sessions loosen it a little, that is normal.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

EXERCISE	BAND POSITION	AREA WORKED
Squats, lunges, step-back lunges	Above the knees	Thighs, glutes
Hip thrust, glute bridge	Above the knees	Glutes
Donkey kicks	Above the knees	Glutes
Leg raises, lateral steps	Ankles	Hips, glutes
Abs with resistance	Above the knees	Core
Hip opening	Above the knees	Mobility

Slow movements, pushing against the band on the way out and on the way back.

Care

- Hand wash in lukewarm water with mild soap. No washing machine, no tumble dryer.
- Dry flat, in the shade: heat and sunlight damage the elastic fibres.
- Store the bands flat or rolled, never stretched around an object.
- The bands are dyed: avoid wearing them over light clothing while they are damp.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Band rolls or slips	Non-slip side facing out, band folded	Turn it over, smooth it out
Knees cave inwards	Band too strong for the exercise	Go back to the lower level
Resistance fading	Normal wear of the elastic	Move up a level, then replace
Pulled threads, fraying edge	Rubbing on a rough surface	Stop using it



Three levels, three colours: light grey, dark grey, black.

Which band for what

Light	Warm-up, mobility, light activation, first sessions
Medium	Regular training, most exercises
Heavy	Heavy squats, advanced glute work, intensive training

Need help?

sportenzia.com/pages/contact

Our team answers your questions about use and choosing the level.