SPORTENZIA

QUICK GUIDE

# SET OF 5 RESISTANCE LOOP BANDS

Five closed TPE loops, from X-Light to X-Heavy, for strengthening, warm-up and mobility work on the legs, hips and upper body. Choosing a level, placement, exercises and care on one page.

**REF. ELAST5PILATE** · 5 LEVELS, 5 TO 40 LB · TPE, 600 × 50 MM



## Choosing a band

| LEVEL | RESISTANCE |
|---|---|
| X-Light | 5 to 10 lb (2.3 to 4.5 kg) |
| Light | 10 to 15 lb (4.5 to 6.8 kg) |
| Medium | 15 to 20 lb (6.8 to 9.1 kg) |
| Heavy | 25 to 30 lb (11.3 to 13.6 kg) |
| X-Heavy | 35 to 40 lb (15.9 to 18.1 kg) |

The level is printed on each band. Resistance runs from a light stretch to a strong one.

## Placement

1. **Start light** X-Light or Light for a first session, warm-up and mobility; move up one level when a whole set becomes easy without losing control.
2. **Place the band** at the ankles for abductions, hip extensions and hamstring curls; above the knees for lying abductions; in the hands or under the foot for biceps curls, scapular retractions and overhead pushes.
3. **Put it under light tension** in the starting position, flat, not twisted: a slack band does no work, a twisted band pinches the skin.
4. **Work against the band** on the way out and on the way back, slow movement, controlled range. Never let a stretched band snap back.

GOOD TO KNOW

- Resistance is given in pounds (lb), the maker's unit; the kilogram equivalent is in brackets.
- Band rolling or riding up? Lay it flat again on the garment, no folds, and reduce the range of motion.
- A band loses tension over months of use: move up a level, then replace it.

## Specifications

| | | | |
|---|---|---|---|
| Quantity | **5 bands** | Material | **TPE** |
| Dimensions | **600 × 50 mm** | Levels | **X-Light to X-Heavy** |
| Resistance | **5 to 40 lb** | Format | **Closed loop** |
| Areas | **Legs, hips, arms, back** | Use | **Home, gym, travel** |

SAFETY

- Before every session, stretch each band and look at it: a cut, a thinned area or discolouration, and it goes in the bin.
- Never pull a band towards your face and never hook it to a sharp or unstable object.
- Take off rings and watches: a sharp edge nicks the TPE.
- Out of children's reach: this is not a toy.

## Care

- Wipe after use; hand wash in warm soapy water, air dry in the shade.
- Store flat, away from sun and radiators: heat and UV harden TPE.
- No solvent, oil or cream on the band.

## Need help?

**sportenzia.com/pages/contact**

Our team answers your questions about choosing a level and using the bands.

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