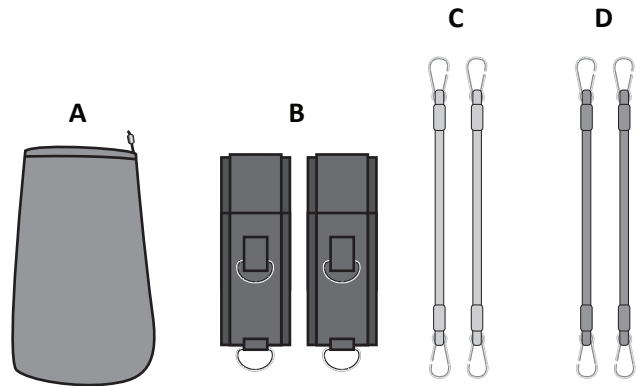


STRENGTH TRAINER

Use Instructions

Part	Name	QTY
A	Carry Bag	1
B	Leg Straps	2
C	Med. Resistance Band (Purple)	2
D	Low Resistance Band (Green)	2

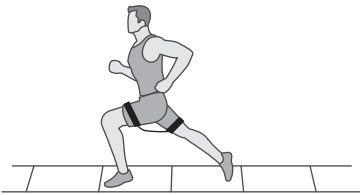


Use:

1. Attach straps to your legs securely, making sure the metal rings on each strap are facing away from each other.
2. Chose the correct resistance for your workout and attach the bands onto each side of the leg straps.

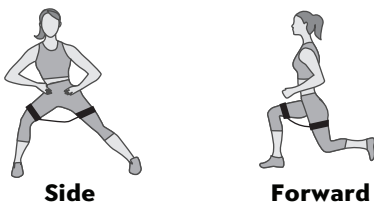
Exercises:

- Resistance bands are great for increasing speed and agility by focusing on hip strength
- Added resistance increases intensity to help you burn more calories.



Ladder Drills:

Adding resistance to ladder drills helps turn up the intensity as well as build explosiveness like never before.



Side

Forward

Lunges:

Use forward and side lunges to help build a strong core and hips.



Sumo squat variation:

Standing with your legs wider than shoulder distance apart, bend your knees and squat down slightly push back up. Do this movement repeatedly for a killer glute workout.



Sprints:

Helps build endurance and agility for clutch situations.

THANK YOU FOR YOUR PURCHASE.

WE VALUE OUR CUSTOMERS AND WANT TO BE SURE YOU ARE SATISFIED WITH YOUR PRODUCT.

IF YOU HAVE ANY QUESTIONS OR CONCERNS OR YOU ARE NOT COMPLETELY SATISFIED, PLEASE CONTACT OUR OFFICE AT 1-800-906-1639.