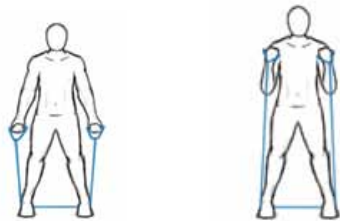


## Bicep Curls

Equipment needed: **Resistance Tube**

Muscles Worked: *Biceps*

- Standing shoulder width apart, place the band under your feet and a handle in each hand down by your sides,
- Keeping your back straight and facing forwards, in a controlled manor, curl your arms up towards your shoulders, Keeping your elbows tucked in at your sides,
- Then slowly return to the staring position,
- Recommended 2 sets, 8 to 12 reps,
- Variation: Try performing the same exercise, whilst holding a dumbbell in each hand.



## Press ups

Body Weight Workout

Muscles Worked: *Chest, Back, Arms*

- Place hands flat on the floor, and fully extend your body balancing on your palms and the balls of your feet,
- Keeping hands shoulder width apart, in a controlled manner, lower yourself parallel to the ground maintaining balance throughout,
- Slowly bring yourself up to the starting position,
- Recommended 10 to 15 reps,
- Variations: if this is too difficult to start with, try placing your knees on the floor and palms as before and in a controlled manor lower yourself to the ground and back up.



## Ab Extensions

Equipment needed: **Ab Roller**

Muscles Worked: *Abdomen*

- Hold the ab roller in both hands and kneel on the floor,
- Place the Ab Roller on the floor in front of you so that you are on your hands and knees. This will be your starting position,
- Slowly roll the ab roller straight forward, stretching your body, keeping a slight bend in your elbows at the end of the movement, also maintain your balance and core muscles,
- After a pause at the stretched position, slowly return back to the staring position,
- Recommended 2 sets 10 - 12 reps.

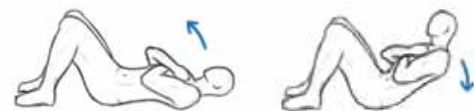


## Sit ups

Body Weight Workout

Muscles Worked: *Core, Abs*

- Lying on the floor have your knees bent and your feet flat on the ground,
- Place your hands on opposing shoulders, so that your arms are crossed over your chest,
- Whilst lying on the floor have your knees bent and your feet flat on the ground by drawing in your belly button to your spine,
- Keeping your feet flat on the ground, slowly raise your head towards your knees, keeping your abdominal muscles contracted,
- Slowly bring your torso back to the floor, but try to keep it slightly elevated. This means not to let your back touch the ground,
- Recommended reps 15-25.



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*Fitbag Ltd is a London based fitness company.*

*Our aim is to bring fitness back to the basics and make getting fit easy and accessible to everyone everywhere.*

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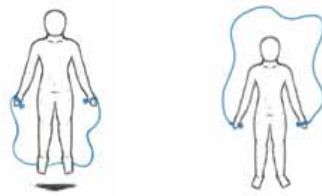
**We do not take any responsibility for injuries occurred whilst or after using our products or suggested exercises.**

## Jump Rope

Equipment needed: **Skipping Rope**

All round Cardio Vascular Workout, building strength, stamina, and balance

- Always land on the balls of your feet, your heels should never touch the ground,
- Don't jump too high, and remember to relax
- Keep hands slightly above waistline,
- Start off slow and gradually build rhythm and speed,
- Recommend to start with 2 minutes for beginners and 5 minutes for advanced levels



## Standing Pile Squat Pull

Equipment Needed: **TPE Resistance Band**

Muscles Worked: Inner Thighs, Hips, Glutes, Back and Arms

- Stand tall with your knees and toes slightly pointing out and heels together,
- Hold the resistance band evenly, shoulder width apart, and hold the band above your head,
- Step your right foot out wide and immediately lower in the squat position, while simultaneously stretching the band out wide as you pull it down in front of your chest,
- Slide your right foot back to your left foot and slowly bring the band back above your head,
- Recommended 2 sets, 8 to 12 reps.



## Lying Chest Press / Flys

Equipment needed: **Dumbbells**

Muscles Worked: Chest, Shoulders, Triceps

- Lying on the floor, place 1 dumbbell in each hand,
- With a slight bend in the knees, and palms facing out, Slowly bring the dumbbells toward your chest, maintaining breathing throughout,
- Then slowly raise your arms up, but do not lock out your elbows,
- Recommended to do 3 sets of 8 to 12 reps
- Variations: maintain same position, however turn palms to face inwards,
- Now keeping a slight bend in the elbows stretch arms outwards, to the point just before they touch the floor, Hold position for 3 seconds and slowly bring dumbbells back together.



## Reaching Rear Row

Equipment needed: **TPE Resistance Band**

Muscles Worked: Legs, Back

- To begin this workout, start kneeling on your right knee,
- With your left knee bent at 90 degrees, place the centre of the resistance band under your left foot,
- Hold both ends of the band with your right hand,
- Slowly rise to a standing position, while pulling the band to your right hip,
- All while keeping your elbow in to your hip and your face looking forward,
- Gradually return to the starting position, and repeat movement,
- Then switch sides( placing band under right foot and ends in left hand) and repeat,
- Recommended 2 sets, 8 to 12 reps.



## Squats with Resistance Tube

Equipment needed: **Resistance Tube**,

Muscles Worked: Legs (Quads, Hamstrings, Calves)

- Standing up straight, slightly wider than shoulder width apart, grab each handle and place feet on the centre of the band,
- Slowly bend at both knees, not exceeding 90 degrees at the knees, and keeping back straight and chest and abs engaged,
- Still holding the handles return to the starting standing position and repeat,
- Recommended 2 sets, 8 to 12 reps.

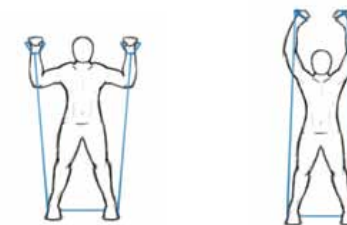


## Standing Shoulder Press

Equipment needed: **Resistance Tube**

Muscles Worked: Arms

- Standing up straight, with a slight bend in the knees, place one handle of the resistance tube in each hand, while standing on the middle of the tube,
- Grasp a handle in each hand at shoulder height,
- Keeping elbows in, slowly raise hands above your head, keeping your back straight, knees slightly bent and head looking straight,
- Gradually bring the handles back down to shoulder height,
- Recommend 2 sets 8 to 12 reps.

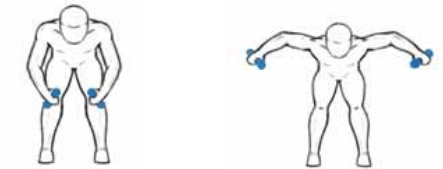


## Bent Over Flys

Equipment needed: **Dumbbells**

Muscles Worked: Lats, Shoulders

- Standing shoulder width apart place 1 dumbbell in each hand, palms facing each other,
- Bend slightly at the knees, bringing your torso forward by bending at the waist,
- Keep head facing forward and eyes facing forward, maintain a slight bend in each elbow and hold weight just under your chest, this will be your starting position,
- Now using your shoulders, raise your arms out to your sides until your arms are Parallel to the floor, maintaining a slight bend in the elbows throughout,
- Recommended 2 sets, 8 to 12 reps.



## Seated Thigh Press

Equipment needed: **Thigh Master**

Muscles Worked: Thighs

- Sit towards the edge of a chair so your legs can move freely,
- Place the thigh master between your thighs, so each end touches your inner thigh, ensured the black cap centre is facing down,
- Keeping your feet flat, squeeze your knees together, hold for 2 seconds and return to the starting position,
- Variations: This can also be performed lying on the floor, with a 45 degree bend in the knees,
- Recommended 2 sets 12 to 15 reps

