

# WORKOUT BANDS™



## FLEX YOUR MESSAGE AND YOUR MUSCLE

Our Work-Out Bands™ are the best way to promote your message and a healthy lifestyle. This portable product allows you to fit toning, strengthening and stretching exercises into your daily routine and travel.



**INSTRUCTIONAL VIDEOS AND EXERCISES AVAILABLE.**

6R - Priced per each/Packaged: Bulk Pack

Item#	Dimensions Flat Length x Width	Resistance	Available colors	Imprint Area
99011	14" x 5/8"	7 lb.	All Colors	3 3/4" x 3/8"
99012-A	20" x 5/8"	7 lb.		3 3/4" x 3/8"
99012-B	20 x 3/4"	9 lb.		3 3/4" x 1/2"
99012-C	20" x 1"	11 lb.		3 3/4" x .70"

Also Available:  
Individual Poly Pkg.  
10 Min Workout Insert  
Stock Header

Available Colors: 99011



Available Colors: 99012 A-C



Workout Bands™ are not toys. Keep Out of Reach of Children. Discard if band develops small tears or holes. Consult a physician before beginning any fitness program. Avoid exercises where the band could snap towards head and face. Imprinting Prices include 1 location; add \$85(R) set up fee. F.O.B. AR. Prices subject to change without notice. Each order is custom and may run, ship & bill +/- 10% to allow for variance. Production time: 10-15 working days after proof approval. \$250 minimum order.

EXCERPT FROM:

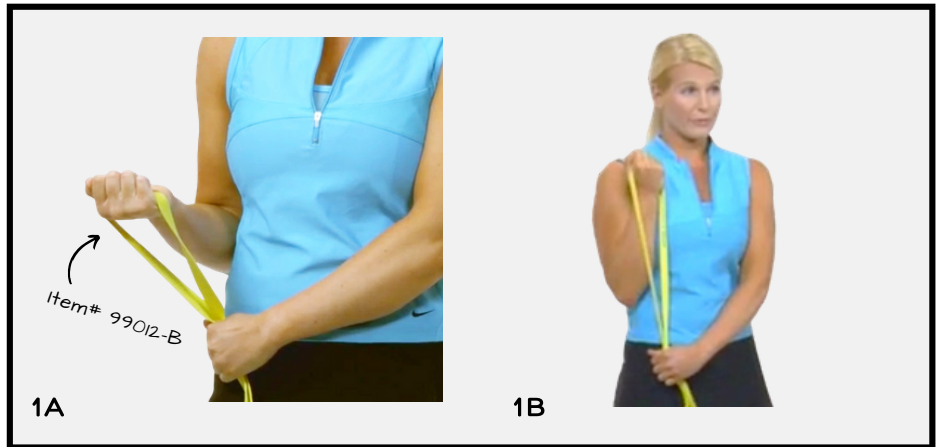
# THE 10 MINUTE WORKOUT

with Work-Out Bands™

## SINGLE BICEP CURL

Grab the band with a fist grip in one hand, and take it across the body to the opposite side hip (1a). Slide other hand through the band loop and make a fist grip. Keep your elbow stationary, and curl your arm up and down (1b). For more resistance, hold band close to the knot. For less resistance, hold band further from the knot. Repeat other side.

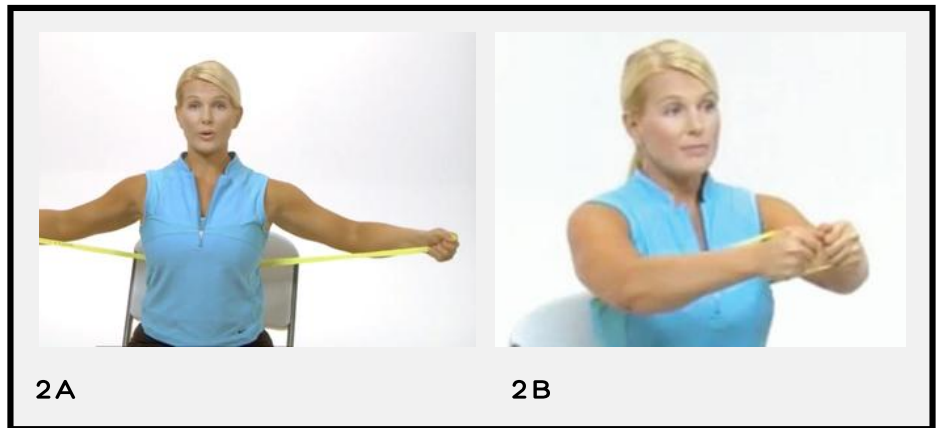
Reps: 12 to 18 per side  
Targets: Front of Arm



## CHEST FLY

Take the band around the back, underneath the armpits. Make a fist with each hand through each band loop (2a). Bring arms forward like you are giving someone a hug, but you don't really want to touch them (2b). Keep elbows at a fixed bend the entire time. When you bring arms back, stop when elbows are equal to the sides of your shoulders.

Reps: 15 to 20  
Targets: Entire Upper Body



EXCERPT FROM:

# GOLF RESISTANCE WARM-UP

with Work-Out Bands™

