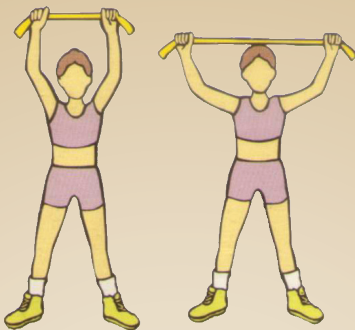
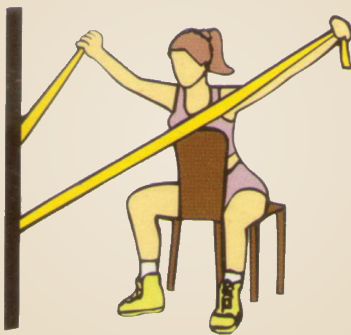


INTRODUCTION

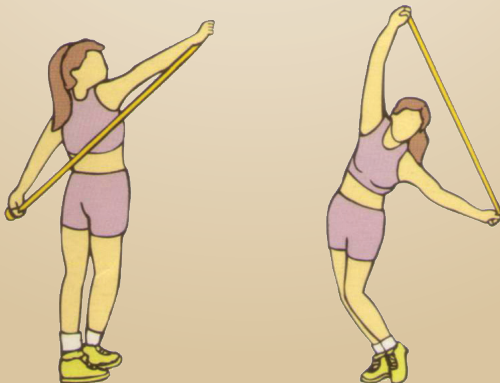
Thank you for purchasing Resistance Band which has been designed to exercise the Waist, Hips and Thighs as well as the Chest and Arms.



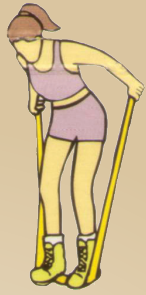
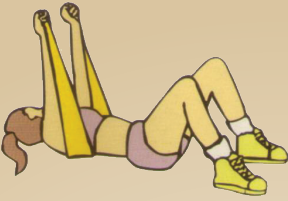
1. CHEST EXPAND, SHOULDER PRESS



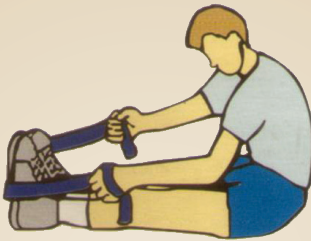
2. BRIDLE EXERCISE FOR THE UPPER BODY



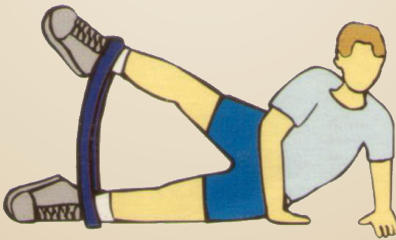
3. & 4. SLOW TWIST, SLIM THE WAISTLINE



5. EXERCISE FOR ARMS, ABDOMINAL REGION
6. INCREASE REAR MUSCULAR STRENGTH



7. SIT-UP, SLIM WAIST AND FOREARMS CURL



8. SLIM LEGS AND WAIST

WARNING

- HOLD THE BAND TIGHTLY AND PULL THE BAND SLOWLY.
- DO NOT USE EXCESS STRENGTH TO PULL THE BAND.
- WHILE DOING EXERCISE CONTINUE TO INHALE AND EXHALE.
- DO NOT EXPOSE TO DIRECT SUNLIGHT.
- IF AFTER PROLONGED USE RUBBER CRACKS OR SPLITS, DO NOT USE IN THIS CONDITION