



A QUICK GUIDE IN USING  
**PULL-UP**  
**ASSIST**  
**RESISTANCE**  
**BANDS**



# ABOUT US

"IF YOU NEED QUALITY FITNESS PRODUCTS THAT YOU KNOW YOU CAN COUNT ON,  
THEN YOU HAVE COME TO THE RIGHT PLACE!"

We, at Fitteroy Inc., pride ourselves on the products that we have to offer.  
We are continuously working to meet the demands of our ever growing client base.

Fitteroy Inc. is committed to helping you get your daily dose of exercise and  
we provide products that are multi purposed and solid. They can be  
utilized for almost any workout session, whether at home, in the gym or on-the-go.  
So it doesn't matter where you exercise or how active you are, you know you can trust in us  
to deliver a product that will benefit both your health and your lifestyle.

Our products are manufactured to the highest standard of quality and comfort.  
We understand that when you are training or exercising, you want a product that works.  
Thus we keep expanding our range so you can get everything you need,  
and more.....directly from us. All you need is to spare a few minutes  
from your workaholic schedule.....Pop in a good music cd.....  
use a simple to follow workout tutorial and stretch it up!!

# BEFORE YOU BEGIN...

- ✓ Consult your physician before beginning this or any type of exercise program.
- ✓ Make sure to check the band for wear or damage. Do not use if there is any defect.
- ✓ Keep bands away from children.
- ✓ Person under the age of 18 should be supervised by an adult.
- ✓ Wear appropriate clothing and shoes when using the pull-up bands.
- ✓ Use bands only as directed.
- ✓ Read the instructions and warnings. If you cannot understand its content, seek help.
- ✓ Do not tie or wrap the band around sharp edges.
- ✓ Practice the exercises without a band until you are able to perform the movements with confidence before adding resistance.
- ✓ Breathe naturally and exercise using controlled movements.
- ✓ Warm up and stretch before using the band.

## WARNING

Never pull the band to line up with your face or other sensitive parts of your body.

Do not stretch the band more than 2.5 its length.

Never place the bands around your neck.

Never release the band when under tension or in use.

## CAUTION

The bands are made up of natural latex.

If you have allergies to latex,  
**DO NOT use this product.**

## CARE INSTRUCTIONS

Do not use soap or any chemicals on the band/s, just use damp cloth to clean it.

Do not expose bands to extreme temperature.

Do not store in hot places or in direct sunlight.

# FITTEROY PULL-UP ASSIST RESISTANCE BANDS

## BUILD LEAN MUSCLES LIKE NEVER BEFORE

With Fitteroy Pull-Up Assist Resistance Bands, you can achieve those lean and powerful muscles. Ideal to improve your pull up performance and strengthen your body.

A perfect tool that caters to all, from beginners to professional athletes.

Other uses include powerlifting, speed and agility training, flexibility and stretching exercises, prehabilitation and rehabilitation, and so much more.

## EXERCISE IN CONVENIENCE

Small enough to store the bands in your bag or even in your pocket.

Also in travels, you can continue your exercise routines with these portable bands.

It's light and easy to use, thus you can workout whenever and wherever you may be.

## QUALITY AT ITS BEST

Made from 100% natural latex through a continuous layering process, these bands will surely last and maintain its flexibility .

With its superior quality, it prevents breakage and can stretch up to 2 ½ times its original length providing a wide range of tension levels.

## WHICH BAND/S SHOULD I USE?

HERE'S A RECOMMENDED GUIDE. INDIVIDUAL NEEDS MAY VARY.



Unassisted Pull Ups	My Body Weight (LBS)					
	90 - 120	121 - 150	151 - 200	201 - 250	251 - 300	300+
0-4	3	3 1	4	5	5 1	5 2
5-7	2 1	3	4	4	4 2	5
8-10	2	3	3 1	4	4 1	5
11-13	2	2 1	3 1	3 1	4	4 2
14+	2	2	3	3 1	4	4

## WHAT ARE ITS TENSION LEVELS?

10 - 35 lbs.

LIGHT TO MEDIUM RESISTANCE, FIT FOR REHABILITATION

30 - 60 lbs.

MEDIUM TO HEAVY RESISTANCE

40 - 80 lbs.

LIGHT TO STRONG UPPER BODY RESISTANCE AND PULL UPS

50 - 125 lbs.

PERFECT FOR BACK AND LEG EXERCISES AND PULL UPS

65 - 175 lbs.

HEAVY RESISTANCE, GREAT FOR BACK & LEG MOVEMENTS & PULL UPS



# PULL-UPS

Pull-ups can strengthen your upper body and targets multiple muscle groups such as your back and biceps.

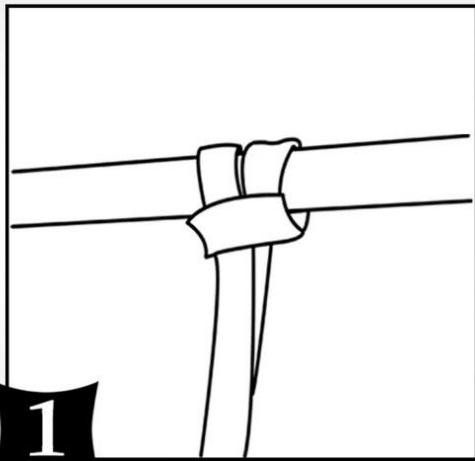
With the pull-up assist resistance bands, you will become adept at pulling yourself over the bar effortlessly.

Here is how you can get better with pull-ups using our bands:

## SAFETY TIPS

For beginners doing pull-ups for the first time, use *more resistance*.

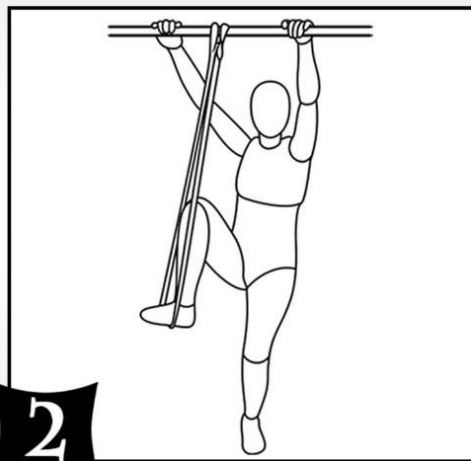
Do not continue if you feel pain as you do the pull-ups.



**1**

Loop the band over the bar by pulling one end of the band through the other end.

Tighten and secure the band.

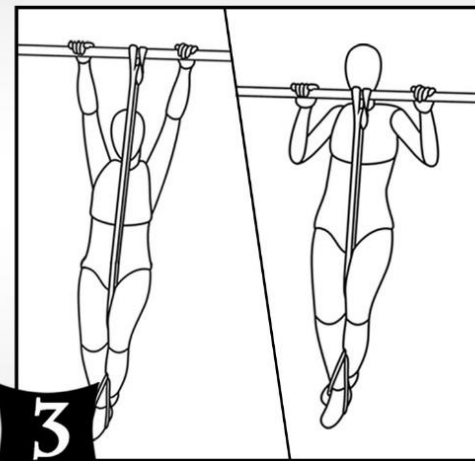


**2**

Place your foot or knee in the band.

*Secure it that you won't slip down.*

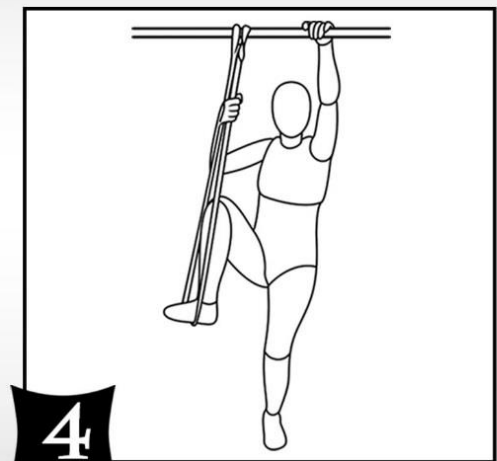
Grab the pull-up bar.



**3**

Pull yourself upward, attempting to get your chin above the bar.

Lower yourself down and repeat.

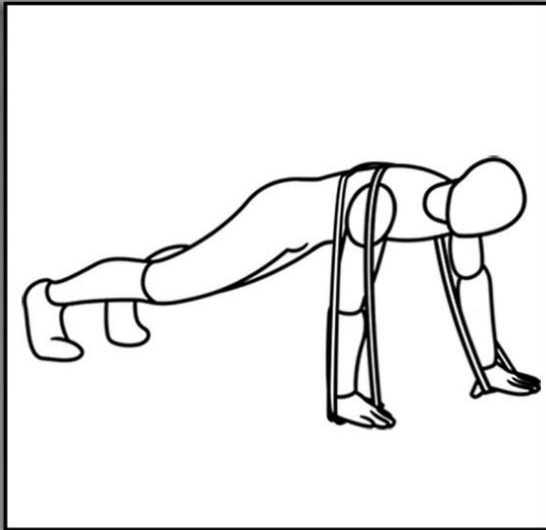


**4**

When done, step down carefully and release your foot or knee from the band.

# OTHER PULL-UP ASSIST RESISTANCE BAND EXERCISES

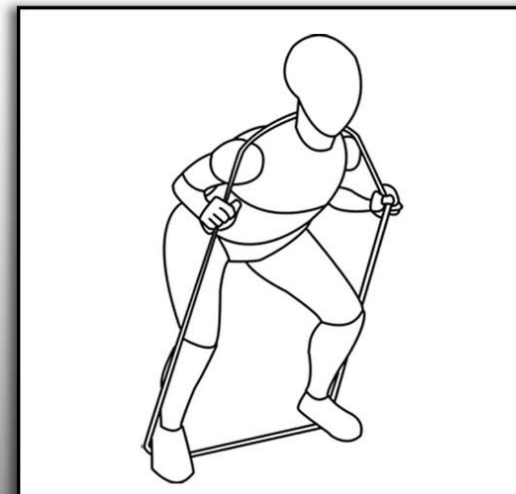
## Push-Ups



Hold the ends of the band and loop the band around your back.  
Get into push-up position, pinning both ends of the band in your palms.  
Keep your body straight and your feet close together.  
Breathe in as you lower yourself towards the ground.  
Breathe out as you raise your body by pushing the ground away from you.  
Repeat lowering and raising your body.

Stand straight with feet stepping inside the band, hip-width apart.  
Secure the band over your shoulders.  
Bend your knees while keeping your upper body straight and not leaning forward.  
Straighten your legs, going back to the standing position.  
Repeat the movement in a steady pace.

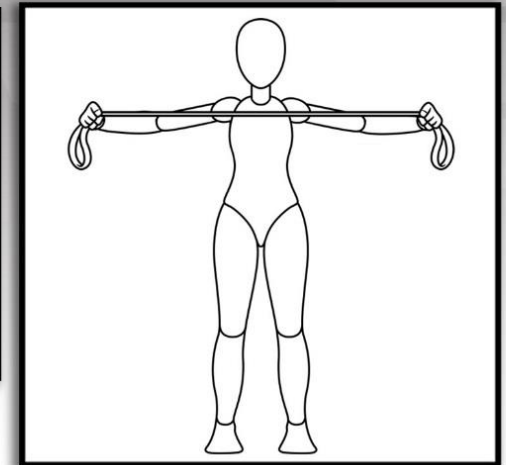
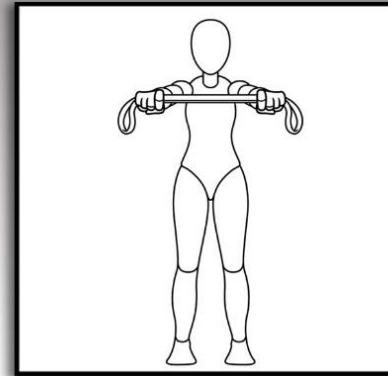
## Squats



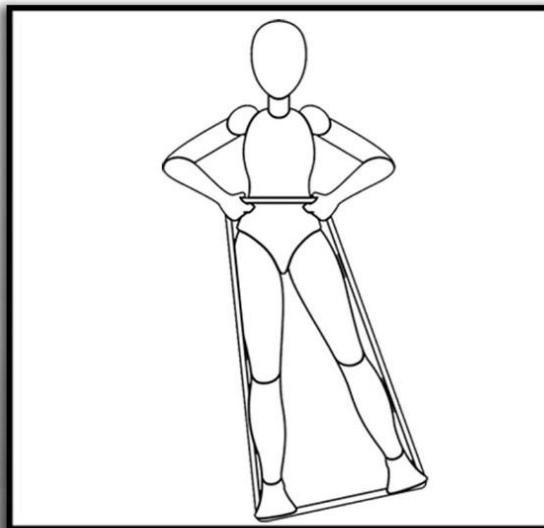
# OTHER PULL-UP ASSIST RESISTANCE BAND EXERCISES

## Front Pull Aparts

Hold the band about a foot in from the end.  
Keep your arms straight in front of your chest, shoulder level.  
Pull the band apart to the side, forming a "T".  
Then slowly bring your arms back in towards your chest.



## Leg Lateral Raise



Stand straight with feet stepping inside the band.  
(*shoulder-width apart*)

Hold the band on the other end and secure it by placing your hands on your hips.

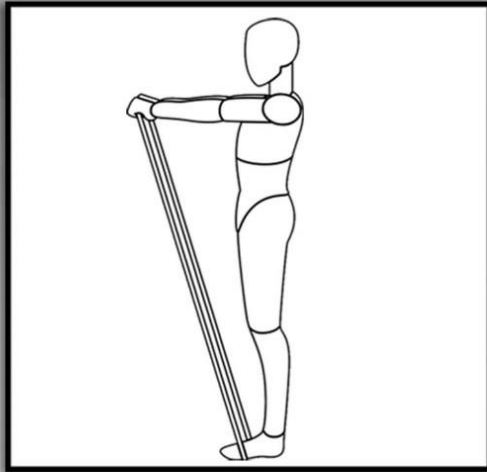
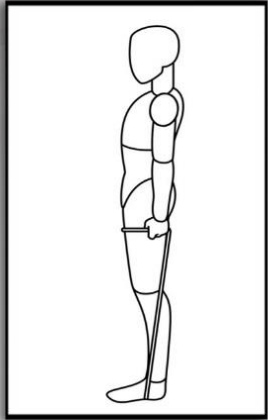
Keep your legs straight as you raise one leg out to the side.

Lower it going back to the starting position and repeat 15-20 times.

*\*\* Do the same number of raises with the other leg.*

# OTHER PULL-UP ASSIST RESISTANCE BAND EXERCISES

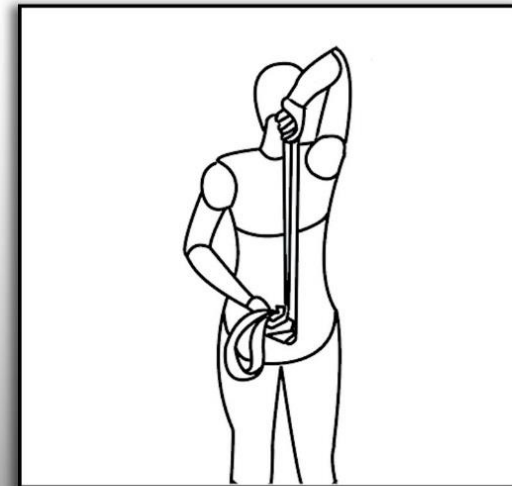
## Front Raises



Stand straight with feet stepping inside the band, hip-width apart.  
Grip the band with both hands over your thighs.  
Raise your arms in front of your body to shoulder height.  
Then slowly lower your arms, going back to the starting position.

## Tricep Pull Down

Hold the band at one end.  
Bend your arm and place the band behind your head.  
*(Let it hang down at your back)*  
Keep your upper arm still and your elbow close to your head.  
Grab the band with your other hand behind your back.  
Pull the band towards the floor with your lower hand.





# OTHER PULL-UP ASSIST RESISTANCE BAND EXERCISES

## Good Mornings

**\*\* This movement is for advanced athletes, proceed with caution.**

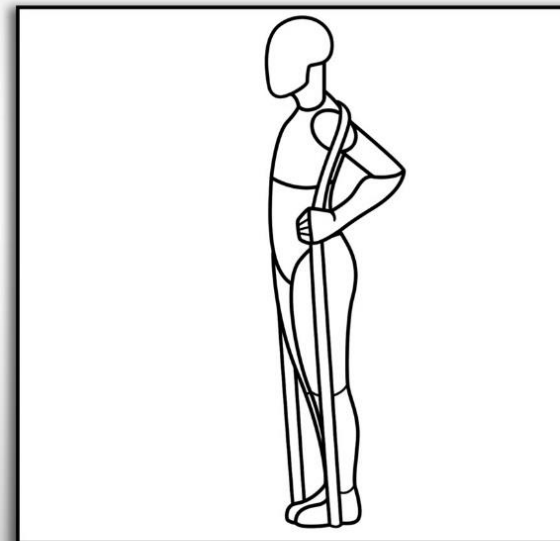
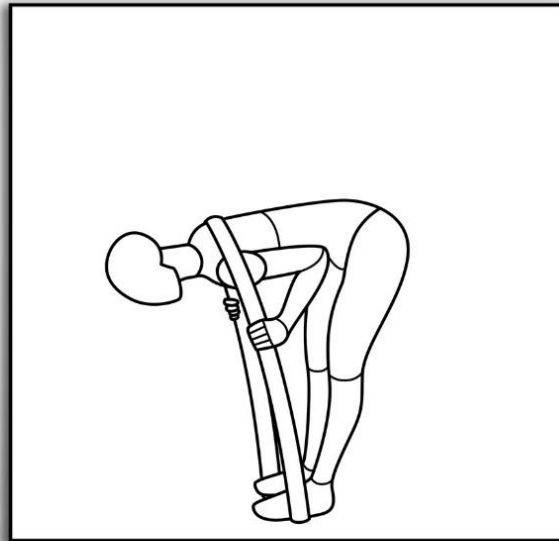
Stand with feet inside the band.  
*(Less than your shoulders width)*

Secure the band behind your back.

Keep your legs straight and bend at the waist.

Slowly rise back to the starting position.

Briefly hold the pose and repeat.



Fitteroy Inc. assume no responsibility for errors, accidents or damage that may occur with the use of the product.