



## Resistance Loop 5 set

**NO. 113**

**EN**

**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

## **Specifications**

<b>Color</b>	<b>Strength</b>	<b>Elongation 100%</b>	<b>Elongation 200%</b>
Orange	X-Heavy	25lb	30-40lb
Green	Heavy	20lb	25-30lb
Blue	Medium	15lb	15-20lb
Purple	Light	10lb	10-15lb
Grey	X-Light	5lb	5-10lb

## **Important Safety Information**

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. The Resistance Loop are exercise aids and must always be used with the correct technique. Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
4. Always wear comfortable clothing that do not restrict your movements. Make sure band loop is securely positioned under feet and / or around legs before beginning each exercise. When performing exercise, it is important to have the correct starting position and maintain your balance.
5. The Resistance Loop strength based on factors like age, gender, the specific muscles you're training, and your training goals (e.g., body recovery, stretching and relaxation, adding muscle definition, etc.).
6. **Warm-up exercises** - Perform each selected exercise 3-5 times without the Resistance Loop before each exercise is performed with the Resistance Loop. Complete 1-3 sets of 8-12 repetitions of each exercise selected. Rest approximately 30-60 seconds between each exercise set. Perform every exercise through a full range of motion.

## **Storage & Care**

1. Store the Loops in an environment away from extreme temperatures (avoid both excessively hot or cold conditions) and keep them clear of sharp or abrasive surfaces to prevent damage.
2. If the loops become sticky: clean them by wiping with a damp cloth, allowing them to dry thoroughly, and then lightly dust with talcum powder, baby powder, or cornstarch to restore their original texture.

## **User Guide**

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90 SUNNY (877-907-8669).



### **Leg Side Raise**

Place loop around legs just above knees. Stand with feet hip-width apart, bend and lift exercising leg while balancing on non-exercising leg. Position hands on hips with hips square and abdominal muscles tight. Keep exercising leg bent and lift up and outward while keeping the foot of non-exercising leg firmly positioned on the floor. Hold 1-2 seconds. Slowly return to start position.

Repeat the action with the other leg.



### **Kick Back**

Place loop just below knee of one leg and bend leg until lower leg is parallel to the floor. Position hands on hips with hips square and abdominal muscles tight. Straighten exercising leg behind body while keeping toes pointed toward floor and foot of non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.

Repeat the action with the other leg.



### **Leg Extension**

Place loop around lower legs. Sit and bend legs, lean back, and support upper body on elbows. Position forearms on floor with abdominal muscles tight and shoulder blades pulled together. Then straighten and lift exercising leg upward, point toes toward body, while keeping the foot of the non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position.

Repeat the action with the other leg.

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## Leg Curl

Place loop around ankles. Lie on your stomach with legs straight and feet hip-width apart. Fold arms, rest jaw on backs of hands, and press hips into floor. Bend exercising leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position. Repeat the action with the other leg.



## Leg Raise

Place loop around ankles. Lie on your side with top leg slightly bent and bottom leg straight, hips rolled forward, and toes pointed straight ahead. Bend bottom arm and support head with hand. Position opposite hand on the floor in front of hips. Lift top leg while keeping the non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position. Repeat the action with the other leg.



## Knee Lift

Place loop under foot of exercising leg. Stand with your feet hip-width apart. Position hands on hips with hips square and abdominal muscles tight. Bend knee, lift exercising leg up and forward until upper leg is parallel to the floor, while keeping the foot of non-exercising leg firmly positioned on the floor. Hold 1-2 seconds and slowly return to start position. Repeat the action with the other leg.



# Register

Register your product and verify warranty terms:

[Sunnyhealthfitness.com/warranty](https://Sunnyhealthfitness.com/warranty)



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 1-877-90SUNNY (877-907-8669)

 [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

[www.sunnyhealthfitness.com](https://www.sunnyhealthfitness.com)