

HOW TO USE OUR RESISTANCE BANDS TO GET THE MOST OUT OF YOUR TRAINING

Extra Resistance Bands for Lower Body Kinetic Bands

XRBLB-YOUTH-Y	Youth Yellow	Used by young athletes or those weighing less than 110 lbs. Shorter bands provide better resistance for smaller and lighter athletes.
Training Level	Beginner	
Front Band	Short	
Back Band	Short	

XRBLB-YOUTH-R	Youth Red	Short like yellow bands, but stronger and provide more resistance. *Use a longer red band in front to allow for full range of motion if the short band is too constricting.
Training Level	Advanced	
Front Band	Short / Long*	
Back Band	Short	

XRBLB-RED	Adult Red	LIGHT STRETCHING Recommended for light stretching. Also great for beginner adults and teens weighing more than 110 lbs.
Training Level	Intermediate	
Front Band	Long	
Back Band	Short	

XRBLB-GREEN	Adult Green	FULL RANGE OF MOTION Recommended for full range of motion and sport-specific training in adults and teens over 110 lbs.
Training Level	Advanced	
Front Band	Long	
Back Band	Short	

XRBLB-POWER	Adult Blue	ADVANCED ATHLETE Used for added resistance in advanced training for strong adults.
Training Level	Pro	
Front Band	Long	
Back Band	Long	

NOTE: The leg straps can be cut to fit smaller athletes. Carefully trim the end of the strap so it wraps and overlaps around the leg with plenty of room for the velcro to attach.

SAVE 10% ON YOUR NEXT ORDER

We appreciate your business!
Please use this coupon code when ordering:

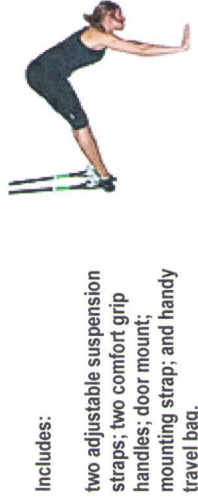
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Learn how to enter a coupon code during checkout at:
<http://myosource.com/faq/#Coupons>

KB DUO Suspension Trainer

Over 100 body weight exercises can be performed with the KB Duo to target specific muscle groups in the upper body, lower body, and core while improving flexibility, balance, body control, and cardio endurance.

Simply attach to an overhead mount (not included) or door mount and move your feet closer or farther from the mount to increase or decrease the resistance level to fit your needs.



Includes:
two adjustable suspension straps; two comfort grip handles; door mount; mounting strap; and handy travel bag.



Mounting

Door Mount
Place door mount on inside of door (near hinged side) and close the door. If there is a deadbolt on the door, you can lock it for additional support.

Overhead Mount
Spin overhead mount around a sturdy overhead anchor three times. Place one end through the last loop and pull until the strap is tight. Place each strap carabiner around bottom loop.

Resistance Level

More Resistance
Lean back and pull straps tight. Slide your feet **closer** to the mount.

Less Resistance
Lean back and pull straps tight. Slide feet **farther from** the mount.

Adjustments

Shorten
Squeeze the cam to release. While holding cam open, pull the **GREEN** strap down to desired strap length.

Lengthen
Squeeze the cam to release. While holding cam open, pull the **BLACK** strap down to desired strap length.

Lock Cam

When each strap is at the desired length, pull the lever down on each cam to secure it. Carefully pull on each handle before beginning to train to make sure the cams are securely locked.

Download FREE DVDs at: www.myosourcedvds.us



Myosource Kinetic Bands

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TAKE YOUR TRAINING TO A HIGHER LEVEL



Athletes of all ages and abilities from around the world use Myosource Kinetic Bands to train for all kinds of sports and activities. Kinetic Bands are also used by Physical Therapy Professionals and Strength and Conditioning Specialists.

Baseball, Basketball, Cheerleading, Dance, Football, Gymnastics, Martial Arts, Rugby, Soccer, Softball, Speed & Agility, Track and Field, Volleyball, Wrestling, Healthy Lifestyle, General Fitness, Injury Rehabilitation, Weight-loss, and much more.

Download FREE DVDs at: www.myosourcedvds.us

Questions? Contact Us:

Toll-Free: 1-877-561-0873

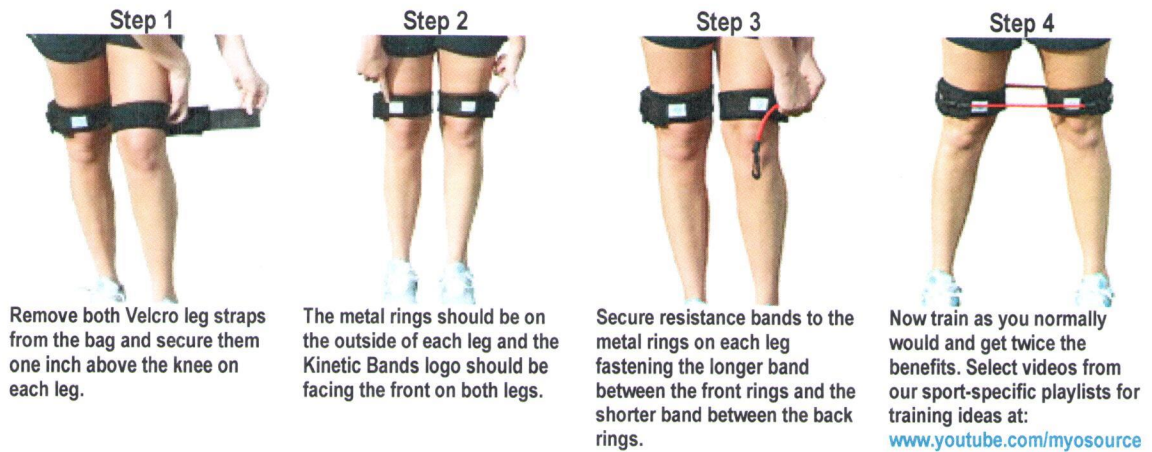
Email: customerservice@myosource.com

Since 2006, Our products are safe and effective when used correctly and as recommended. Neither Myosource Kinetic Bands or anyone associated with Myosource Kinetic Bands will be responsible for any injuries sustained while using our products. To ensure resistance training is right for you, we recommended consulting a physician or professional before starting any workout routine or weight loss program. Results may vary.

Kinetic Bands

Our lower body resistance bands are easy to use, very affordable and allow athletes of all ages and abilities to improve their skills and athletic performance. Healthy minded people can get fit, stay in shape or lose weight. They are safe, compact and can be used anywhere...at home, the office or while practicing your specific sport and all without changing your normal workout routine. Kinetic Bands complement any workout routine or weight loss program.

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Remove both Velcro leg straps from the bag and secure them one inch above the knee on each leg.

The metal rings should be on the outside of each leg and the Kinetic Bands logo should be facing the front on both legs.

Secure resistance bands to the metal rings on each leg fastening the longer band between the front rings and the shorter band between the back rings.

Now train as you normally would and get twice the benefits. Select videos from our sport-specific playlists for training ideas at: www.youtube.com/myosource

INCLUDES: two adjustable Velcro straps, two sets of resistance bands, and travel bag. You will achieve greater results and lengthen the life span of your Kinetic Bands by following these instructions for a proper fit.

NOTE: The yellow and red resistance bands for users weighing under 110 pounds are the same length so band placement does not matter. A long red band can be used in front if two short bands don't allow for full range of motion.

Flexibility Stunt Strap Athletic Stretch Strap

Our Flexibility Stunt Strap and Athletic Stretching Strap are great stretching and warm-up tools for everyone! They are designed to help you stretch without putting any unnecessary stress on joints. Perfect for any athlete, cheerleader, dancer, gymnast, or anyone who just needs to stretch out. The Flexibility Stunt Strap is a great tool to help cheerleaders stretch and perfect stunts like the Scorpion. The Athletic Stretching Strap is a helpful tool for athletes to stretch their legs, back, shoulders, glutes, and more before practice or competition.

Cheerleading Heel Stretch



Put one foot in a loop and pull the strap up and across your body from the side.

Cheerleading Scorpion

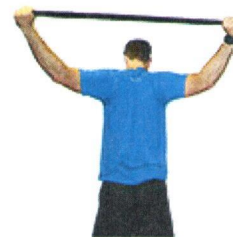


Put one foot in a loop and pull the strap hand over hand above your head. When the strap begins to tighten, extend your arms straight up above your head. This motion pulls the leg up for a full stretch instead of directly to the head.

Rotator Cuff



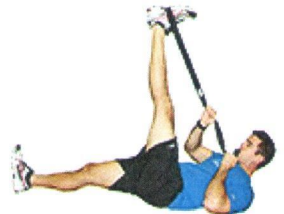
Shoulders and Back



Quads and Glutes



Hamstring



KB Upper Body Workout Bands

KB Upper Body Workout Bands are a great upper body product for those who want a variety of resistance in their training.

Each resistance band can be used individually or together in many combinations to provide the right resistance level you need to meet your training goals.

A variety of exercises can be performed to strengthen and tone your arms, shoulders, abs, back, chest...even your legs!



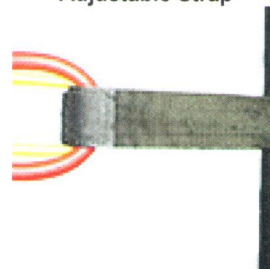
Includes: two handles, four long resistance bands of varying resistance, one door mount, two adjustable straps, and handy travel bag.

Door Mount



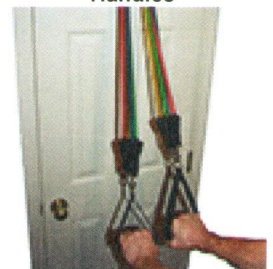
Place door mount on the inside of the door, close to the hinged side, and close the door. If there is a deadbolt on the door, you can lock it for additional support.

Adjustable Strap



Please adjustable strap around an anchor and attach desired bands. Clip each resistance band for single arm exercises or loop bands through for two handed movements.

Handles



Clip desired bands to the handles and begin training.

Visit our website for intense workouts and exercise ideas.

Band Color / Resistance Level Chart

Yellow	Green	Red	Blue	Black
Beginner	Intermediate	Advanced	Advanced Athlete	Pro Athlete



Upper Body Kinetic Bands

Over 120 exercise variations to help you tone and firm your upper body, build upper body strength, and even burn calories and fat in minutes. All you need is room to stand or sit and have full extension of your arms.

Included: adjustable 2-piece back strap, 3 sets of resistance bands in varying lengths, a set of handles, and travel bag.

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Short Bands



Used for punching motion and chest press. You can punch and work your triceps, shoulders, back, and more. You can also perform a standing bench press and work the upper, middle, and lower chest areas.

Medium Bands



Great for training your biceps, triceps, and core area. After attaching the medium length bands to the back strap and handles, stand on the back strap to perform bicep curls, tricep extensions, or standing rows.

Long Bands



Used for lateral raises, overhead shoulder and/or tricep press. Also great for full range of motion curls (squeeze at the top for maximum benefit). Wrap back strap around a pole or railing to perform a variety of exercises for your back, chest, shoulders, arms, and core.