

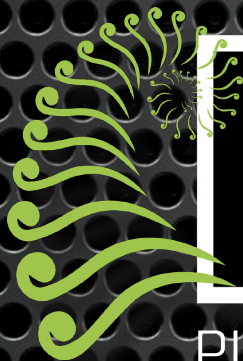
R.T. BODY BAND LINX MANUAL



WARNING



Read and follow all information before use.
Serious injury or fatality may occur.



PBLX

PURE BODY LOGIX

Resistance Trainer

BODY BAND

LINX | MINI



The risk of injury from participating in this or any fitness regimen and or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form-collectively referred to in every media form as “Materials”)

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well-trained athletes and only you and your doctor can assess whether you are suited for the exercises depicted in the program (e.g. you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you.)

You acknowledge and agree that the Materials are provided by Pure Body Logix Inc. directly and or through their licensors). You agree that all persons appearing in these Materials so on behalf of Pure Body Logix Inc.

Pure Body Logix Inc. and affiliated companies, directors, officers, employees make no warranties of any kind.



Resistance Trainer Body Band Linx

- Resistance Trainer Body Band Linx are not toys; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- **ALWAYS** inspect the Resistance Trainer Body Band Linx for nicks or cuts before every use. If you find any nicks or cuts, discontinue use immediately.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- Resistance Trainer Body Band Linx could pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended.
- Pure Body Logix Inc. is not responsible for any personal property damage that may occur while using the Resistance Trainer Body Band Linx.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Resistance Trainer Body Band Linx are not recommended for use during pregnancy.

MAINTENANCE AND CARE

- Clean the Power Loops with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Power Loops out of direct sunlight. The Power Loops should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources

Terms:

Progression Increasing Program Intensity

1. **Duration** (i.e., 20 seconds to 30 seconds) OR Repetitions/Reps (i.e., increase the number repetitions performed) Muscular Endurance Development
2. **Sets** (i.e., increase the number of sets performed) -Muscular Strength Development
3. **Resistance** (i.e., changing band strength to increase resistance) Muscular Power Development

Customize your own program by adding the exercises of your choice, or start with the progressive Power Loop exercise programs included.

BEGINNER - INTERMEDIATE - ADVANCED

R.T. BODY BAND LINX EXERCISE

SETS LEVELS

This program is for all exercises.

BEGINNER
2-3 x weekly

SET	REPS	REST
1	15	30 sec

INTERMEDIATE
3 x weekly

SET	REPS	REST
2	12	30 sec

ADVANCED
2-3 x weekly

SET	REPS	REST
3	12	30 sec

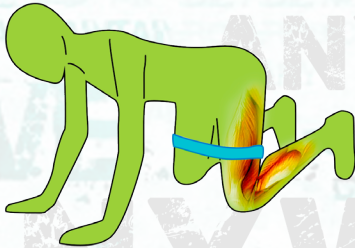
Start with the Light Band (Blue) and increase resistance as your ability progresses (Green, Orange).

R.T. BODY BAND LINX EXERCISE

FIRE HYDRANT

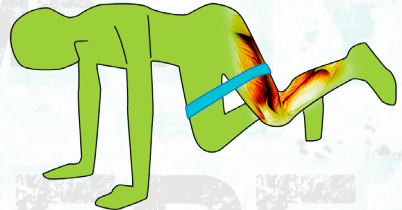
STEP ONE

Place the R.T. Body Band Linx just above your thighs.



STEP TWO

Balancing on hands and knee, push your other leg in an outward motion and hold for 1-2 seconds. Release and repeat.



R.T. BODY BAND LINX EXERCISE

LEG RISE

STEP ONE

Place the R.T. Body Band Linx just above your ankles. Lie sideways with your body in a straight line.



STEP TWO

Lift your leg off the ground until you feel resistance. Hold leg in the air for 2-5 seconds. Release and repeat.

Alternate sides per sets.



R.T. BODY BAND LINX EXERCISE

SQUATS

STEP ONE

Place the R.T. Body Band Linx just above your knees. Keep your body in a straight line.



STEP TWO

Squat straight down bending your knees and slightly separating your legs. Hold for 1-2 seconds then rise to original position. Repeat until the set is complete.



R.T. BODY BAND LINX EXERCISE

POWER WALK

STEP ONE

Place the R.T. Body Band Linx just above your knees. Keep your knees bent, walk forward.



STEP TWO

Place your forward foot completely on the ground before lifting your other leg. Repeat until the set is complete.



R.T. BODY BAND LINX EXERCISE

ARM AND BACK

STEP ONE

Set up in a half kneeling position on the ground. Place the R.T. Body Band Linx one side around your foot and grab the other end.



STEP TWO

Lean forward over your front leg and pull the band straight up. Hold leg in the air for 1-2 seconds. Release and repeat.



R.T. BODY BAND LINX EXERCISE

BICYCLES

STEP ONE

Place the R.T. Body Band Linx just below your ankles. Lie face up with your hands on the ground and with your body in a straight line.



STEP TWO

Bring your knees up to, one at a time in a bicycle motion. Keep your body straight while doing this.



R.T. BODY BAND LINX EXERCISE

BICYCLES PLUS

STEP ONE

Place the R.T. Body Band Linx just below your ankles. Lie on your back. Place your finger tips on the sides of your head, with your elbows flared out to the side. Raise your shoulders and feet about 12 inches off the floor balancing on your buttocks.



STEP TWO

Bring your knees up to, one at a time in a bicycle motion while you simultaneously twist your body and touch your active knee to the opposite elbow. Return to the starting position (controlling the resistance). Alternate sides & repeat.



R.T. BODY BAND LINX EXERCISE

PUSH BACKS

STEP ONE

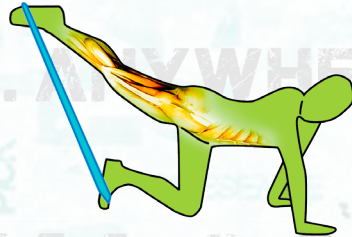
Place the R.T. Body Band Linx just below your ankles.



STEP TWO

Balancing on hands and knee, push your other leg in an outward motion and hold for 2-5 seconds. Release and repeat.

Alternate leg with each set.



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R.T. BODY BAND LINX EXERCISE

LATERAL SHUFFLE

STEP ONE

Place the R.T. Body Band Linx just above your ankles. Stand with your feet slightly wider than shoulder width, knees bent.



STEP TWO

Keeping tension on the band and your feet pointed forward. Take 10 steps, then switch directions and repeat on the other side.



R.T. BODY BAND LINX EXERCISE

KNEE RAISE

STEP ONE

Place the R.T. Body Band Linx around the toes of your sneakers and under your soles and stand with your feet hip-width apart, hands on your hips



STEP TWO

Lift your left foot off the ground to bring your knee up to hip level, keeping foot parallel to the floor. Hold 1-2 second, then return to start and repeat on the other side.





WARNING

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All Pure Body Logix equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact Pure Body Logix for assistance. This product is not intended for commercial use.



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