



Elastic Exercise Bands



Your new exercise bands have different levels of resistance to allow you to customise the intensity of your workout.

Safety warnings

Before embarking on the exercises, carefully read all of the following safety warnings and the exercise instructions to avoid accidental injury or damage. Download the instructions for future reference if needed. If you give the product to someone else to use, refer the person to these instructions.



Fitness Exercises

Tchibo GmbH D-22290 Hamburg · 152801AB3X2XVI · 2025-09

www.tchibo.de/instructions



Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number: 728 327

For your safety

Intended use

The exercise bands are intended for helping to train and strengthen your muscles. The bands have three levels of resistance:

SOFT = low resistance (best suited for beginners);

MEDIUM = medium resistance (for the average user);

STRONG = higher resistance (for advanced users).

You can also change the bands depending on the exercise.

The exercise bands are sports equipment designed for private household use. They are not suitable for commercial use in fitness centres or therapeutic institutions.

Important information

Consult your doctor!

- **Before you start exercising, consult your doctor on how much exercise is right for you.**
- If you have special physical impairments, such as wearing a pacemaker, if you are pregnant, if you suffer from circulatory disorders, inflammation of the joints or tendons, or if you have an orthopaedic condition, then you must have your exercise

programme approved by your doctor. Incorrect or excessive exercising can endanger your health!

- Stop exercising immediately and see your doctor if any of the following symptoms occur:
nausea, dizziness, excessive shortness of breath or chest pain.
You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercising!

WARNING - risk of injury

- Warning! The bands must not be overstretched:
Only stretch the bands to the point that their elasticity allows.
Do not use force to stretch them further as doing so could damage the material. **Tall people** should be aware of this when using the bands for exercises requiring a great deal of extension.
They may require longer bands for these exercises.
Do not apply your full body weight to the bands.
- Before starting an exercise programme, consult your doctor to check which exercises are suitable for you.
- Warm up before starting to exercise.

- If you are not accustomed to physical exercise, take it very slowly to begin with. Stop the exercises immediately if you begin to feel pain or discomfort.
- The exercise bands are not a toy and must be kept out of the reach of children. Risk of strangulation!
- If you allow children to use a band, instruct them on how to use it correctly and supervise their sessions. If the band is misused or if training is excessive, damage to health cannot be excluded.
- Do not exercise if you are tired or unable to concentrate. Do not exercise immediately after meals. Drink plenty of fluids as you exercise.
- Ensure that the room in which you exercise is well-ventilated. However, make sure to avoid draughts.
- Always inspect the bands before every use. If any band appears to be damaged, porous or torn do not continue to use it.
- If securing a band before exercising: make sure that the object it is attached to is stable enough to withstand the pulling forces exerted by the band; do not use table legs or anything similar! Do not attach the band to objects with sharp or pointed edges! Do not attach it to doors or windows.
- Do not wear jewellery such as rings or bracelets. You could injure yourself or damage the exercise band.
- Wear clothing that is comfortable to exercise in.
- Preferably, you should exercise barefoot or in gym socks. It is vital that you have a firm and secure footing. Do not exercise in normal socks on a smooth floor or surface, as you could slip and injure yourself. Use a non-slip exercise mat, for example.
- Ensure you have enough room to move around while exercising (2.0 m for exercising + 0.6 m space around that). Leave enough space between yourself and other people.
- A band must not be used by more than one person at a time.
- The design of the exercise bands must not be modified. Only use the bands for their intended purpose!

What to consider when doing the different exercises

- During all exercises, keep your back straight and do not arch it! When standing, keep your legs slightly bent. Keep your bottom and stomach tensed.
 - In order not to strain your wrists, do not bend them if at all possible, but hold them in direct alignment with your lower arm.
 - Always spread the band out flat - not twisted - when winding it around a part of your body to avoid cutting into the flesh and restricting circulation.
 - In the starting position, the band should already be under slight tension.
 - Carry out all exercises at an even pace. Do not make any jerking movements. Do not let the band spring back, but always guide it back to the starting position at the same speed. The easiest way to do the exercises is to count out a rhythm, for example tense for 2 beats, hold for 1 beat and bring back to the starting position for another 2 beats. Try it out until you have established your own even rhythm.
- Keep on breathing evenly during the exercises. Do not hold your breath! At the beginning of each exercise, breathe in. At the most strenuous point of the exercise, breathe out.
 - At the beginning, do only **three to six exercises** for different groups of muscles. Depending on your physical fitness, repeat these exercises just a few times each (**approx. 3-4 times**). Take a break of around one minute between the exercises. Slowly increase the number of **repetitions** up to about **10 to 20**. Never exercise to the point of exhaustion. Always do the exercises on both sides.
 - Depending on the exercise and the level of resistance you prefer, use the band with a low, medium or higher level of difficulty so that you can carry out the correct positions and stance in the exercises while sufficiently exerting your muscles. The band's resistance is correct when the exercise becomes strenuous after about 8 to 10 repetitions.

Before exercising: warming up

Warm up for about 10 minutes before exercising, moving all the following body parts in succession as listed here:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

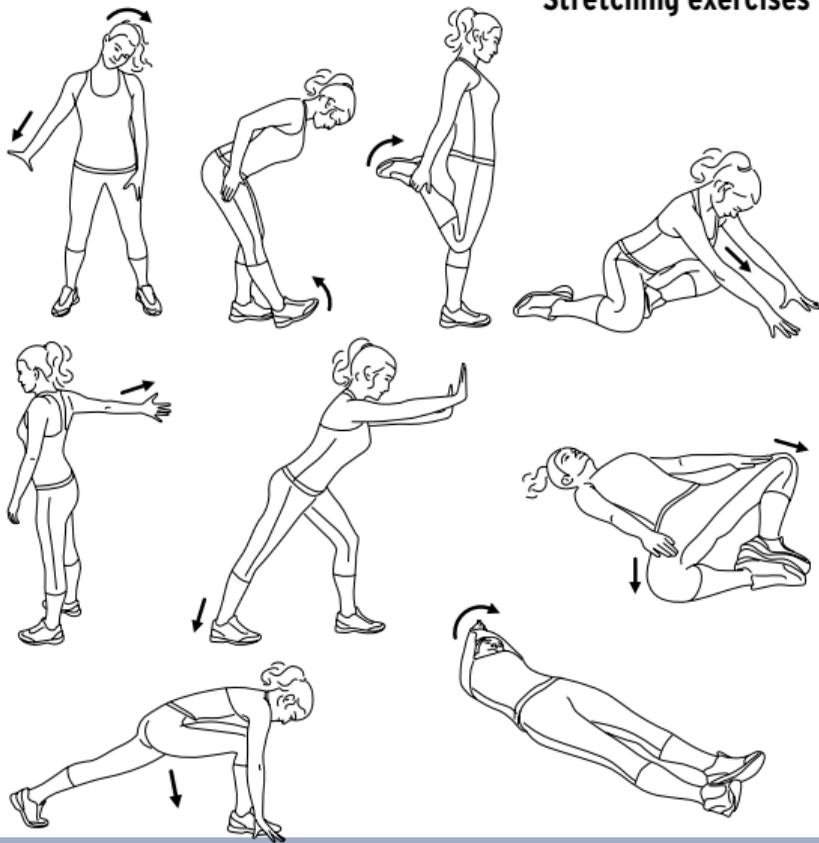
After exercising: stretching

Basic position for all stretching exercises:

Lift your chest, pull your shoulders down, bend your knees slightly, turn the tips of your feet outwards slightly. Keep your back straight.

Hold the positions in the exercises for about 20-35 seconds each.

Stretching exercises

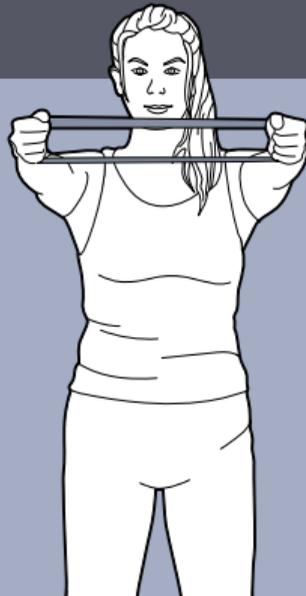


Starting position:

Stand with your knees slightly bent, feet hip-width apart.
Hold the band taut with your arms outstretched at shoulder height.

Exercise:

Move your arms away from each other against the resistance of the band. Hold for approx. 4 seconds.
Slowly bring your arms back into the starting position.

1**Arms + shoulders**

Starting position:

Sit with your knees slightly bent, feet hip-width apart.
Hold the band taut behind your back.

Exercise:

Move your arms away from each other against the resistance of the band. Hold for approx. 4 seconds.
Slowly bring your arms back into the starting position.

2**Shoulders + triceps**

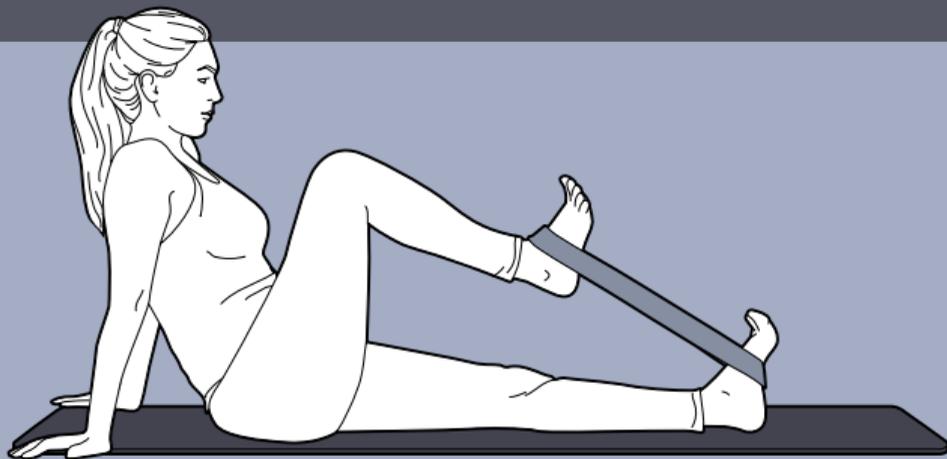
Starting position:

Sit on the floor with your legs outstretched, feet hip-width apart. Hold the band slightly taut between your feet.

Exercise:

Bring one of your legs towards your body against the resistance of the band. Hold for approx. 4 seconds. Slowly bring your leg back into the starting position.

Then perform the exercise on the other side.

3**Thighs + lower abdominal muscles**

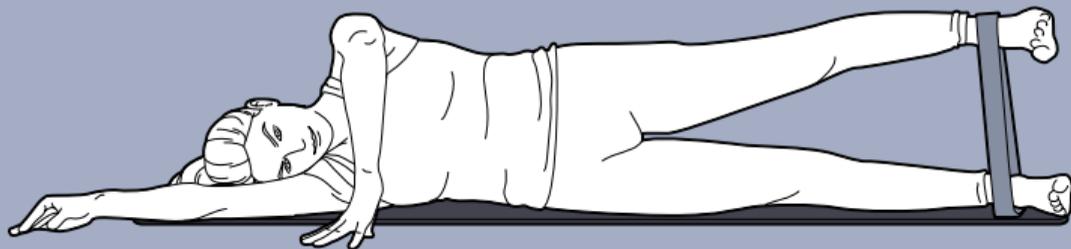
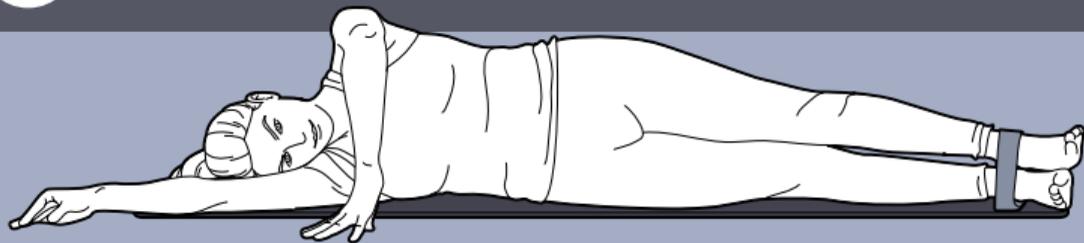
Starting position:

Lie on your side so that your body forms a line.
The band is around your ankles.

Exercise:

Lift your upper leg against the resistance of the band.
Hold for approx. 4 seconds. Slowly bring your leg back into the
starting position.

Then perform the exercise on the other side.

4**Outer leg muscles + bottom**

Starting position:

Lie flat on your back with your legs straight in a vertical position. Hold the band slightly taut between your feet.

Exercise:

Move your legs away from each other against the resistance of the band. Hold for approx. 4 seconds. Slowly bring your legs back into the starting position.

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Outer leg muscles +
bottom

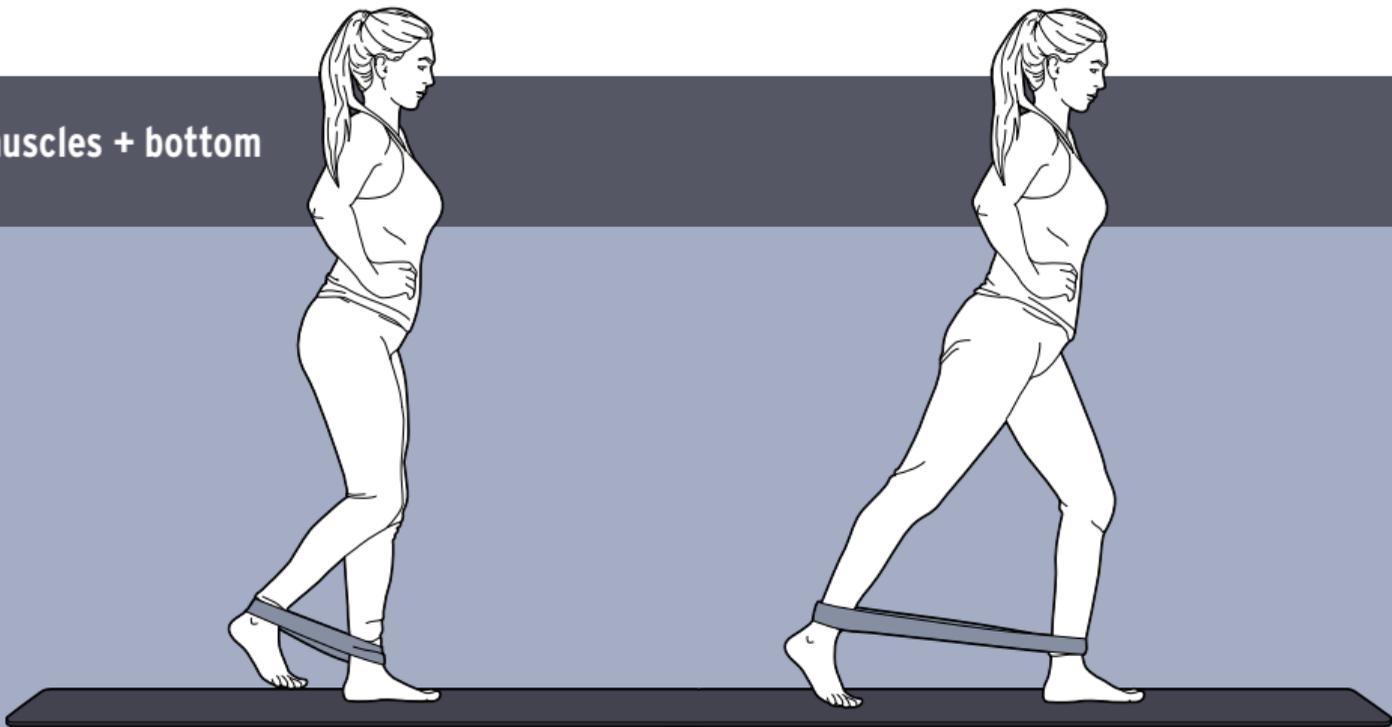


Starting position:

Stand with one foot in front of the other.
Hold the band taut by bending one of your knees, lifting your foot off the floor.

Exercise:

Stretch your rear leg backwards against the resistance of the band.
Hold for approx. 4 seconds.
Slowly bring your leg back into the starting position.
Then perform the exercise on the other side.

6**Back leg muscles + bottom**

Starting position:

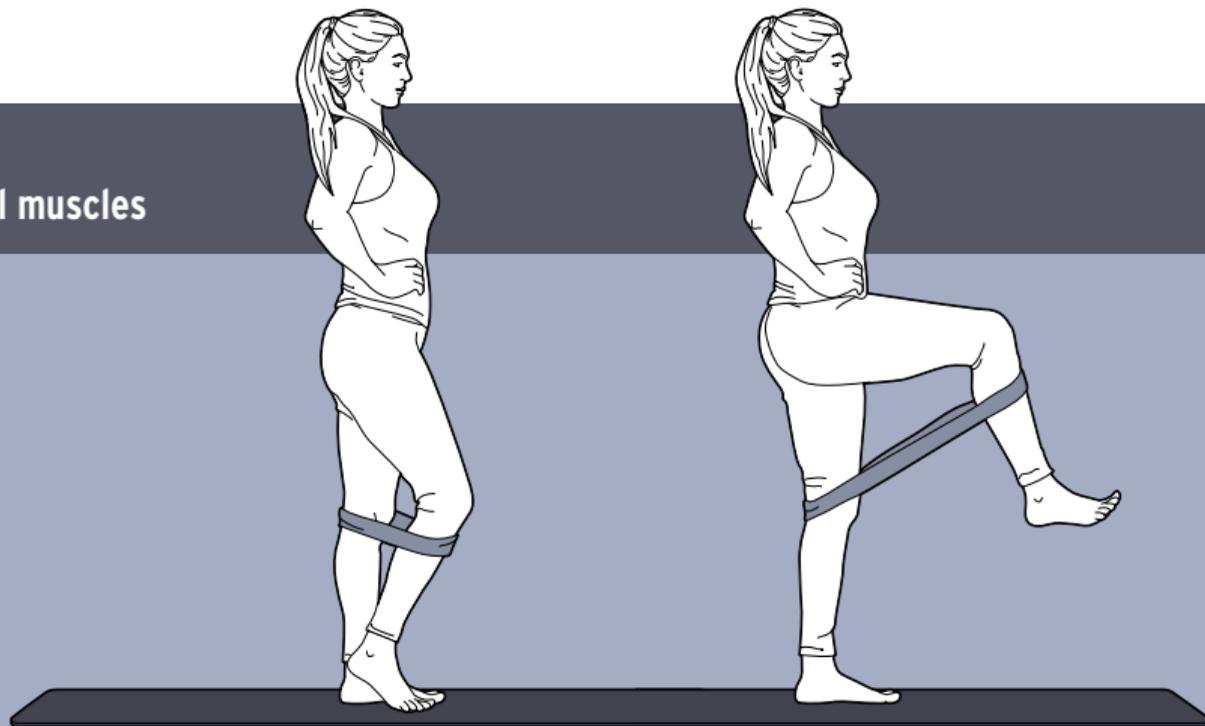
Stand with one foot in front of the other.
Hold the band taut under your knees by raising your foot slightly.

Exercise:

Lift your front leg, slightly bent at the knee against the resistance of the band. Hold for approx. 4 seconds.
Slowly bring your leg back into the starting position.
Then perform the exercise on the other side.

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Thighs +
lower abdominal muscles

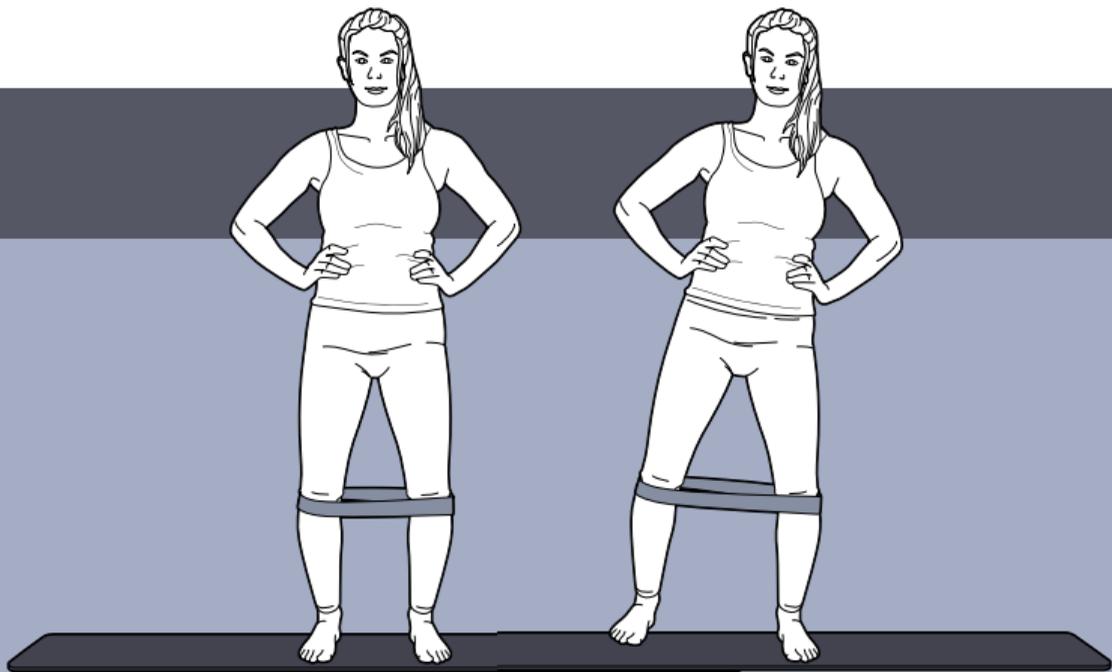


Starting position:

Stand with your knees slightly bent, feet hip-width apart. Hold the band taut just below your knees.

Exercise:

Lift one of your legs to the side against the resistance of the band. Hold for approx. 4 seconds. Slowly bring your leg back into the starting position. Then perform the exercise on the other side.

8**Outer leg muscles + bottom**

Starting position:

Sit on the floor with your legs outstretched, feet hip-width apart. Hold the band taut with your feet.

Exercise:

Move your feet outwards against the resistance of the band. Hold for approx. 4 seconds. Slowly bring your feet back into the starting position.

9**Foot muscles and flexibility**

Starting position:

Sit on the floor with your legs outstretched, feet hip-width apart.
Loop the band around one of your feet.
Hold the band taut with your hands.

Exercise:

Pull the band towards your body, pushing against it with your foot.
Hold for approx. 4 seconds.
Slowly release the band again.
Then perform the exercise on the other side.

10**Foot muscles and flexibility**

Starting position:

Sit on the floor with your legs outstretched, feet hip-width apart. Hold the band taut with your big toes.

Exercise:

Hold for approx. 4 seconds. Then slowly release the tension.

11**Toe stretches and flexibility**

Starting position:

Sit on the floor with your legs outstretched, feet hip-width apart.
Loop the band around one of your big toes.
Hold the band taut with one hand.

Exercise:

Hold for approx. 4 seconds.
Then slowly release the tension.
Then perform the exercise on the other side.

12**Toe stretches and flexibility**

Care

- Clean the bands by hand with cold water and a mild soap.
- After cleaning the bands, leave them to air-dry at room temperature. Do not place them on a heater and do not use a hairdryer or anything similar!
- Store the bands in a cool, dry place. Protect them from sunlight and pointed, sharp or rough objects and surfaces.
- Material: 100% latex



Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Unpack the product and leave it to air out well. The odour will disappear after a short while. Make sure there is sufficient ventilation!