



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 starting 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 this product to another person, refer the person to these instructions.



Fitness exercises

Tchibo GmbH D-22290 Hamburg · 151188AB3X2XVI · 2025-09



www.tchibo.de/instructions
(Please enter the product number in the box labelled "Bedienungsanleitungssuche" and click on "Suchen".)

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

Product number: 728 285

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

The exercise bands are intended to help you train and strengthen your muscles. The blue bands provide the least resistance and are thus best suited for beginners. The dark grey bands provide a higher level of resistance and are thus more suitable for those with more experience. You can also change the bands you are using 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.

Do not carry out any exercises other than those described here.

Consult your doctor!

- **Before you start exercising, consult your doctor and ask how much exercise is right for you.**

- If you have special physical impairments such as having a pacemaker, if you are pregnant, or if you suffer from inflammation of the joints or tendons or any orthopaedic complaints, you must agree on an exercise programme with 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 structure of 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 exercise 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 toys and must be kept out of the reach of children. Risk of strangulation!
- If you allow children to use one of the bands, instruct them on how to use the bands correctly and supervise their sessions. If the bands are 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. Discontinue use if any band appears to be damaged, porous or torn.
- 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 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.
- An exercise band must not be used by more than one person at a time.
- The design of the exercise bands must not be modified. Use the bands for their intended purpose only!

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.
- Always hold the band firmly so that it cannot slip out of your hands. 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 about one minute between 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 lower or higher level of difficulty so that you can perform the exercises with correct form 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.

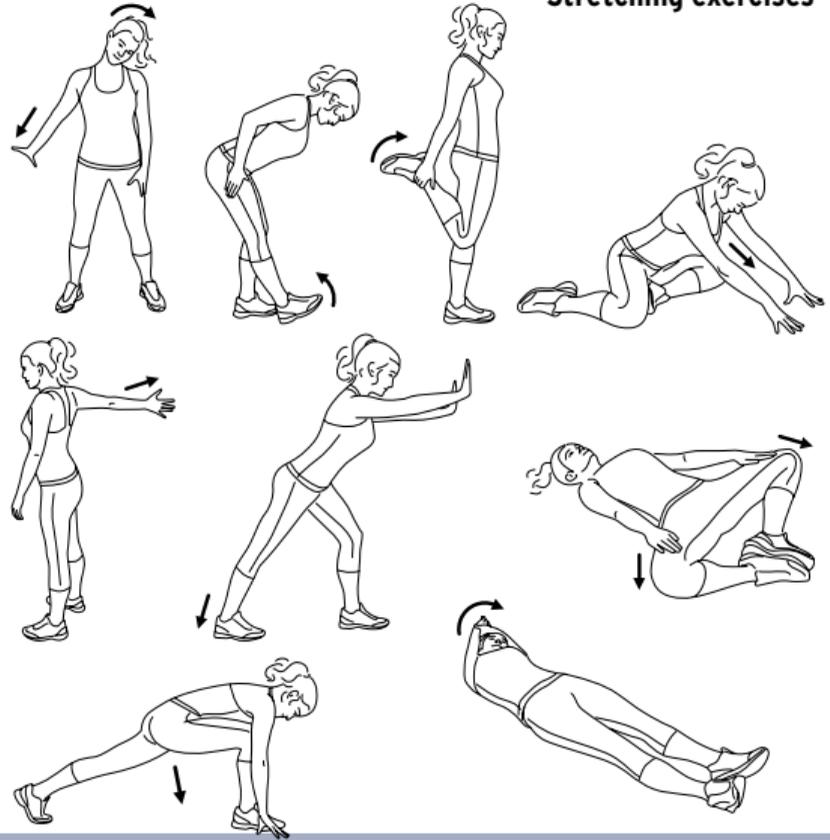
After exercising: stretching

Basic position for all stretching exercises:

Raise your chest, pull your shoulders down, bend your knees slightly and turn your toes slightly outwards. Keep your back straight!

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

Stretching exercises



1

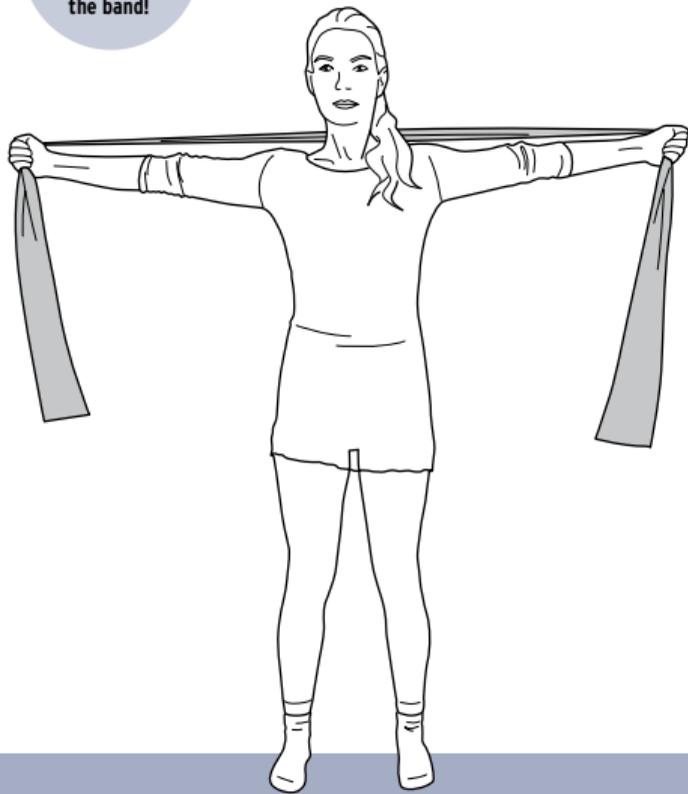
Neck

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

Stretch out your lower arms at the same time. Slowly bring your arms back into the starting position.



WARNING!
Do not overstretch
the band!



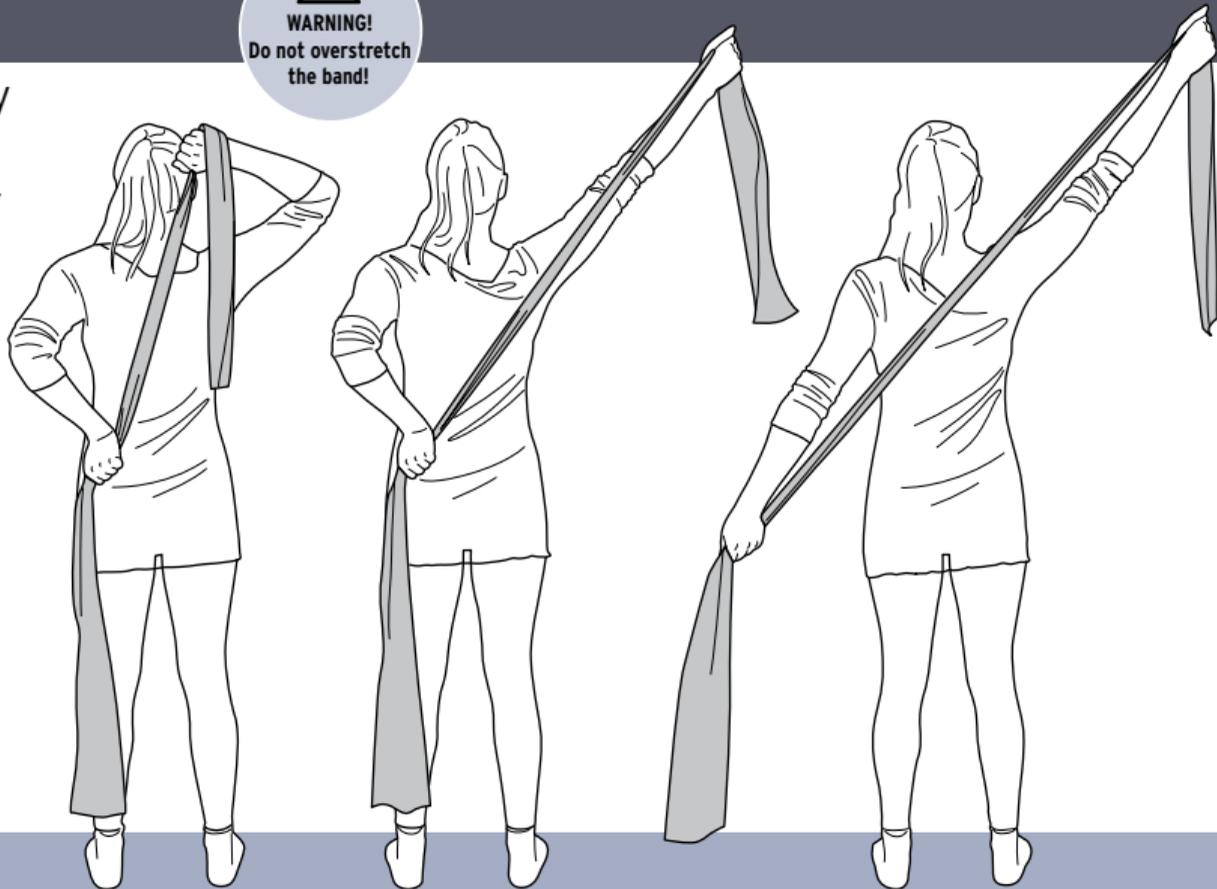
2

Shoulders + triceps

Stand with your knees slightly bent, feet hip-width apart. Hold the band taut diagonally behind your head.

Extend both arms diagonally at the same time. Slowly bring your arms back into the starting position.

Then perform the exercise on the other side.

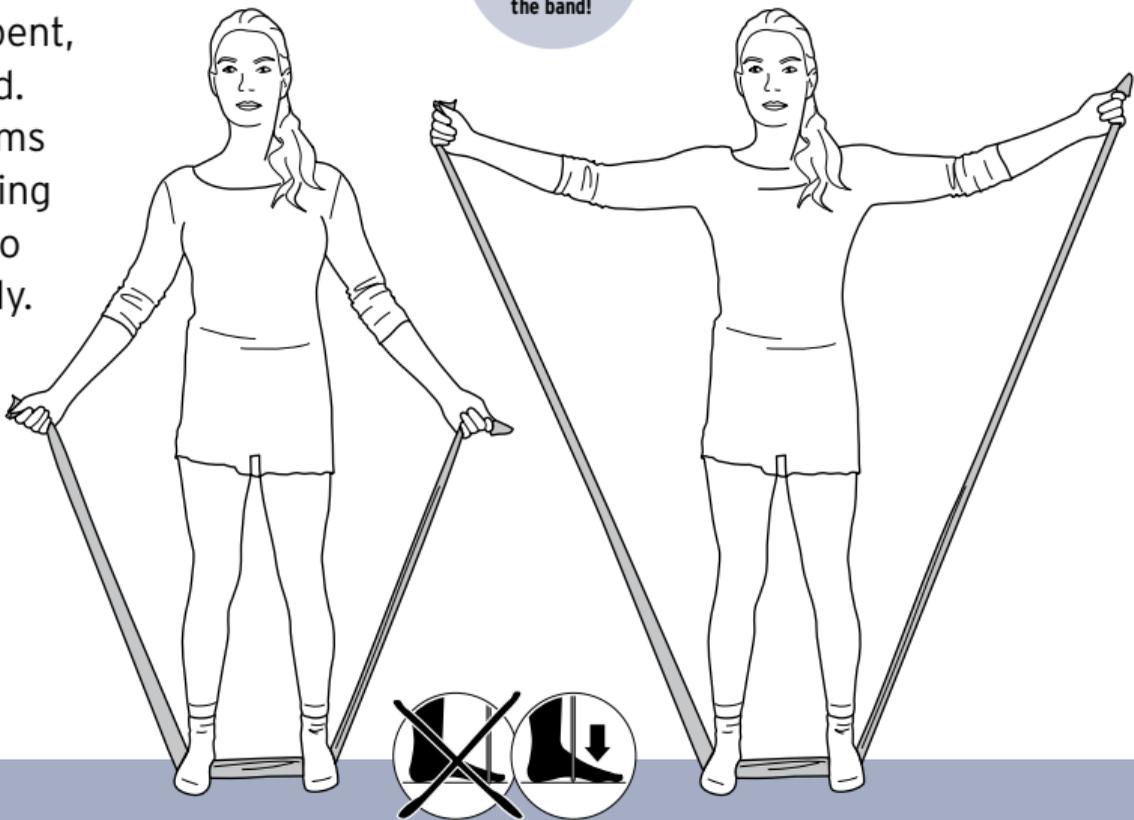


3

Arms + shoulders

Stand with your knees slightly bent, feet hip-width apart on the band. In the starting position, your arms should be by your sides and facing down. Hold the band taut, but do not extend your arms completely.

Pull both arms up to shoulder-height at the same time. Slowly bring your arms back into the starting position.



4

Arms

Stand with one foot out in front of you on the band and hold the band taut with your arms facing downwards.

Bend your arms either alternately or both at the same time. Keep your elbows close to your body. Slowly bring your arms back into the starting position.

Do a few repetitions, then switch feet, with the other foot in front on the band.

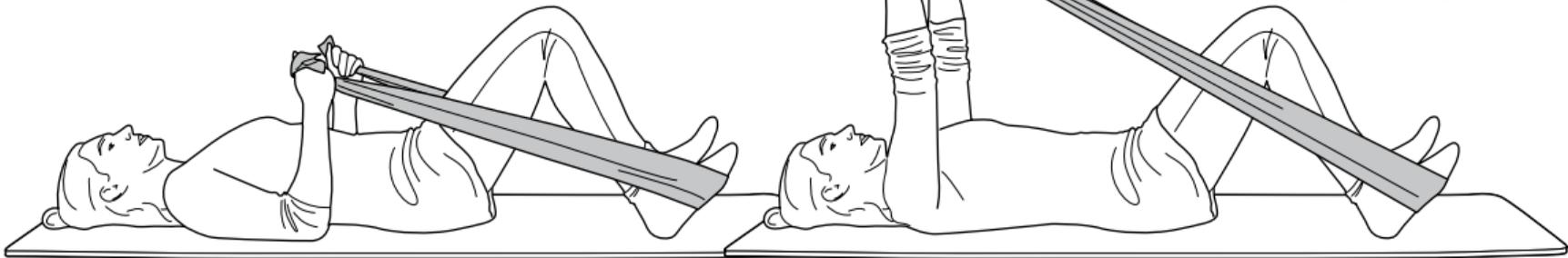


5

Chest + shoulders

Lie on your back. Place your heels on the ground and keep your legs slightly bent. Keep your elbows close to your body.

Stretch your arms upwards either alternately or both at the same time. Slowly bring your arms back into the starting position.

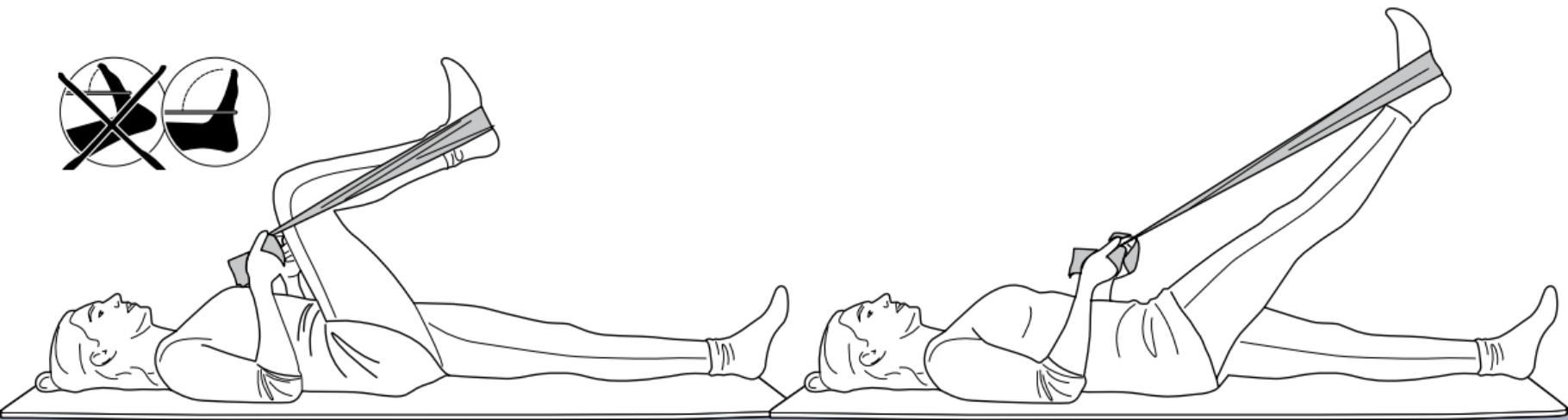


6

Legs

Lie flat on your back. Bend one leg and keep the band taut with your foot. Keep your arms bent and close to your body, with your lower arms facing upwards.

Stretch your leg against the resistance of the band. Keep your arms in position. Slowly bring your leg back into the starting position. Then perform the exercise on the other side.



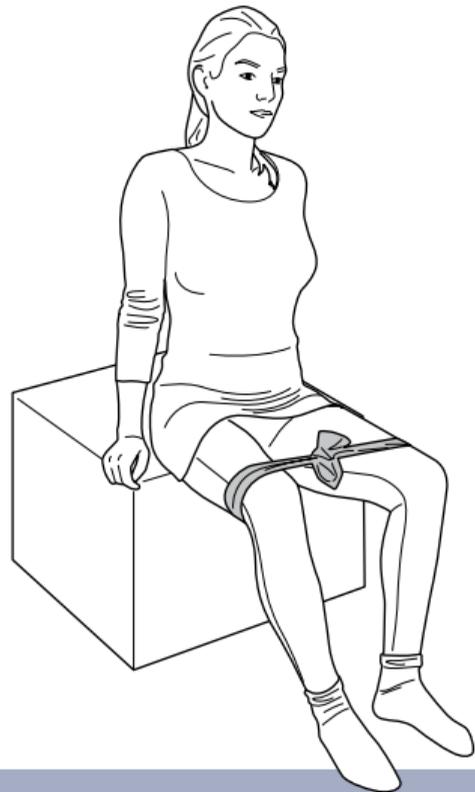
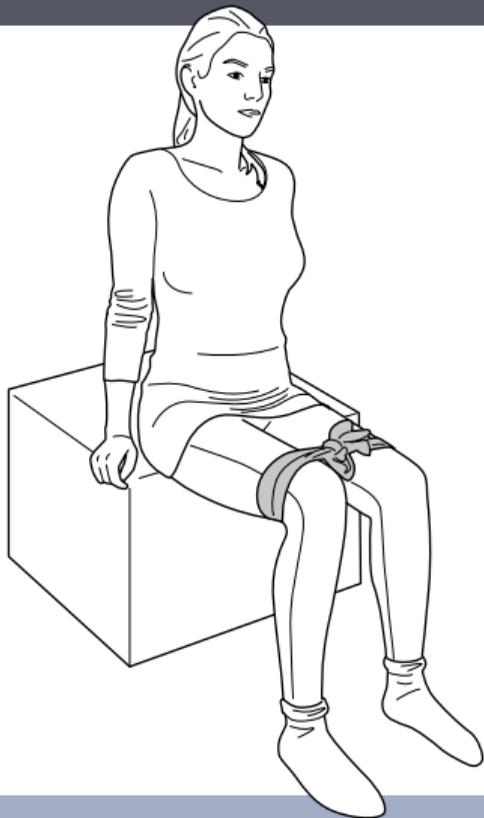
7

Thighs

Sit upright on a chair or similar.
Your legs should form a 90° angle
(or slightly more).

Wrap the band around your thighs.
Move your knees outwards against
the resistance of the band.

Slowly bring your legs back into
the starting position.

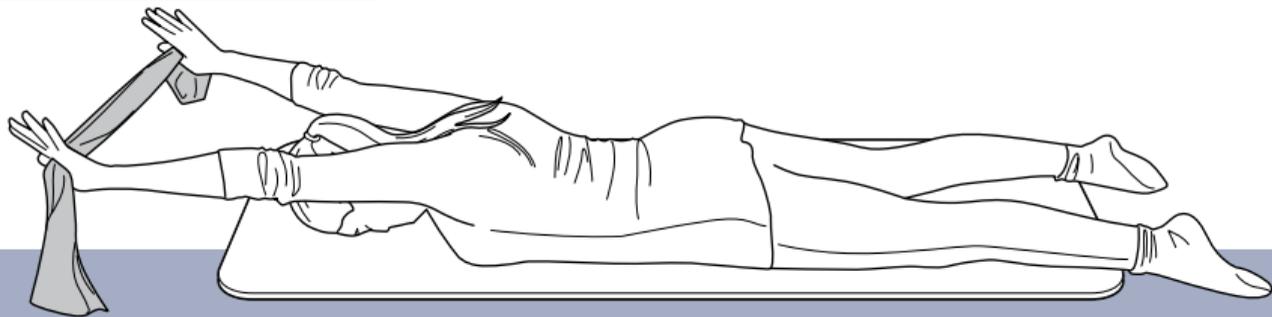
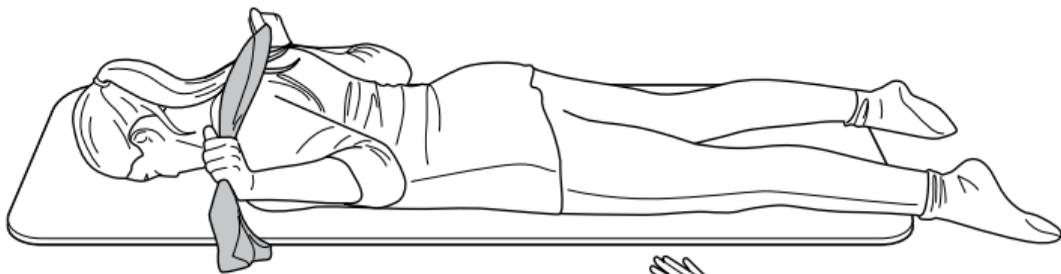


8

Back

Lie flat on your stomach, with your legs hip-width apart and your knees extended. Hold the band taut behind your neck with your arms bent. Keep your head in line with your spine.

Stretch your arms forwards. Do not place them on the ground. Do not lift your head. Tense your bottom muscles. Bring your arms back into the starting position.

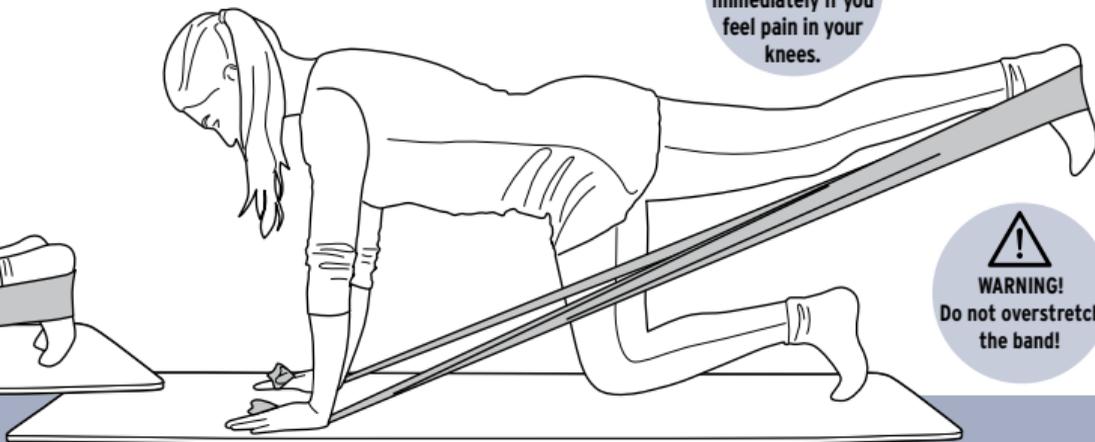
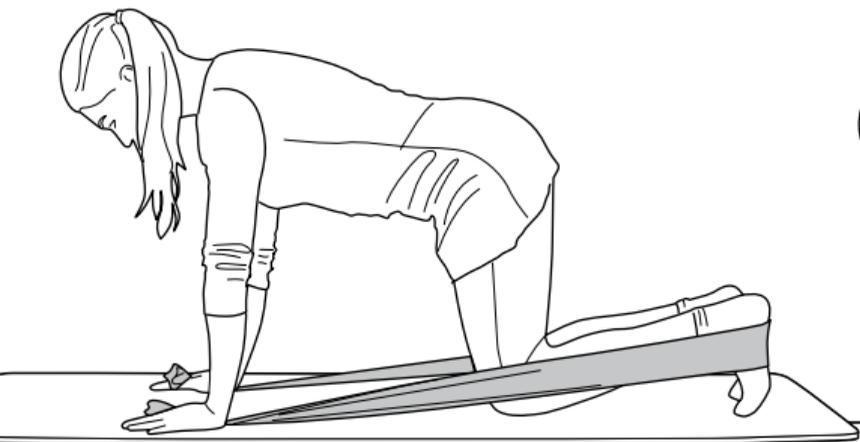


9a

Thighs, back + bottom

From an all-fours position (on your hands and knees), wrap the band around one foot and hold it taut. Make sure your back is straight. Do not strain your neck. Your neck and spine should form a straight line.

Extend your leg straight back behind you. Slowly bring your leg back to the starting position without touching the floor. Then perform the exercise on the other side.



Stop exercising immediately if you feel pain in your knees.

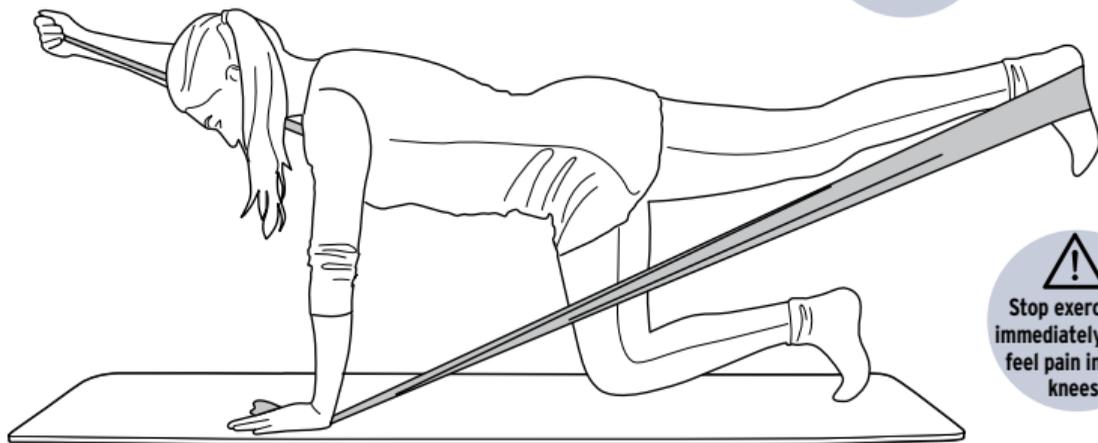


WARNING!
Do not overstretch the band!

9b

Thighs, back + bottom

Advanced exercise: Stretch the opposite arm out in front of you at the same time. Make sure your head remains in position. Do not strain your neck.



WARNING!
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the band!

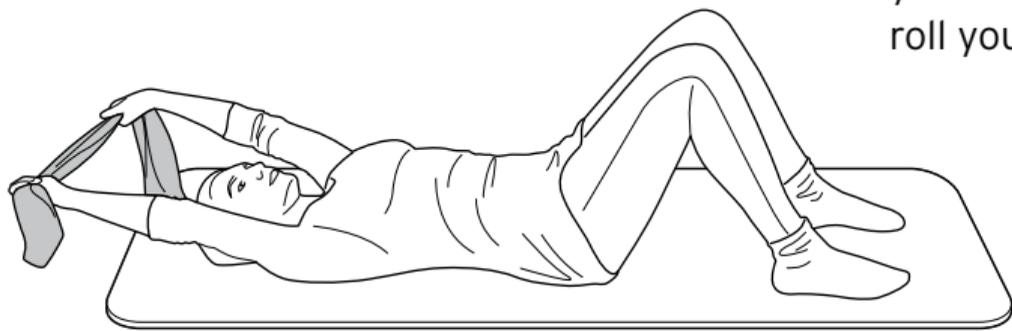


**Stop exercising
immediately if you
feel pain in your
knees.**

10a

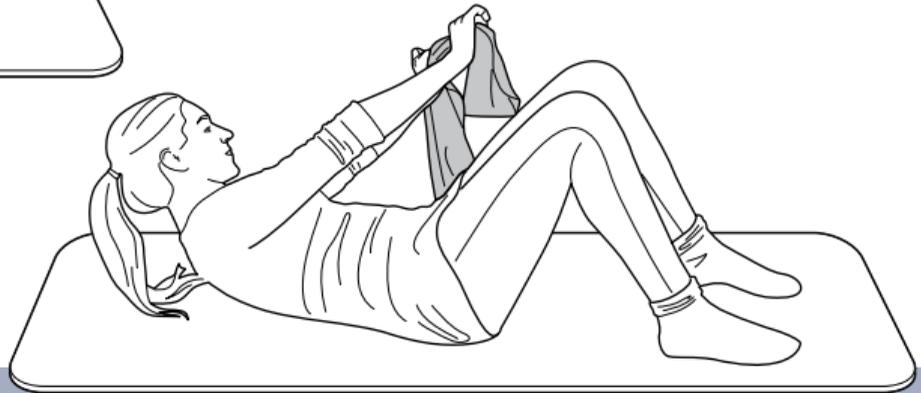
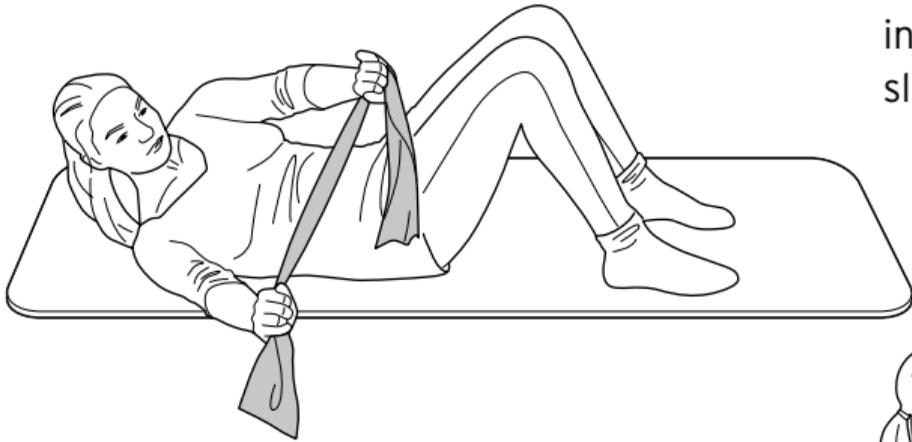
Stomach

Lie flat on your back. Place your feet hip-width apart on the ground. Your legs are bent. Double up the band and hold it taut with your arms stretched.



Variation 1 - front abdominal muscles: Move your arms towards your knees. Lift your head and shoulders slightly. Start with your head. Place your chin to your chest and roll yourself up - vertebra by vertebra.





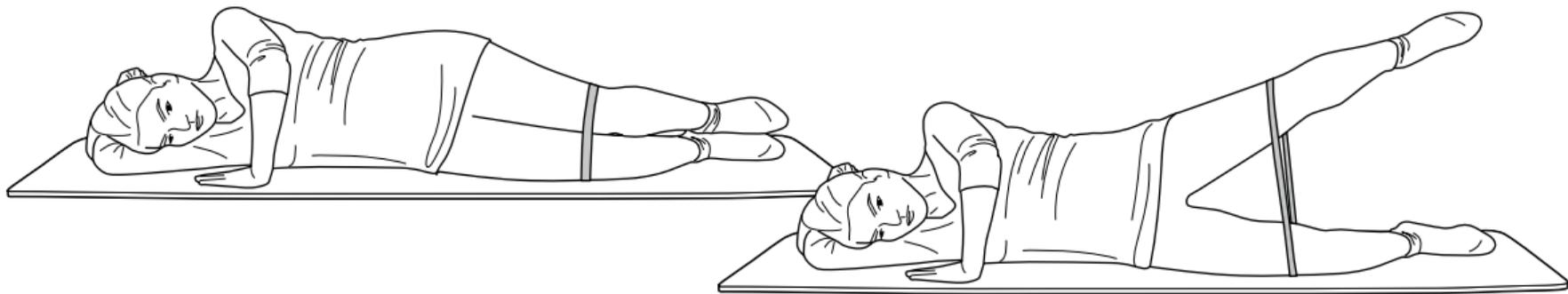
Variation 2 - side abdominal muscles:

Move your arms alternately to the left and right sides. Always return to the starting position in-between sides. Lift your head and shoulders slightly here too - as described in variation 1.

Lie on your side and bend your legs backwards slightly. Gently turn your pelvis forwards so that your legs are lying parallel on top of each other. The band should rest in the hollows of your knees.

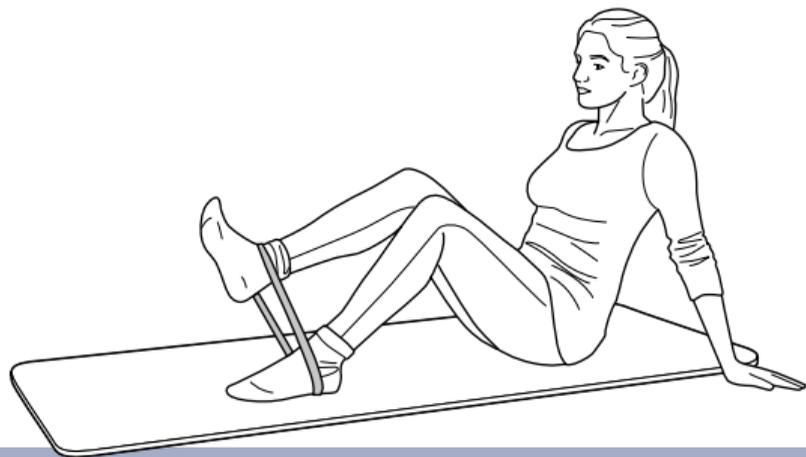
Lift your upper leg and hold. Keep your knee bent. Slowly bring your leg back into the starting position.

Then perform the exercise on the other side.

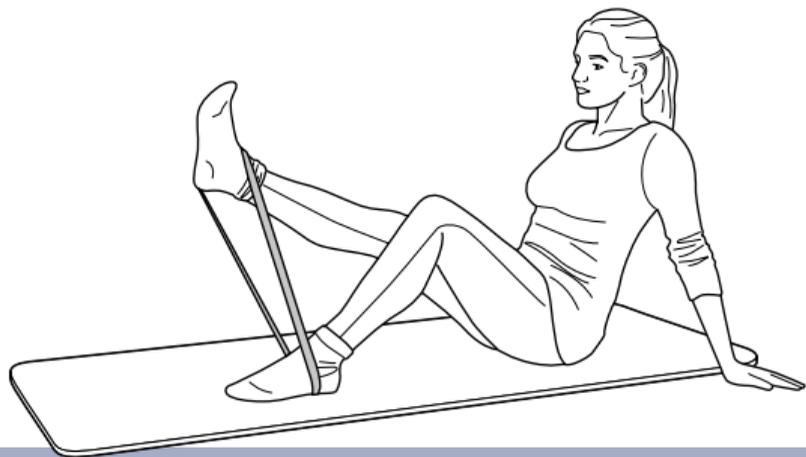


12 Legs

Sit on the floor, supporting your weight on your hands behind you. Bend your legs slightly. Then lift one leg slightly and hold the band taut. Extend your leg.



Slowly bring your leg back into the starting position. Then perform the exercise on the other side.

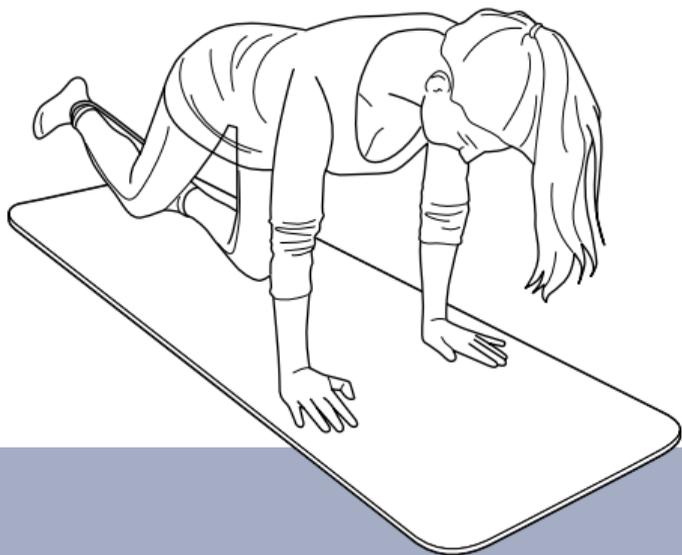


13

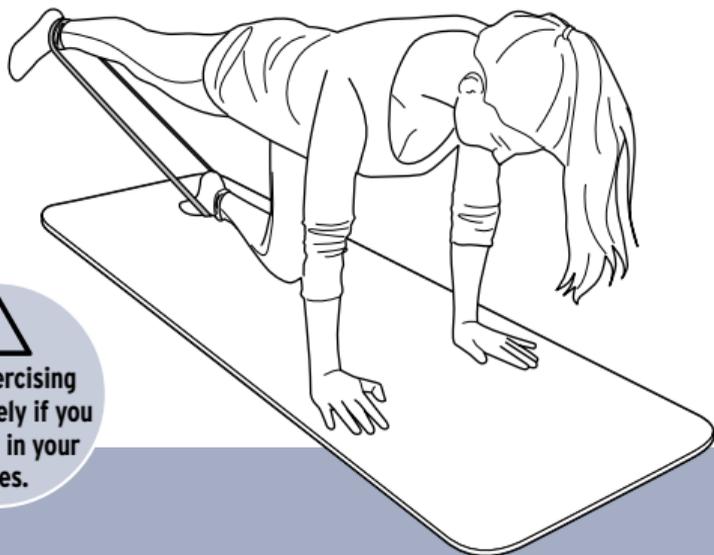
Back of thighs + bottom

Pay attention to body posture for this exercise. Keep your elbows slightly bent and your spine straight.

Lift one leg and stretch it out so that it is in line with your torso. Make sure your back is straight!



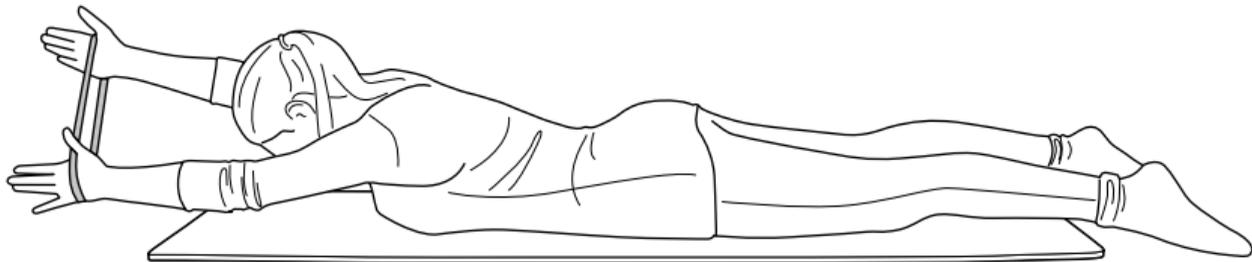
Increase the intensity of exercise by stretching the opposite arm out in front of you - in line with your torso.



Stop exercising immediately if you feel pain in your knees.

Lie flat on your stomach, with your legs around hip-width apart and your knees extended. Stretch your arms out in front of you with the band wrapped around them. Hold the band taut. Do not place your arms on the ground. Keep your head in line with your spine.

Now lift one arm and the leg on the other side in alternation. Keep your elbows and knees extended.



Care

- ▷ The bands can become damaged if they come into contact with sharp or pointed objects. For this reason, remove any rings and, if possible, do not wear shoes while exercising. Make sure not to damage the bands with your fingernails.
- ▷ Protect the bands from direct sunlight and heat, as this may cause them to become brittle. Store the bands in a cool, dry place. You should also protect them from pointed, sharp or rough objects and surfaces. Apply a little talcum powder to the bands before storing them away, as they may stick together if stored in unfavourable conditions.



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!