

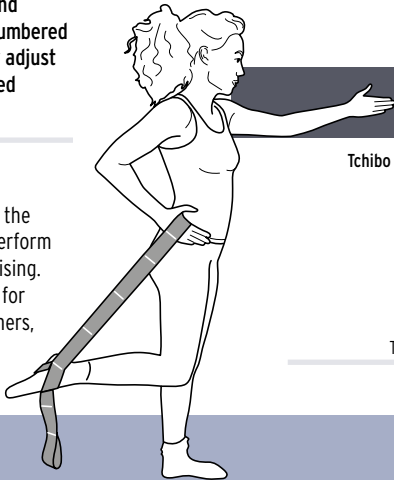


Elastic exercise band

The exercise band is intended for training and strengthening your muscles. Thanks to the numbered loops all over the band, you can individually adjust the exercises to your body size and preferred tension.

Safety warnings

To avoid accidental injury or damage, read all the safety warnings and instructions on how to perform the exercises carefully before you start exercising. You may wish to download these instructions for future reference. If this product is used by others, make sure that they are aware of these instructions as well.



Manufactured using
natural rubber latex,
which may cause
allergies.

Exercises

Tchibo GmbH D-22290 Hamburg · 150742AB0X1XVI · 2025-07

www.tchibo.de/instructions



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

Product number: 725 323

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 band is a piece of sports equipment intended for home use. It is 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 exercise!

WARNING - risk of injury

- Warning! The band must not be overstretched:
Only stretch the band to the point that its elasticity allows. Do not use force to stretch it 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.
You may require a longer band for these exercises.
Do not apply your full body weight to the exercise band.
- 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 band is not a toy and must be kept out of the reach of children. Risk of strangulation!
- If you allow children to use the band, instruct them on how to use it correctly and supervise their exercise 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 band before every use. If it appears to be damaged, porous or torn, do not use it.
- If securing the 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. However, it is vital to ensure 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.
- The exercise band must not be used by more than one person at a time.
- The design of the exercise band must not be modified. Use the band for its 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 grasp the band firmly in the loops so that it cannot slip out of your hands. If necessary, wind it once around your hands or feet.
- 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.
- According to the exercise and the level of resistance you prefer, choose the loops on the band which allow you to carry out the exercises in the correct posture while sufficiently exerting your muscles. You have selected the correct loops or the correct resistance 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.

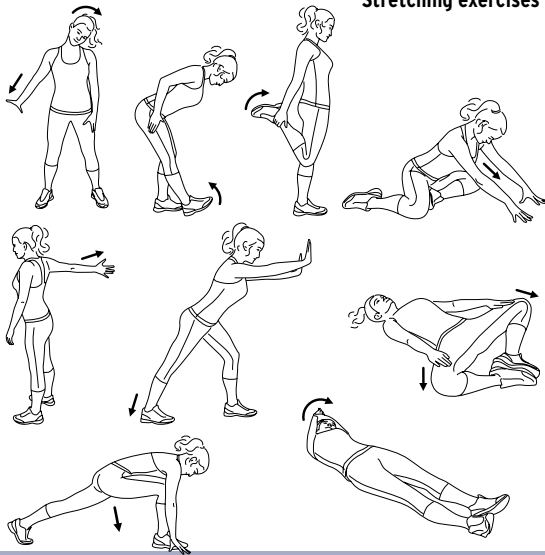
After exercising: stretching

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

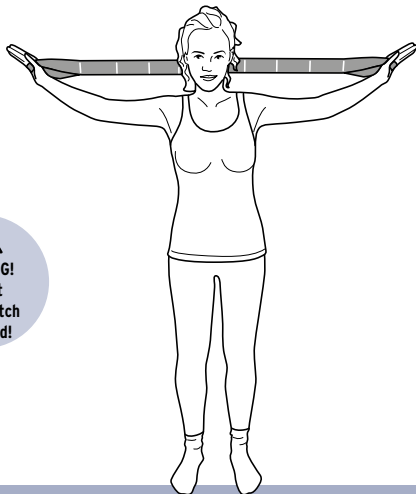
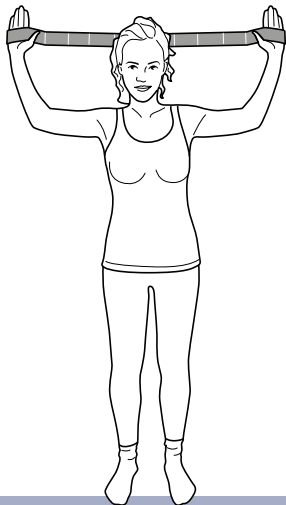


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Neck

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

Exercise: Stretch out your forearms simultaneously. Slowly bring your arms back into the starting position.

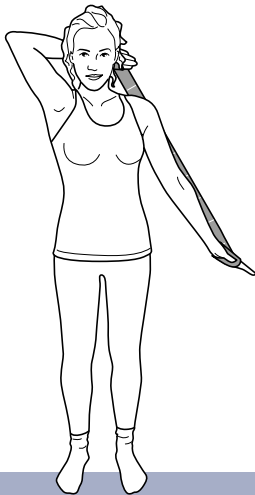


WARNING!
Do not
overstretch
the band!

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

Exercise: Extend the forearm of your raised arm diagonally upwards. Keep your elbows and upper arm in place. Slowly return the arm to the starting position.

Then perform the exercise on the other side.



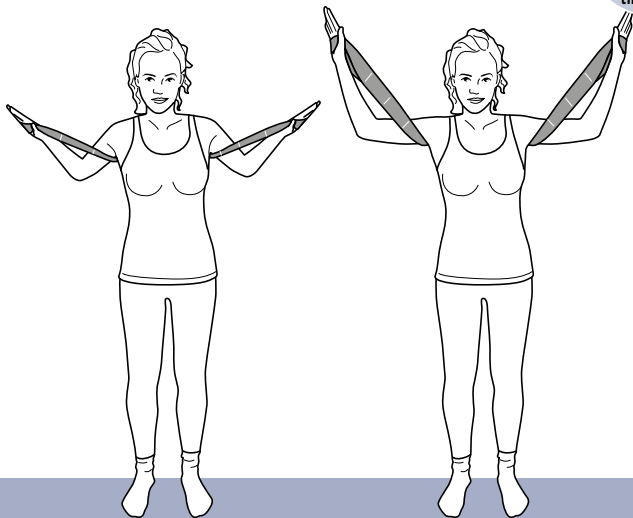
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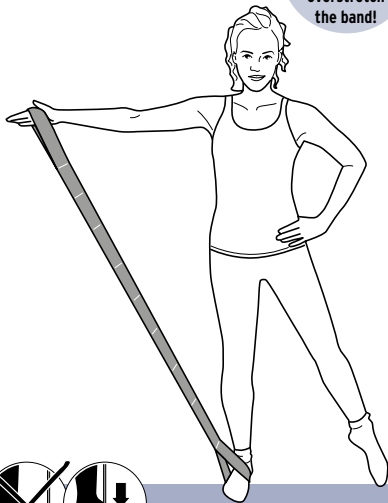
Starting position: Stand with your knees slightly bent, feet hip-width apart. Guide the band under your armpits and upwards.

Exercise: Lift both arms simultaneously. Slowly bring your arms back into the starting position.



Starting position: Position yourself with slightly bent knees in a straddle position. Pull the band away from your body with one hand.

Exercise: Stretch your arm upwards up to shoulder-height. Slowly lower it back into the starting position. Then perform the exercise on the other side.



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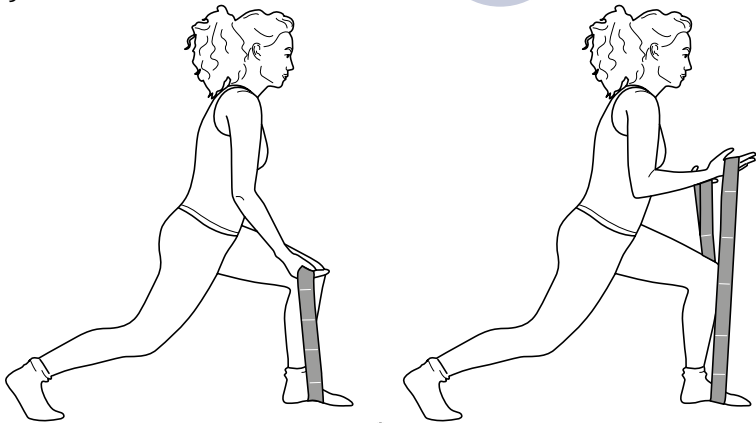




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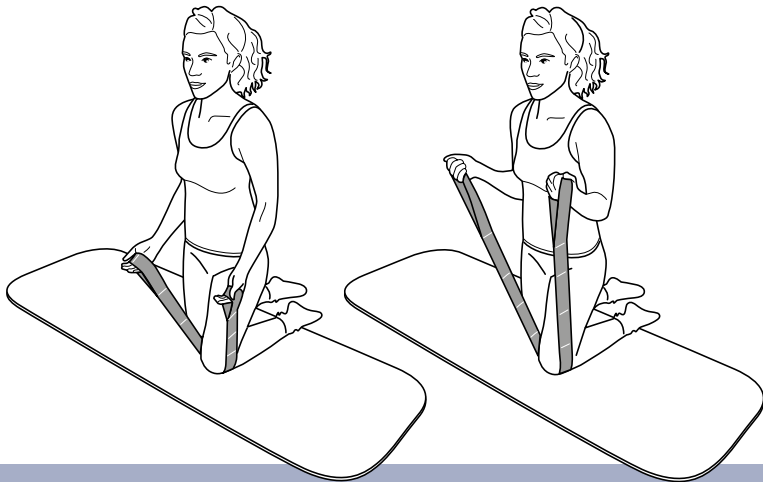
Starting position: Go into a lunge position. Ensure your back is straight and face forwards. Hold the band taut with your arms slightly bent and keeping your upper arms close to your upper body.

Exercise: Lift both arms at the same time up to chest-height. Slowly bring your arms back into the starting position.



Starting position: Kneel on the floor with the band under one knee. Hold the band taut with your arms slightly bent and keeping your upper arms close to your upper body.

Exercise: Raise both lower arms upwards at the same time. Keep your upper arms in place. Slowly bring your arms back into the starting position.



Starting position: Sit on the floor with one leg outstretched and the other bent. Ensure your back is straight. Hold the band taut with your arms slightly bent.

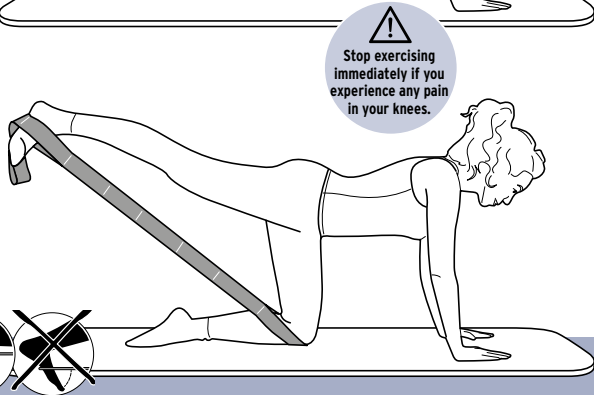
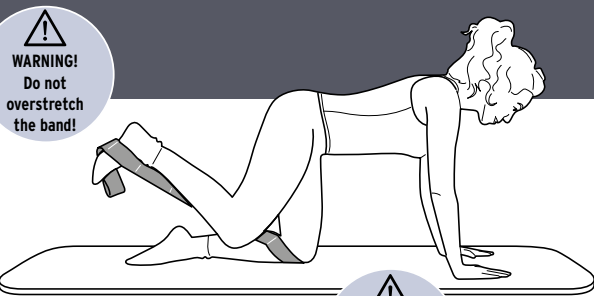
Exercise: Pull both arms backwards to chest-height at the same time. Slowly bring your arms back into the starting position.



Starting position: Go down on your hands and knees. Ensure your back is straight. Do not overstretch your head. Your neck and spine should run in a straight line. Place one loop around one knee and hold it in position on the floor. Hold the band with the other, slightly raised leg so it is taut.

Exercise: Stretch the leg out straight and to the back. Slowly lower the leg back into the starting position, without setting it down on the floor.

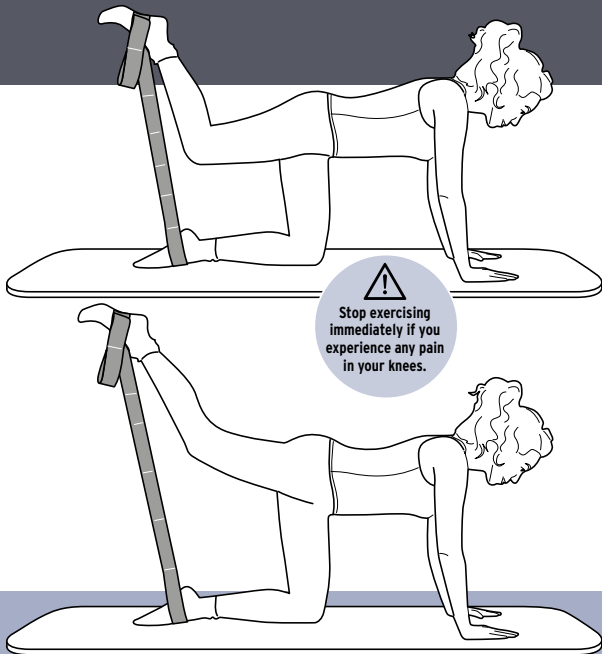
Then perform the exercise on the other side.



Starting position: Go down on your hands and knees. Ensure your back is straight. Do not overstretch your head. Your neck and spine should run in a straight line. Place one loop around one foot and hold it in position on the floor. Hold the band with the other, raised leg so it is taut.

Exercise: Stretch the leg out straight and upwards. Slowly lower the leg back into the starting position, without setting it down on the floor.

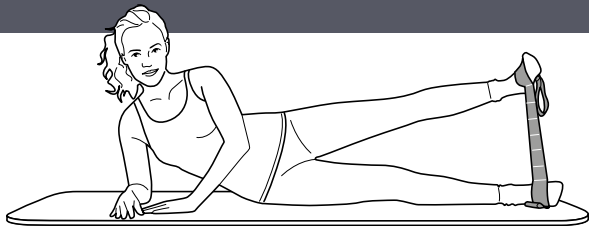
Then perform the exercise on the other side.



10 Outer thigh

Starting position: Lie on the floor on your side and support your upper body with your elbow. Hold the band taut with your top leg raised.

Exercise: Slowly lift your top leg further upwards. Slowly lower the leg back into the starting position, without setting it down. Then perform the exercise on the other side.

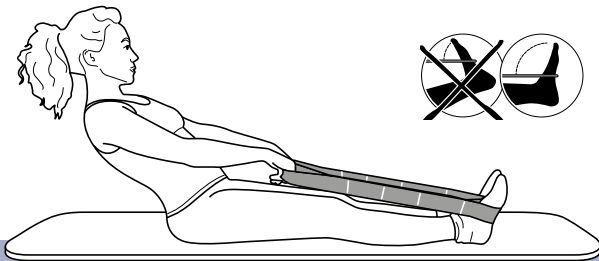
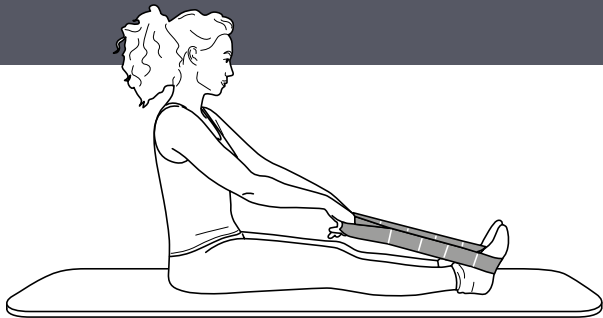


Starting position: Sit down on the floor with both legs outstretched. Ensure your back is straight. Hold the band taut with your arms slightly bent.

Exercise: Guide your upper body slowly backwards, without laying down. Ensure your back is straight at all times. Then bring your upper body back into the starting position. Keep your stomach tensed throughout the whole exercise.

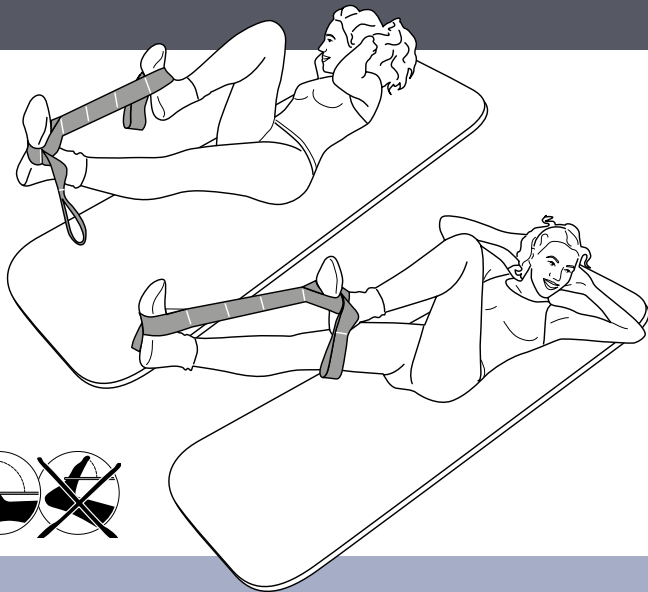


In this exercise, the band should only provide light support. The looser it is, the more your muscles will have to work.



Starting position: Lie on your back with your arms folded behind your head. Hold the band taut between your feet.

Exercise: Make cycling motions with your feet and at the same time raise your upper body slightly from the floor and turn to each side.



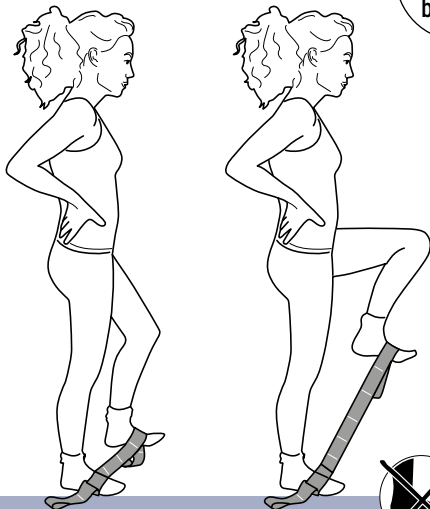


Good for
balance

Starting position: Stand with your knees slightly bent, feet hip-width apart. Lift one leg slightly forwards until the band is taut. Stand straight with your whole body tensed.

Exercise: Lift your leg up until your thigh is parallel to the floor. Slowly lower the leg back into the starting position, without setting it down on the floor if possible.

Then perform the exercise on the other side.



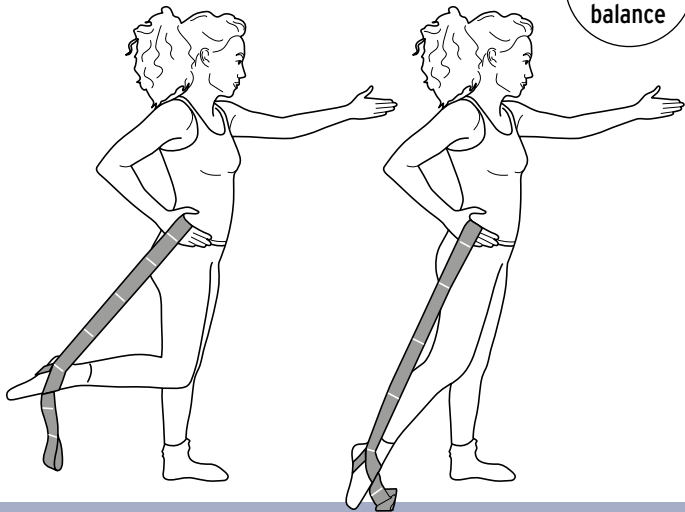


Good for
balance

Starting position: Stand with your knees slightly bent, feet hip-width apart. Lift one leg slightly backwards until the band is taut. Support yourself on a wall if necessary. Stand straight with your whole body tensed.

Exercise: Stretch your leg downwards, without setting it down. Slowly bring your leg back into the starting position.

Then perform the exercise on the other side.



Care

- ▷ Clean the exercise band by hand with cold water and a mild soap.
See also the sewn-in label on the band.
- ▷ Store the exercise band in a cool, dry place. Protect it against sunlight and pointed, sharp or rough objects and surfaces.