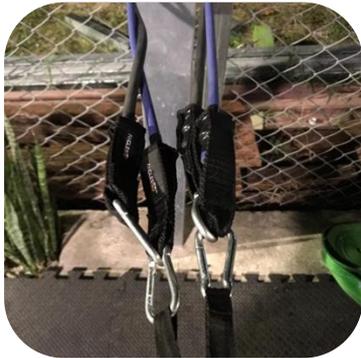


ANGLES™ RESISTANCE BAND

EXERCISE SHEET



General tips



Pic 1: For certain exercises below (like the vertical pull or press), try to use the two bands together to maximize resistance.



Pic 2: Shortening the strap can be especially beneficial at shoulder exercises to increase resistance without having to switch to the stronger band.



Pic 3: For supported pull-ups put the carabiner at the bottom side of the strap.

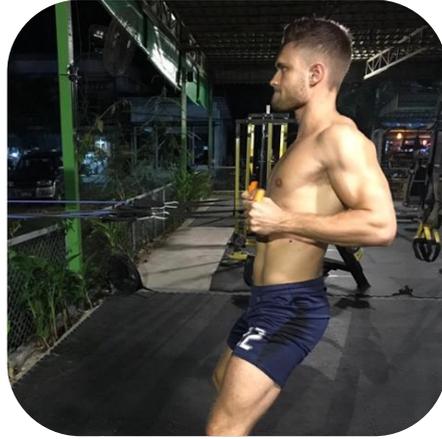
Specific grip methods



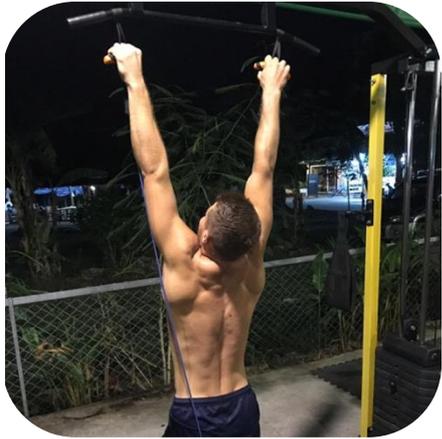
At some of the below shown exercises below you **can't** use the Ergo grip. Instead, either use the Strapless grip (pic 1 + 3) or the Power Plus grip (pic 2; see how-to video here <https://www.youtube.com/watch?v=h9qaliQ1WM> or in our Instagram highlights).

Back

Vertical pulls/ rows (Ergo grip):



Supported pull-ups (Ergo grip):



Pull-overs (Power Plus grip):



Shoulders

Side raises (Ergo grip):



Front raises (Strapless grip):



Reverse flies (Ergo grip):

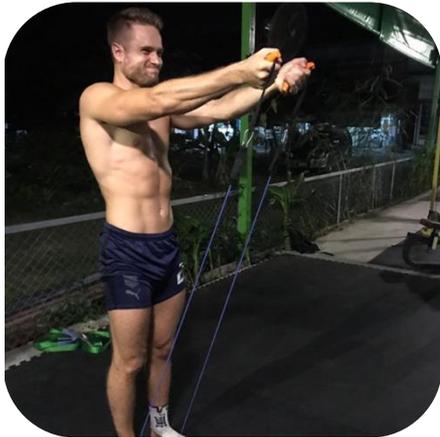


Shoulder press (Power Plus grip):



Chest

Low crossover (Power Plus grip):



Vertical presses (Power Plus or Reverse Grip):



One handed vertical flies (Power Plus grip):



Abs

Standing ab twists (Ergo grip):



Kneeling ab crunches (Ergo grip):

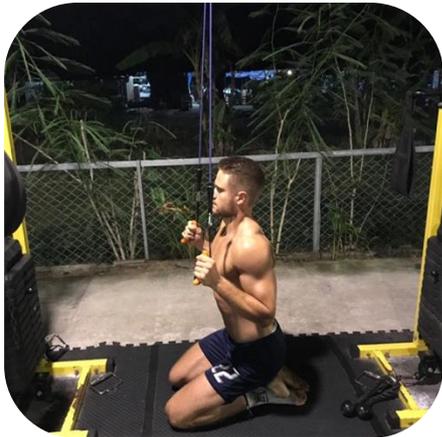


Arms

Triceps extensions (Strapless grip):



Seated triceps push downs (Strapless grip):



Biceps curls (Power Plus grip):

