



HOUSEGYM

ALPHABAND PRO

STARTER GUIDE

WELCOME TO THE CLUB

Thank you for purchasing the House Gym Alhaband Pro Kit

At House Gym, we believe in providing quality and value for life. That is why all of our products come with a lifetime warranty. If you experience any issues With your order, please contact us and we will make every effort to resolve any problems for you.

Your satisfaction is our guarantee!

Thank you!

LET'S GET STARTED

IMPORTANT: BEFORE YOU BEGIN

Before starting, you should consult your doctor to ensure you are medically fit to begin an exercise program. In the event of chest pain, shortness of breath, nausea, dizziness or pain you should stop exercising immediately and call your doctor. As with all strength training, your muscles may be sore after an intense workout! Most of the time this is normal and can even be a sign that you had a great workout! However, if the pain is prolonged you should take a break from working out and call your doctor. Before starting a workout, make sure that you are dressed appropriately in athletic clothing and footwear. Always ensure movements with Tribe Fitness resistance bands are performed in a controlled manner. Never let go of a resistance band when it has been stretched. These resistance bands are serious pieces of fitness equipment. They are not toys. Always keep resistance bands out of reach of children.

House Gym Alhaband Pro Kit comes with a set of handles and ankle straps, 1 door anchor, 1 storage bag and the following resistance bands:

| RESISTANCE BAND COLOR | RESISTANCE LEVEL | RESISTANCE LEVEL | DIMENSIONS |
|-----------------------|------------------|------------------|--------------|
| Yellow | X-Light | 10lbs | 5x8x1100 mm |
| Green | Light | 15lbs | 6x9x1100 mm |
| Red | Medium | 20lbs | 5x9x1100 mm |
| Blue | Heavy | 25lbs | 5x10x1100 mm |
| Black | X-Heavy | 30lbs | 6x11x1100 mm |

1 BICEP CURLS

Time to get buff! Stand up tall with feet shoulder-width apart and a band placed under both feet. Grip the handles with your hands down at your side and your palms facing forward. Keep your elbows fixed to your sides while slowly curling the handles up toward your shoulders. With the handles up near your shoulders, pause and squeeze before slowly lowering the handles back toward your hips.

Repeat for 8-12 reps, then take a short rest between sets.

2 CROSS BODY REACH

Like a lumber jack swinging an axe! Place a band under your right foot, or use a door anchor. Hold the handle with both hands down by your right hip. Slowly lift both arms up while rotating your entire body to the left against the resistance. Finish with both arms high on your left side. This exercise will really work your shoulders, core and back.

Repeat for 8-12 reps before switching to the other side and performing the exercise in the opposite direction.

3 SQUATS

Tone your legs and butt! Stand up tall with the band looped under your feet. Hold the handles at shoulder level and keep your arms as fixed as you can. Squat down low, keeping your back straight and push your butt out. Pause before pushing yourself back up slowly using your legs.

Your legs and butt are naturally stronger than your arms, so aim for 16-20 reps when doing squats. As always, take a short rest between sets.

4 CORE TWIST

Way better than sit-ups! Use the door anchor to hold one of the bands. Stand with your feet shoulder width apart or even sit down in a chair. Grip both handles with hands closest to the door and rotate your upper body and hips away from the anchor. You can adjust your distance from the door anchor to change resistance, or simply pick a different color band.

This one really gets your obliques, Use this exercise liberally to target those love handles, 16-20 reps per set is ideal,

5 SUPER PUSHUP

Not for the faint of heart! Attach both ends of a single resistance band to one handle. Loop the resistance band through your left hand and hold the handle in your right hand. Assume the pushup position with the band wrapping around your shoulders/upper back.

Do as many slow, controlled pushups as you can with added resistance. An excellent chest and triceps workout can be achieved with about 8-10 reps with a short break between sets.

6 LUNGES

More killer butt toning! Nothing can tone your butt like squats and lunges. Place a resistance band under your right foot and hold both handles with your palms facing up. Start with your feet staggered one in front of the other. In a single motion, bend both knees until your left knee nearly touches the ground. Slowly return back to the starting position, but as you do, curl your arms, stretching the resistance band and adding more resistance for your legs to overcome.

7 UPRIGHT ROW

One of the best shoulder exercises! Place a band under your feet. Cross the handles and grab one handle in each hand. With your hands by your waist, slowly pull your hands up toward your shoulders, while raising your elbows toward the ceiling. At the same time, shrug your shoulders.

8-10 slow and steady reps is best for this one. If you do it slow enough with the right resistance band, you will feel this one working in no time!

8 TRICEPS EXTENSION

Complete your arms workout! Start with your feet shoulder width apart and loop a resistance band under your feet. Descend to a half-squat, keeping your back straight and grasp one handle in each hand. With your upper arm fixed, extend your forearms backward until your arms are straight. You can do tricep extensions with both arms at once or one arm at a time.

8-12 reps with a break between sets is a great starting point to exercise your triceps!



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