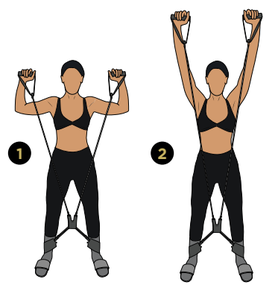
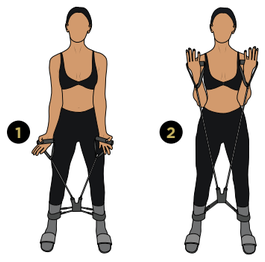
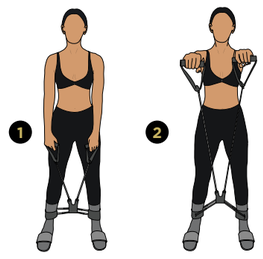
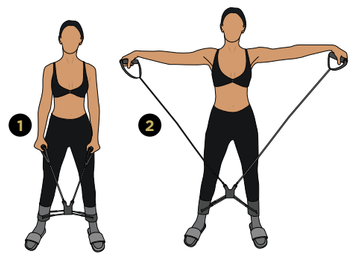
TOTAL BODY BAND™ × THERABAND®

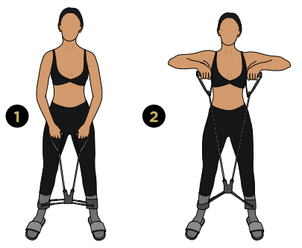
UPPER BODY

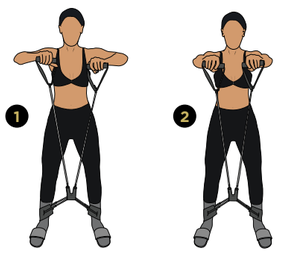

SHOULDER PRESS

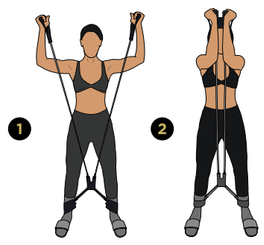

BICEP CURLS

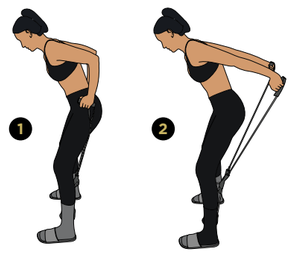

FRONT RAISE

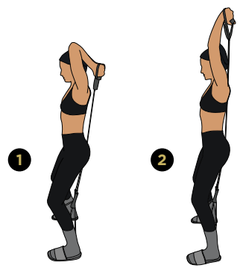

SIDE RAISE

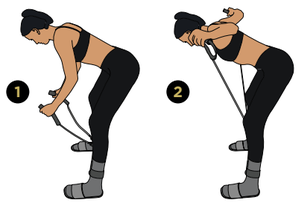

UPRIGHT ROW

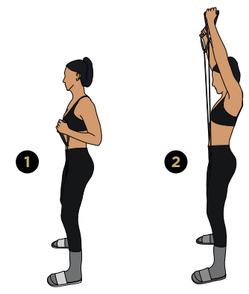

CHEST PRESS

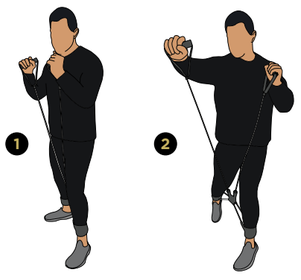

BUTTERFLY


TRICEPS KICKBACKS

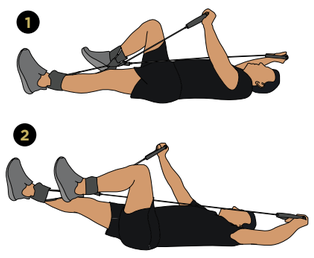

OVERHEAD TRICEPS EXTENSION


REAR DELTOID FLY

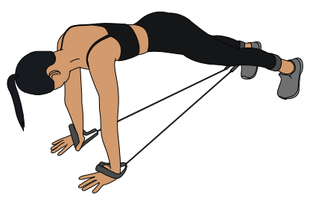

LAT PULL DOWN


BOXING

CORE

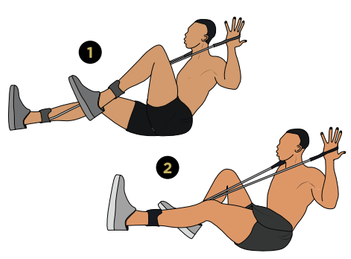

DEAD BUG

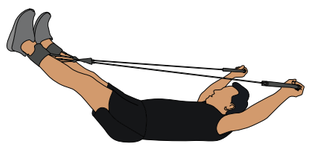

BIRD DOGS

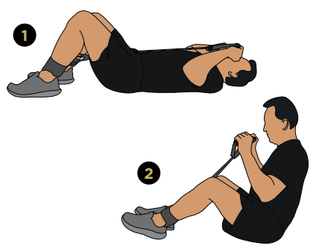

PLANK

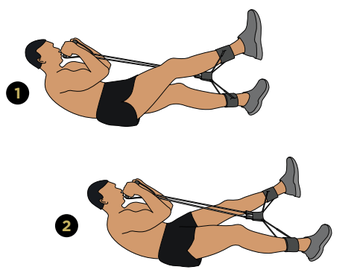

SIDE PLANK

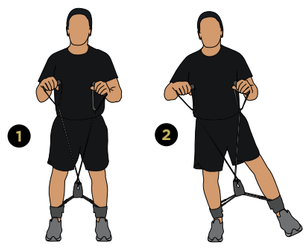

SUPERMAN

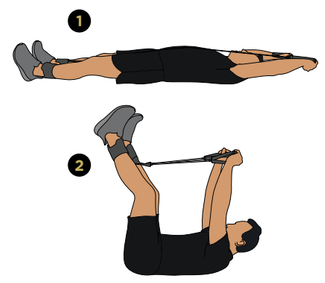

BICYCLE CRUNCH


HOLLOW BODY HOLD


SIT UPS

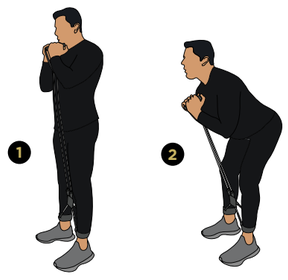

FLUTTER KICKS

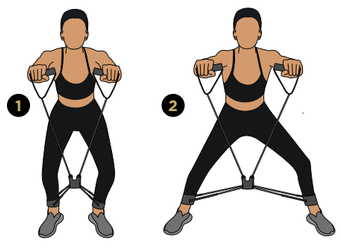

LEG CIRCLES

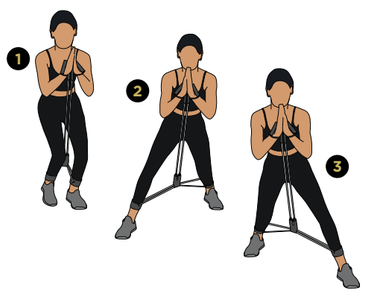

V-UPS

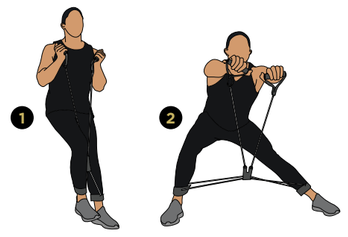
LOWER BODY

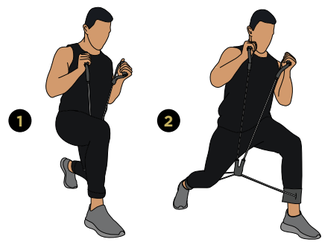

SQUATS

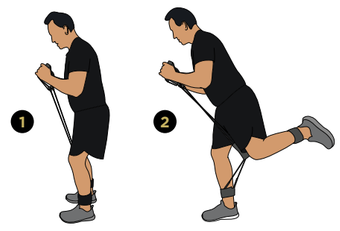

DEADLIFT

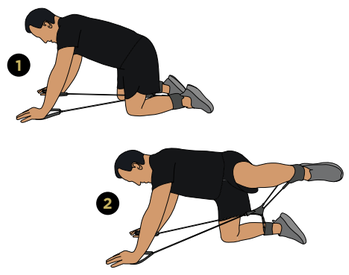

LATERAL WALK

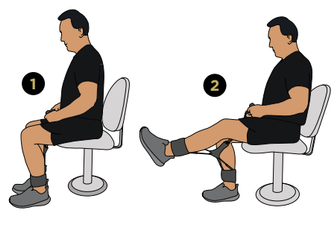

MONSTER WALK


LATERAL LUNGE

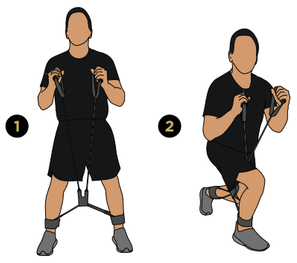

REGULAR LUNGE


STANDING KICKBACKS & KICKOUTS

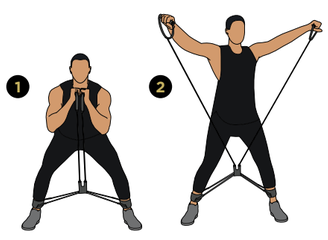

ABDUCTION/ADDUCTION


LEG EXTENSIONS


HAMSTRING CURLS

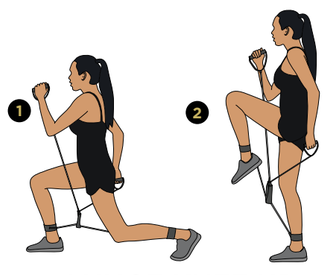

CURTSY LUNGE

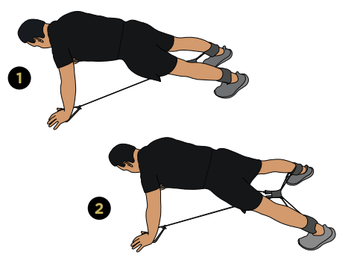
PLYOMETRICS

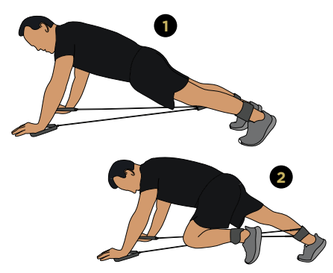

JUMPING JACKS


STAR JUMPS


SQUAT JUMPS


LUNGE KNEE UP


PLANK JACKS


MOUNTAIN CLIMBERS

See Reverse Side For Exercise Workout Instructions and Descriptions

TOTAL BODY BAND × THERABAND

Thank you for purchasing **Total Body Band by THERABAND** which provides versatility across all planes of motion to engage the entire body in exercises.

The **Total Body Band** is an all-in-one portable fitness solution that makes prioritizing your health efficient and sustainable. Whether you're at home, traveling, or on-the-go, this is your go-to fitness companion. Perfect for a variety of workouts, it's great for everything from personal training and sports warm-ups to rehab exercises and HIIT routines. With the **Total Body Band**, you can enjoy a full-body workout without bulky gym equipment or weights!

The **Total Body Band by THERABAND** comes in three levels of resistance:

Total Body Band, GOLD / Light - 5 lb resistance

Total Body Band, SILVER / Medium - 7.5 lb resistance

Total Body Band, BLACK / Heavy - 10 lb resistance

RETURN POLICY AND WARRANTY

Thirty (30) day warranty from invoice date for defect in material and workmanship. For more information about our warranty and return policy, send an email to support@mycubii.com

SAFETY / PRECAUTIONS

- Before beginning any type of exercise program, read all exercise descriptions included with product.
- Consult your healthcare provider before starting any exercise program. If you have a medical condition, seek their approval before using **Total Body Band**.
- For beginners, perform exercises without **Total Body Band** until you are comfortable, and then begin exercises with the **Total Body Band**.
- Begin with one set of 10 - 15 repetitions of desired exercises.
- Rest between sets. Gradually increase your sets and repetitions.
- When you are comfortable performing three sets of 10 -15 repetitions, gradually progress to the next color / higher resistance if desired.
- Band and cuffs are easy to clean with soap and a damp cloth.

INSTRUCTIONS FOR USE

1. **Position** the **Total Body Band** on the floor with the **TBB logo facing up**.
2. **Insert** each foot into the ankle cuffs, ensuring the **TBB logo faces outward**, away from your body.
3. **Secure** the cuffs with Velcro, adjusting for a **comfortable fit** (not too tight).

4 Grip the handles, begin your workout, and **HAVE FUN!**

IMPORTANT GUIDELINES

Logo Alignment: Always ensure the **TBB logo faces outward** for proper use.

Band Positioning: Check that the bands are **free of twists** from ankles to handles for smooth movement and optimal performance

WORKOUT DESCRIPTIONS

UPPER BODY

Shoulder Press: Attach bottom bands around ankle/calf. Hold the handles at shoulder height and press them overhead by extending your arms. Slowly return to the starting position.

Bicep Curls: Attach bottom bands around ankle/calf. Hold the handles with palms facing upward and curling the handles towards your shoulders by bending your elbows. Slowly lower the handles back to the starting position.

Front Raise: Attach bottom bands around ankle/calf. Hold the handles in front of your thighs with palms facing down. Lift the handles straight in front of you to shoulder height, then slowly lower them back down.

Side Raise: Attach bottom bands around ankle/calf. Hold the handles at your sides with palms facing in. Lift the handles outward to shoulder height, keeping your arms straight, then slowly lower them back down.

Upright Row: Attach bottom bands around ankle/calf. Hold the handles with palms facing inward. Pull the handles straight up toward your chin, then slowly lower them back down.

Chest Press: Attach bottom bands around ankle/calf. Hold the handles at chest level with elbows bent. Press the handles forward until your arms are fully extended, then slowly return to the starting position.

Butterfly: Attach bottom bands around ankle/calf. Hold the handles with palms facing in, elbows bent and arms upward, pull arms wide, then slowly return to the starting position.

Triceps Kickbacks: Attach bottom bands around ankle/calf and band behind you. Hold the handles with your arms bent at 90 degrees. Extend your arms straight behind you, keeping your elbows stationary, then slowly return to the starting position.

Overhead Triceps Extension: Attach bottom bands around ankle/calf and band behind you. Hold the handles overhead with arms bent. Extend your arms upward, straightening your elbows, then slowly lower the handles back to the starting position.

Rear Deltoid Fly: Attach bottom bands around ankle/calf and band in front of you. Bend slightly forward, hold the handles with arms extended to your sides. Pull the handles outward and back, keeping your arms slightly bent, until your arms are level with your shoulders.

Lat Pull Down: Attach bottom bands around ankle/calf. Hold the handles with arms extended overhead. Pull the handles down toward your chest, squeezing your shoulder blades together, then slowly return to the starting position.

Boxing: Attach bottom bands around ankle/calf. Anchor band behind you, hold the handles in a fighting stance. Punch one arm forward while keeping the other hand near your face, then return to the starting position and alternate sides. Then do the same with alternating uppercut motions with each arm.

CORE

Dead Bug: Place band around ankles. Lying on your back, holding the band with both hands extended overhead. Slowly lower one arm and the opposite leg toward the floor while maintaining tension on the band, then return to the starting position and alternate sides.

Bird Dogs: Place the band around ankles. Start on hands and knees holding one handle in each hand. Extend one arm forward and the opposite leg backward while maintaining tension on the band. Return to the starting position and alternate sides.

Plank: Place band around ankles. Place the band around your forearms or wrists. Hold a plank position, maintaining a straight line from head to heels, while keeping tension on the band. Engage your core and hold the position, focusing on stability throughout.

Side Plank: Place the band around ankles. Start in a side plank position, lifting your hips off the ground while maintaining a straight line from head to heels. Keep tension on the band and lift arms straight upward. Alternate arms.

Superman: Place band around ankles. Lying face down while holding the band in both hands. Extend your arms forward and lift your chest and legs off the ground, pulling the band apart for added resistance. Hold briefly, then lower back down.

Bicycle Crunch: Place band around ankles. Lying on your back with the band around your feet. Alternate bringing your opposite elbow toward the bent knee while extending the other leg, keeping tension on the band. Rotate your torso.

Hollow Body Hold: Place band around ankles. Lying on your back with the band secured around your feet and holding the handles overhead. Lift your legs and shoulders off the ground, maintaining a hollow position with your lower back pressed into the floor. Hold this position, keeping tension on the band.

Sit Ups: Place band around ankles. Lying on your back with the band anchored behind your head and holding the handles. Perform a traditional crunch by lifting your shoulders off the ground, engaging your core, and pulling the handles toward your knees. Slowly return to the starting position.

Flutter Kicks: Place band around ankles. Lying on your back with the band around your ankles. Lift your legs slightly off the ground and alternate kicking them up and down in a fluttering motion, maintaining tension on the band.

Leg Circles: Place band around ankles. Lying on your back, lift legs off the ground and make small, controlled circles while keeping tension on the band. Reverse the direction.

V-Ups: Place band around ankles. Lying on your back with the band around your feet and holding the handles, lift your legs and upper body simultaneously, reaching the handles toward your toes to form a V shape. Slowly lower back down.

LOWER BODY

Squats: Standing with the band feet shoulder-width apart, hold the handles at shoulder height. Lower into a squat position, keeping your chest up and knees behind your toes, then press through your heels to return to standing.

Deadlift: Standing with the band feet shoulder-width apart, hold the handles above shoulder, hinge at the hips, lowering the handles toward the floor while keeping your back straight and handles in place, then return to standing.

Lateral Walk: Standing, place the band around your ankles. Squat slightly and step sideways, maintaining tension on the band, then step the other foot to meet the first. Continue stepping side to side.

Monster Walk: Standing, place the band around your ankles. Squat slightly and step sideways, maintaining tension on the band, then step the other foot to meet the first. Continue stepping side to side.

Lateral Lunge: Standing, place the band around your ankles. Step out to the side into a lunge position, keeping your chest up and knees behind your toes, then push off to return to standing. Alternate sides.

Regular Lunge: Standing, place the band around your ankles. Step forward into a lunge position, keeping your knee behind your toes, then push through your front heel to return to standing. Alternate legs.

Standing Kickbacks and Kickouts: Anchor the band at ankle. For kickbacks, stand tall and extend one leg straight behind you, keeping your knee straight. For kickouts, extend one leg outward to the side. Return to starting position after each movement.

Abduction/Adduction: Anchor band at ankle. For abduction, step your legs apart, engaging the outer thighs, then return to starting position. For adduction, bring your legs together.

Leg Extensions: Anchor the band behind you and secure it around ankle. Stand tall and extend the leg forward, straightening the knee while engaging the quadriceps, then slowly return to the starting position. Alternate legs.

Hamstring Curls: Anchor the band in front of you and secure it around ankle. Stand tall and bend the knee, bringing your heel toward your glutes, then slowly return to the starting position. Alternate legs.

Curtsy Lunge: Place the band around ankles. Step one leg diagonally behind you into a curtsy lunge, bending both knees while keeping your chest upright, then return to standing. Alternate legs.

PLYOMETRICS

Jumping Jacks: Place the band around ankles. Perform a traditional jumping jack by jumping your feet apart while raising your arms overhead, then return to the starting position, maintaining tension on the band throughout.

Star Jumps: Place the band around ankles. Jump your feet outward and your arms overhead, forming a star shape, then return to the starting position. Maintain tension on the band throughout

Squat Jumps: Place the band around ankles. Perform a squat, then explosively jump upward, landing softly back into a squat position. Maintain tension on the band throughout the movement.

Lunge Knee Up: Place the band around ankles. Step into a side lunge, then drive the back knee up toward your chest as you return to standing keeping elbows bent and held at chin level. Alternate legs.

Plank Jacks: Place the band around ankles. Start in a plank position, then jump your feet outward and back together, maintaining a stable core and keeping tension on the band throughout the movement.

Mountain Climbers: Place the band around ankles. Start in a plank position, then alternate driving your knees toward your chest in a fast, controlled motion, keeping tension on the band and engaging your core throughout the movement.