

FAIRM**OVE**



*Work out with
the fitness band*

Fitness all-rounder for sustainable success. Workout with the fitness band.

Unbound to a room and/or machines, you can train the entire body musculature with a fitness band wherever you are: at home, in the office, outdoors in nature or in the gym. An exercise can be set up quickly and the band can always be with you because it is so compact.

You will soon realise that your mobility and coordination will quickly improve.

Exercise at a calm pace with controlled and steady movements. If you find the exercises a little strenuous, it is just right.

Have fun and success with the following exercises.

Imprint

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External rotation shoulder



The starting position

Take a hip-width stance with your legs slightly bent. Grip the band shoulder-width apart with both hands. The elbows should be fixed at the waist and the arms should remain bent at a 90-degree angle.

How to perform the exercise

The bent forearms should rotate outwards at the same time. The elbows remain at the waist and the arms at a 90-degree angle.

Please keep your shoulders low and relaxed during this exercise.

High rowing



The starting position

Stand with your feet hip-width apart and your legs slightly bent in the centre of the band. Hold one end of the band in each hand and keep your outstretched arms close to your body.

How to perform the exercise

When performing the exercise, raise both arms upwards at the same time and bring your elbows up to shoulder height. Keep your hands close to your body and the backs of your hands pointing upwards.

Keep your shoulders low and look forwards, keeping your wrists straight.

Jumping jack



The starting position

For this exercise, stand with your legs slightly bent at the waist. The band is held shoulder-width apart and arms bent behind the head.

How to perform the exercise

Stretch your arms out to the side alternately or simultaneously but do not push them through.

Look forwards, keeping your head and upper body straight and your shoulders relaxed.

Arm flexor



The starting position

Take a slight lunge, placing the front foot in the centre of band. Both hands grip one end of the band and tighten the band. The arms are pointing upwards and the elbows are close to the body.

How to perform the exercise

Stretch and bend your arms alternately or at the same time.

The wrists remain straight and your shoulders low.

Arm stretcher



The starting position

Fix the strap securely at approximately head height (e.g. window handle). Make sure that the fastening of the strap can withstand a tensile load. Then grasp one end of the band at a time. Stand with your feet hip-width apart. Both arms are bent at the elbow and remain close to the body.

How to perform the exercise

In this exercise, stretch both arms downwards at the same time or alternately.

Please avoid straightening the elbow joint and keep your back and head straight.

Airman



The starting position

In this exercise too, stand with your feet hip-width apart and place both feet in the centre of the band. Now grasp the ends of the band, position your arms to the side of your body and tighten the band.

How to perform the exercise

Raise your outstretched arms to the sides at the same time. An even pull of the arms is important.

Keep your back straight and your shoulders low.

Vertical rowing



The starting position

You already know the hip-width stand. Stand with your knees slightly bent in the centre of the band and grasp both ends of the fitness band. Lean your straight upper body slightly forwards.



How to perform the exercise

Pull your elbows up behind you at the same time, bringing your shoulder blades towards each other. Keep your back as straight as possible and tense your abdominal muscles.

Keep your head straight, like an extension of the spine.

Vertical bench press



The starting position

Now go to the floor, in supine position. Place the band under the shoulder blades and grab the ends of the band. The upper arms remain on the floor, bend the forearms at a 90-degree angle. Place your feet on the floor.

How to perform the exercise

Stretch both arms simultaneously upwards. In doing so, tense the abdominal muscles to avoid a hollow back.

Diagonal bench press



The starting position

We remain in the supine position, bend your legs and stand with your heels (approx. 90 degrees at the knee joint). Place the fitness band under both feet. Place your upper arms next to your body on the mat and bend your forearms. Grasp the ends of each band and tighten the band.

How to perform the exercise

Now stretch both arms upwards at the same time.

Do not raise your shoulders and tense your abdominal muscles to avoid a hollow back.

Lateral arm stretching



The starting position

Fasten the strap securely at about chest height (e.g. window handle). Make sure that the fixation of the strap can withstand a tensile load. Place your right shoulder against the strap. Assume a stepping position with your left leg in front. Grasp the strap with your left hand and hold it taut in front of your chest with your arm bent and your elbow at shoulder height.

How to perform the exercise

During the exercise, stretch your left arm to the side. After several repetitions, perform the same exercise with the other side/right arm.

The upper body should not rotate, but remain facing forwards; keep your shoulders low and relaxed.

Horizontal rowing



The starting position

Fasten the strap securely (e.g. window handle). Make sure that the fixation of the strap can withstand a tensile load. Stand hip-width apart with your back straight and hold the band in front of your body at shoulder height. Grasp both ends of the band with your hands. The distance should provide a slight tension when your arms are stretched.

How to perform the exercise

Make sure your posture is straight and pull both elbows back simultaneously at shoulder height, bringing your shoulder blades together.

The shoulders remain relaxed, while the abdominal muscles remain tensed.

Single-arm lat pulldown



The starting position

This exercise begins in the quadrupedal position, now fix the band at shoulder height in this position (e.g. on a radiator). Keep your knees hip-width apart under your hip bones and place your left hand on the floor below your shoulder joint. Now grasp the band with your right hand and take enough distance so that the band is taut with your arm outstretched.

How to perform the exercise

During the exercise, bend the right arm close to the body. After several repetitions, do the the same exercise with the other side/the left arm.

The upper body should not turn with you, but remain forward; keep your shoulders low and relaxed.

Torso rotation



The starting position

For this exercise, fix the band at approximately chest height (e.g. window handle). Make sure that the fixation of the band can withstand a tensile load. Now stand in a stepping position to the side of the fastening. The leg close to the band is behind. Grasp the gymnastics band with both hands clasped.

How to perform the exercise

Slowly turn the upper body away from the attachment with the arms stretched. Please keep your hips straight. When you turn your upper body back, make sure that the band is still slightly under tension. Switch sides after several repetitions.

During the entire exercise, please align your pelvis forwards.

Adduction of legs



The starting position

Attach the tape by the ends of the strap at a height above the ankle joint. You stand on your left leg and place the band around your right ankle.

How to perform the exercise

The right leg is now pulled past the left leg and moved back 20 to 30 cm, the tension in the band should be maintained. Switch sides after several repetitions.

Tighten the abdominal and gluteal muscles and keep the upper body straight.

Leg pull backwards



The starting position

Fasten the strap by knotting the ends of the band at a height above the ankle joint. Stand on your right leg and place the band around your left ankle.

How to perform the exercise

The left leg is now pulled past the right leg and moved back 20 to 30 cm, the tension in the band should be maintained. Switch sides after several repetitions.

Tighten your abdominal and gluteal muscles and keep your upper body straight. For better stability, you can support yourself against a wall.

Leg stretcher



The starting position

Stand on your left leg and bend your right leg at the knee joint. Place the fitness band under your right foot, grasp it with both hands and apply slight tension. The arms are bent at a 90-degree angle and close to the body.



How to perform the exercise

The right leg is now downwards but not fully extended and then bent again to 90 degrees. Change sides after several repetitions.

During the exercise, tighten the abdominal and buttock muscles tightly, leave your shoulders loose.

Leg lift



The starting position

Attach the band (e.g. to a radiator) by knotting the ends of the band at a height above the ankle joint. Stand on your left leg and place the strap around your right ankle. Position yourself with your back to the fastening.

How to perform the exercise

Against the resistance of the band, pull the right leg past the left leg and bend it to a 90-degree angle. Then return the leg to the starting position, keeping tension in the band.

Tighten the abdominal and gluteal muscles.



Care tips – so you can enjoy your fitness band for long time

Our fitness bands are made from 100% fairly traded natural rubber. As a natural product, the fitness band is subject to natural wear and tear. A few tips on use and care will ensure that you can enjoy this fitness aid for a long time:

The best way to clean the fitness band is to wipe it with lukewarm water, a cleaning agent is not necessary. After cleaning, dry it smoothly and store it folded. Rubbing the band lightly with body/baby powder prevents the tape from sticking together.

Avoid contact with chlorinated water and sharp, rough, pointed or hard objects. Store the tape in a dry environment, but avoid prolonged exposure to sunlight and/or heating.

Check the belt for wear and/or damage before each use. Please only use it in perfect condition.

In very rare cases, natural rubber can cause allergic reactions. If you are prone to allergic sensitivity, you should consult your doctor before use and avoid direct skin contact if necessary.

If you already know that you have an intolerance to natural rubber, you should not use this product.





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