

B³ Basic Training Guide

Band Placement:

Place the arm bands in the crease between your biceps and deltoid muscle. Valve facing forward or on the front of the arm. Strap velcro down away from the midline

Place the leg bands high up on the leg or groin. In the back the band will be right under the gluteus muscle. Valve facing forward or on the front of the leg. Strap velcro down away from the midline

Getting Started:

When you start using the B3 Bands we recommend you start with the B3 exercise tubing for Upper Body exercises. No resistance is needed for the Lower Body exercises when starting, or you can use light weights. ALWAYS FOLLOW SAFETY PRECAUTIONS listed at bottom right of this chart.

Increasing Resistance or Weight:

- It is desirable to get stronger and progress with more resistance or weight
- If using tubing and you can do more than 30 reps on both sets 1 and 2, move to the next tubing color or resistance. You should be able to maintain sets of 30/20/15 reps
- If using weights and you can do more than 30 reps on both sets 1 and 2, increase the weight 25%. You should be able to maintain sets of 30/20/15 reps

How tight should you strap the bands to arms or legs?

The bands should be strapped on the arms and legs tight but not pinching. Once strapped you should be able to feel your skin moving with the band when you pull up or down on the band.

- If you feel pain or a pinching of the skin, you have the band too tight
- If you can slide the band up or down separately from the skin the band is too loose
- Put the band over one thin layer of clothing or directly on the skin
- The bands will not work effectively over multiple layers of clothing

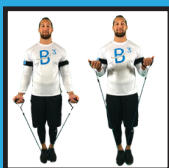
Protocol for # of Sets and Rest:

- Do 3 sets of each upper or lower body exercise per workout or training session
- Rest only 30 seconds between each set
- Rest only 1 minute when switching to the next exercise
- You should be done within ~20 minutes

Recommended Pressure Settings

Size 1	150	Size 3	250
Size 2	200	Size 4	300

UPPER BODY TUBING



Bicep Curl



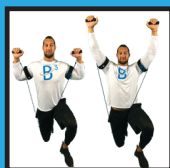
Triceps Press



Chest Press



Back

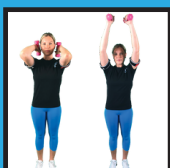


Shoulders

UPPER BODY



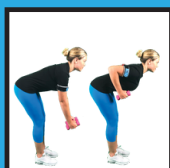
Bicep Curl



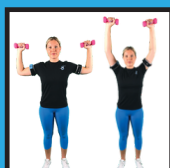
Triceps Press



Chest Press



Back



Shoulders

LOWER BODY



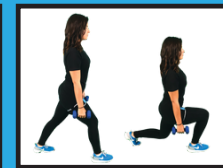
Calf Raises



Dead Lifts



Squats



Lunges

CORE



Plank

- We recommend doing a plank with the Bands on and at the end of each workout
- This will last 1-3 minutes depending on how long you can hold a plank
- Hold plank for as long as you can
- Only 1 set is needed

Safety Precautions

- Put the Bands in the right place
- Follow recommended pressure settings
- Limit Bands on arms or Legs to 20 minutes
- Don't lift heavy weights
- Hydrate properly before, during & after
- PAIN, DIZZINESS or NUMBNESS immediately end your session and remove Bands

For more helpful exercises and tips visit: B3sciences.com