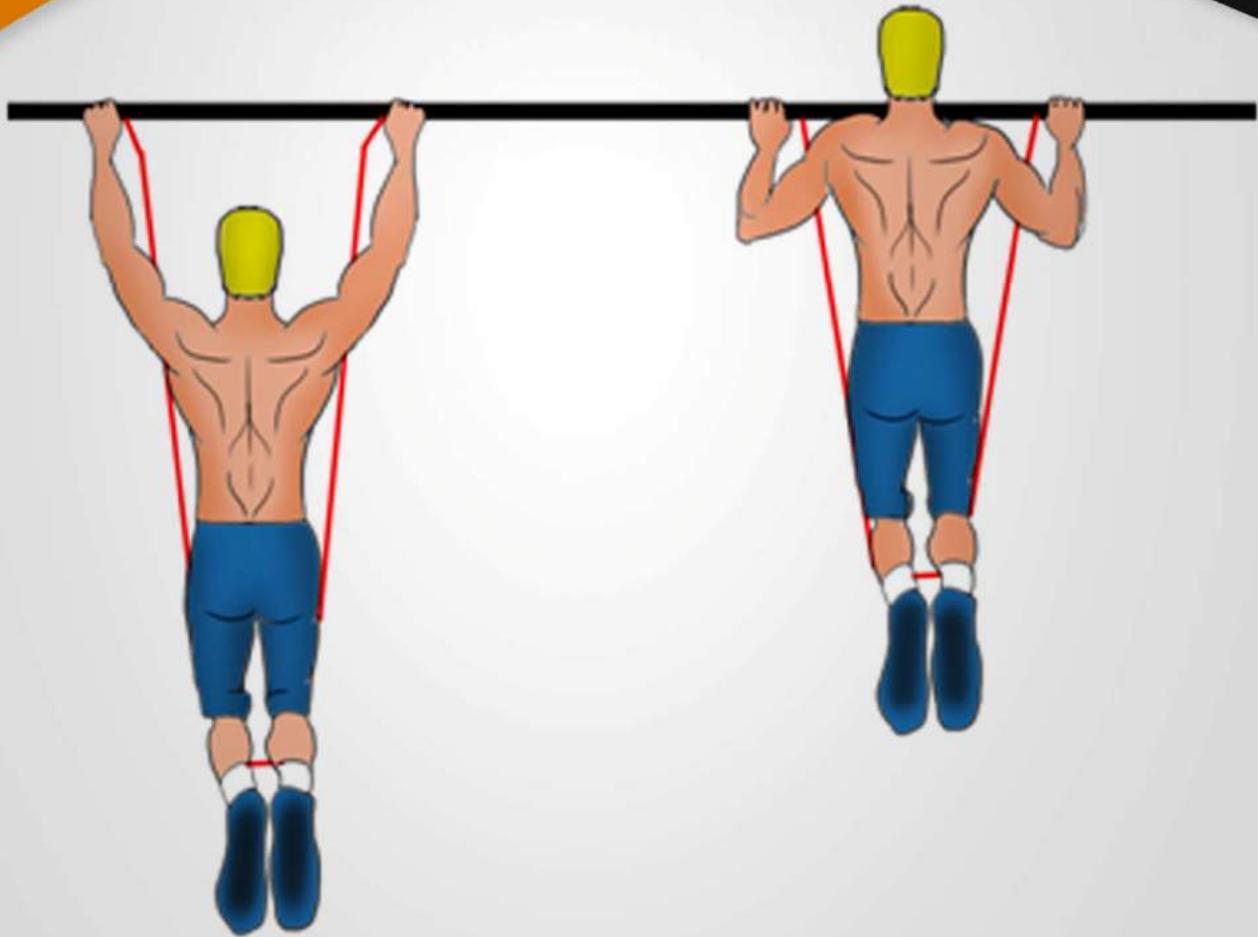


THE PULL UP BAND



FITNESS SOLUTION

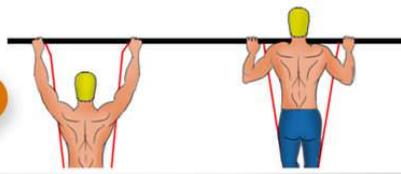
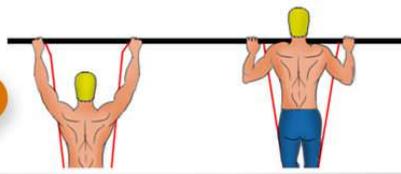


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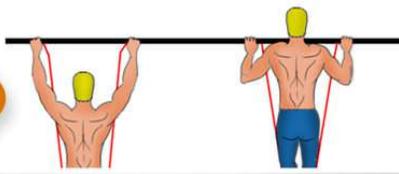


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Disclaimer

The application of any of the advice, suggestions, recommendations or exercises presented in this guide are at the user's discretion and sole risk. The exercises, including warm ups, are intended for people in good health. If you have any sort of medical condition, you should consult a doctor before beginning an exercise program.



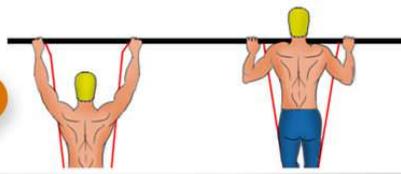
Introduction

Congratulations on your Fit Simply Pull Up Band purchase. You now own a piece of training equipment that will, not only allow you to perform the most effective single exercise ever developed, it also opens up to you the world of resistance band training.

In this guide we will provide you with the guidance you need to make the most use of your investment. You will discover . . .

- ✓ Why Pull Ups need to form the core of your workout
- ✓ How to perform pull ups using the Pull Up Band
- ✓ How to progress to being able to perform pull ups on your own
- ✓ How to use your pull up bands to work your entire body

We encourage to read this entire guide before using your Fit Simply Pull Up Bands. This will give you the best opportunity to fully benefit from your purchase.



Safety First



Before beginning this or any exercise program you should consult your doctor. Be sure to thoroughly warm up and cool down before and after exercise. If you feel any pain, sharpness of breath or other discomfort you should stop exercising immediately and seek medical advice.

It not advisable to exercise on an empty stomach. A small carbohydrate rich meal 30 minutes prior to exercise will provide the energy you need to power through your workout.

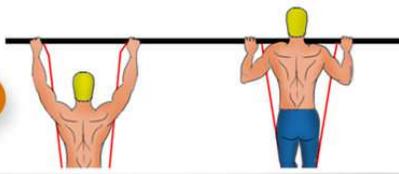
Always inspect your Pull Up Bands before use. If you notice any defect, do not use the band.

You should wear shoes when exercising with your Pull Up Band.

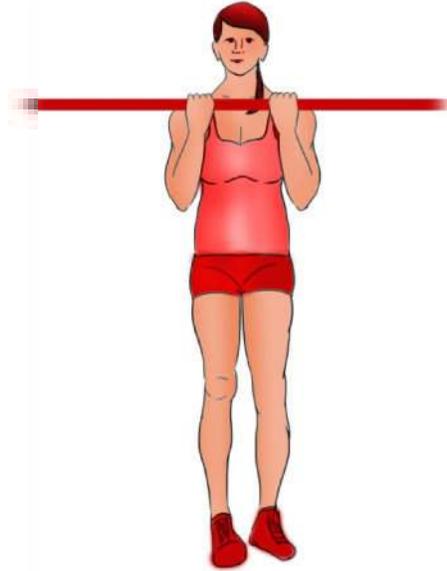
Never wrap your Pull Up Band around a sharp object, wood or the knurled portion of a barbell.

Never stretch your Pull Up Band to more than two and a half times its original length of 41 inches.

Your Fit Simplify Pull Up band is constructed of 100% natural latex. It is 99.99% free of latex allergens. However, some people may suffer from an allergic reaction to latex. You should always wash your hands before and after using your Pull Up bands. Try not to touch your face when you are using your Pull Up band.



Meet the Pull Up



The Pull Up is an exercise that most people love to hate. Most people know they should be doing them, yet not a lot of people do. The reason is that they are hard work.

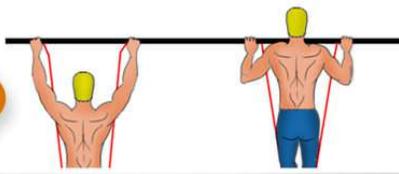
Yet, they are also the single best exercise that you can do to build strength, muscle and shape to your whole body.

Better than push ups.

Better than squats.

And better than crunches.

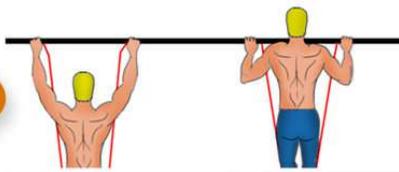
What makes the pull up so good?



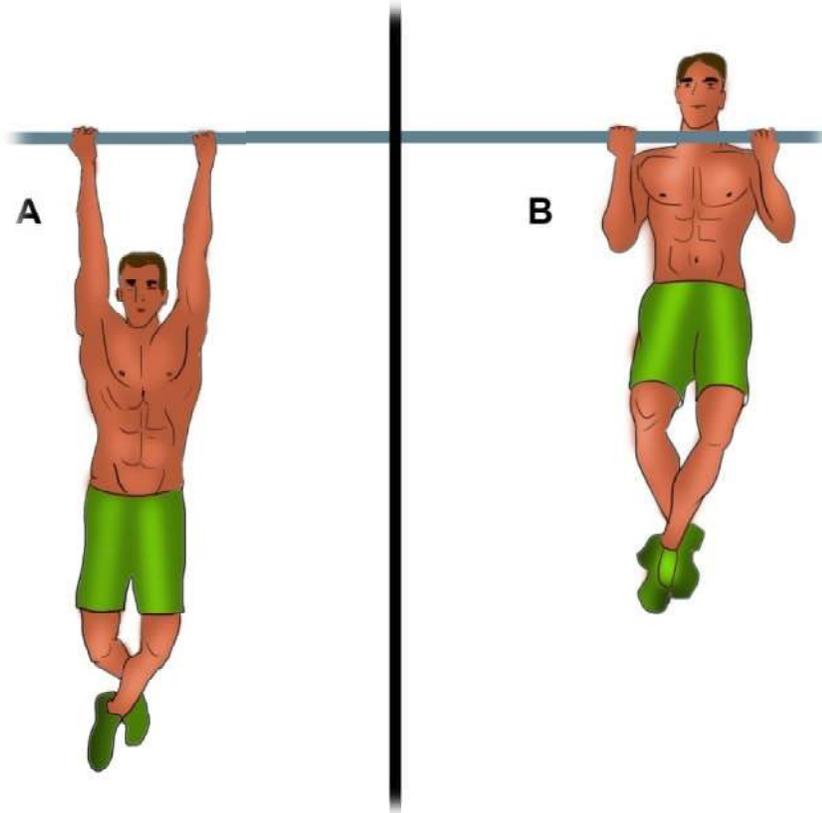
Here are the top 6 reasons . . .

- (1) Convenience – Pull Ups can be done virtually anywhere at any time. So long as you’ve got something to hang from, you’re good to go.
- (2) Compound Movement – Compound exercises give you more bang for your exercise buck. That’s because they work a number of different muscle groups together, rather just one in isolation. This multiple muscle activation also triggers the release of growth hormone. These factors make the pull up the best exercise to get growth happening in your upper body.
- (3) Adjustable Intensity – Progressive resistance is the cornerstone of strength and muscle gain. On some exercises, like push ups, it’s difficult to increase the resistance. But, with pull ups, it’s easy – just strap a weight plate around your waist.
- (4) Variety – There are many variations on the basic pull up which allow you to target specific areas of your upper body. To make these changes, you don’t need any special equipment. In most cases, it’s just a simple matter of changing your grip position on the bar.
- (5) Grip strength – Increasing your grip strength will allow you to perform better on all of your weight resistance exercises. It’s often the grip that is the weak link in exercises that target your back, chest and legs. Regularly doing pull ups will allow you to develop a vice like grip.
- (6) Fat Loss – the Pull Up will get your heart rate up, boost your metabolism and give you a seriously intense workout. All of this translates to reduced body fat stores.

Your Fit Simplify Pull Band is the ideal entry to your Pull Up workout program. Our range of bands will work at your level to provide just the assistance your need to get your pull ups going. Then, as you get stronger, you can progress to the next level of band. Before long you’ll be performing complete sets of pull ups with no assistance at all!

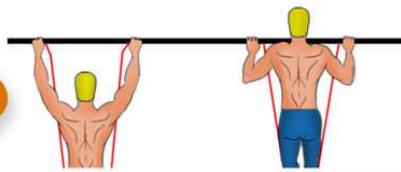


How to Do a Perfect Pull Up

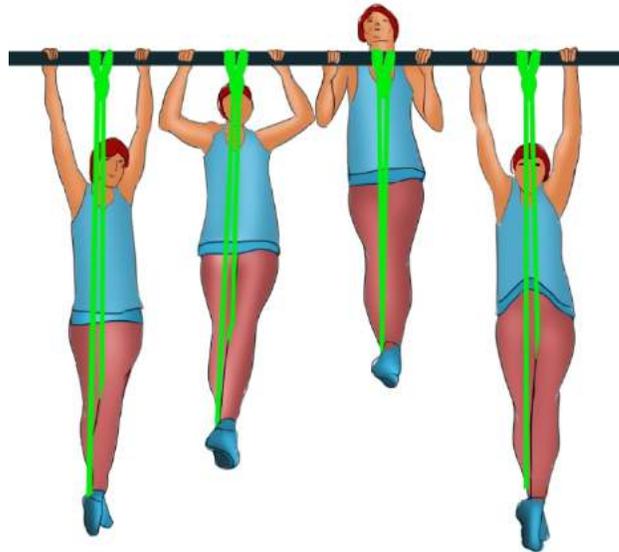


This is a fantastic movement to build up the mass in your mid bicep. When you contract in the top position you also build bicep peak. You'll need a chin up bar that allows you to space your hands close together.

- (1) Grab the Pull Up bar with an underhand close grip so that the palms are about six inches apart. Hang loosely to fully extend your body.
- (2) Pull from the biceps to bring your chin up to the bar. At the top position hold for 2 seconds as you forcefully contract the biceps.
- (3) Lower under control until your body is again fully extended. Repeat the movement making sure that you don't 'kip' your body to use momentum to come up – it must all be bicep and back power.



Getting to Know Your Pull Up Bands

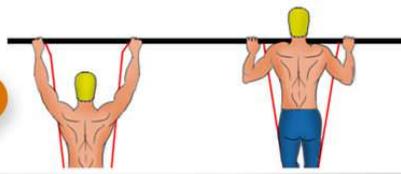


Your Fit Simplify Pull Up bands are 41 inches long. They are able to stretch to 2.5 times their length. They are constructed of 15 layers of continuous heavy duty rubber.

Each band is color coded and has a different strength rating, width and thickness.

Here is our full selection . . .

	5 to 15lbs	5mm x 6.5mm
	15 to 25lbs	5mm x 13mm
	25 to 50 lbs	5mm x 22mm
	50 to 75lbs	5mm x 32mm
	100 to 120lbs	5mm x 44mm
	120 to 175 lbs	5mm x 64mm



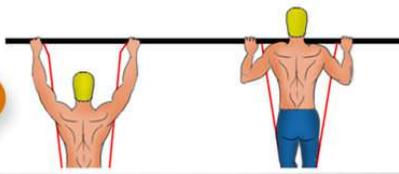
How to Select the Correct Band For You

The thicker the Pull Up band, the more weight it takes off you. This means that the weaker and heavier you are, the thicker your Pull Up band will have to be.

If you are unable to do a single unassisted Pull Up, the chart below will guide you to your starting band.

Your Weight in lbs	Number Of Unassisted Pullups You Can Do						
	0-2	2-5	5-8	8-10	10-12	12-15	15-18
90-110	Blue	Blue	Orange/Red	Red	Red	Orange	Blue
110-130	Blue	Blue	Blue	Orange/Red	Red	Orange	Blue/Orange
130-150	Orange/Blue	Orange/Blue	Blue	Blue	Orange/Red	Red	Orange
150-180	Green	Green	Orange/Blue	Orange/Blue	Blue	Red	Red
180-210	Green	Green	Green	Orange/Blue	Orange/Blue	Blue	Red
210-250	Black	Orange/Green	Green	Green	Orange/Blue	Orange/Blue	Blue
250-300	Orange/Black	Black	Red/Green	Orange/Green	Green	Green	Orange/Blue
300+	Red/Black	Orange/Black	Black	Black	Red/Green	Green	Green

Once you have worked your way up to being able to perform 10 Pull Ups with your starting band, you should move to the next one. Continue in this pattern advancing to a new band after achieving 10 assisted pull ups. Once you are able to do 10 repetitions with the Black band, progress to the Green and then the Blue band.



Warming Up

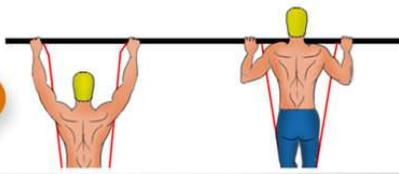


When people talk about warming up, they often don't realize how literally this should be taken. Exercise causes oxidation in the muscle cell, which is a form of burning. So, when you exercise a muscle, the temperature rises and the ability of the muscle to forcefully contract becomes greater.

Warming up also pumps fresh, oxygenated blood to the area, raises the blood pressure and increases the heart rate. In addition it helps to prevent the body from becoming over stressed, prepares it for the demands to come and reduces the chance of injury, such as a sprain or strain.

From the above you can see how vital warming up really is. If you are working out first thing in the morning, warming up is even more urgent. Still, most people don't do it. They just jump straight into the workout. You need to be smarter than that.

Start your warm up with running on the spot for two minutes. After a 30 second general jog, go to high knees for 30 seconds, where you hold your arms out parallel to the floor and then attempt to bring your knees to your palms. Next do 30 seconds of butt kicks. Attempt to connect your heels to your glutes. Finish with a final 30 seconds of general jogging.



You are now ready to do some dynamic stretching. Even though you are specifically working your arms, your warm up should involve your entire body.

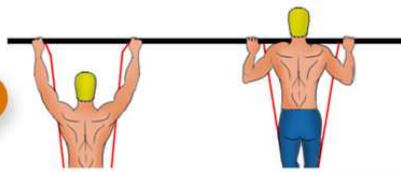
Begin with **shoulder rotations**. Simply swing your arms windmill fashion with your elbows locked, 5 front and 5 back.

For the chest and upper back, perform **flyes** by starting with your arms extended out in front of you with elbows locked. Bring the arms out to the sides until they are perpendicular to your torso. Do 10 of these, focusing on contracting and extending the pecs and lats.

To warm up the muscles of the core, perform **twists**. Start with arms extended in front of you, then twist the body to the right as you bring your arms around to that side. Focus on the movement of the intercostals at the side of your waist. Do five twists to each side.

Pelvic circles will thoroughly engage the pelvic area. With hands on hips and feet shoulder width apart, perform exaggerated circles with the hips, going in each direction 5 times. Keep you legs straight throughout this movement.

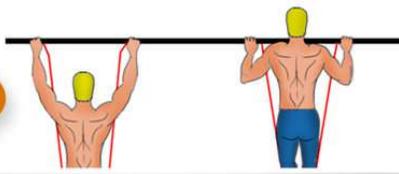
Perform 5 **Deep Knee Squats** for the quads and glutes. With your arms directly out in front of you, and your back arched, lower yourself into a full squat. Look up throughout this movement.



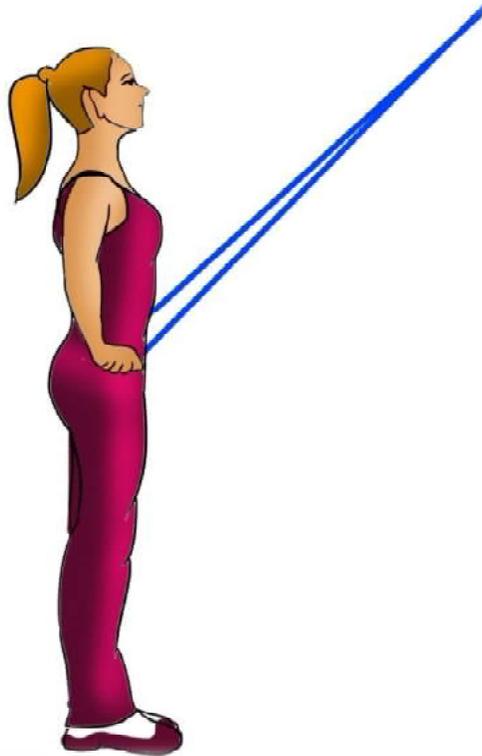
How to Use Your Pull Up Bands



1. Toss the Pull Up band over a sturdy Pull Up bar. Pull one end of the band loop through the other end. The band will now be hanging down with a loop by your feet.
2. Position one of your feet in the hanging end of the loop. Alternatively, you can place both knees in the loop. This will provide you with more assistance.
3. Reach up to grab the bar with an underhand grip, hands shoulder width apart.
4. Initiating the movement from the middle of your back and your biceps, start to pull yourself directly up toward the top of the pull up bar. Do not allow your body to swing or use a kipping motion to propel yourself up.
5. It should take you approximately two seconds to lift your body to the point where your chin is over the bar. Hold this position for a second.
6. Lower yourself under control back to the start position. This should take another two seconds.

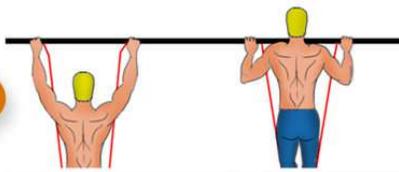


Using Your Pull Up Band for Other Exercises



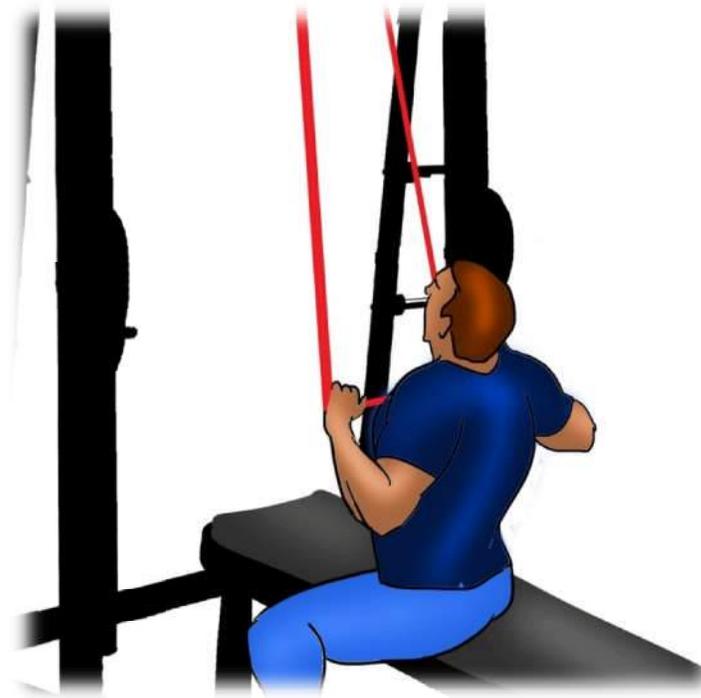
In addition to acting as a great tool to assist you to perform Pull Ups and Chin Ups, your Pull Up bands can be used as resistance bands to perform a full range of resistance exercises that work the entire body.

In this section we provide a range of resistance exercises to allow you to maximize the use of your Pull Up bands in a full body workout.

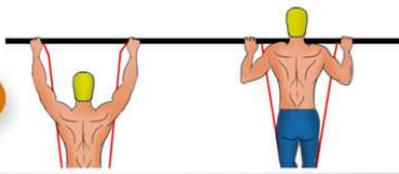


Back Exercises

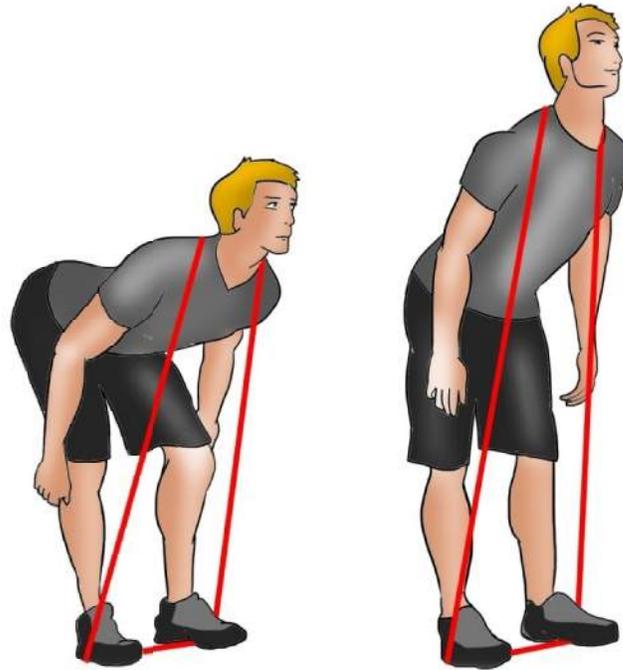
Lat Pull-down



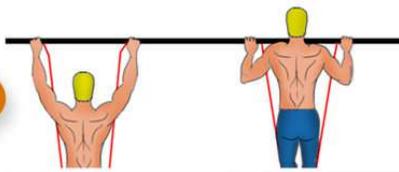
- Place the looped end of the Pull Up band around a Pull Up bar. Alternatively, you can use a door anchor to hold the end of the band.
- Sit on the floor below the bar or door, holding an end of the band in each hand securely.
- Stretch your upper body up as you extend your arms over head. Keep your back arched.
- From a fully extended position, draw your shoulder blades together and bring your elbows down and back.
- Pull the bands down toward your chest.
- Hold for a second and then slowly return to the start position.



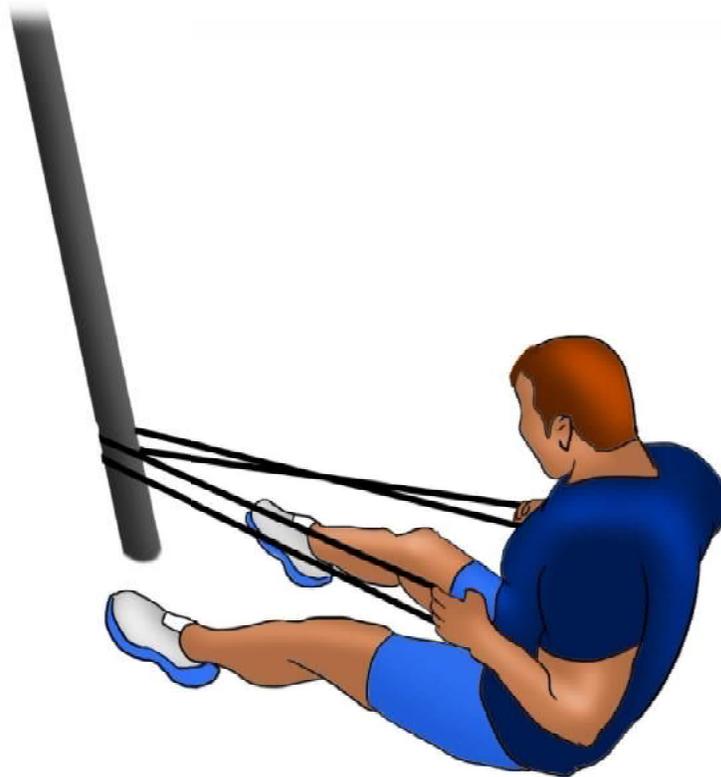
Good Morning



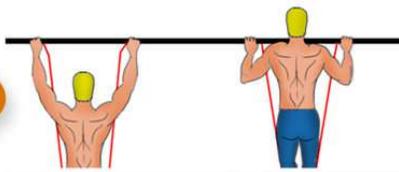
- Wrap the Pull Up band around your feet which are shoulder width apart. Loop the band around your neck.
- With your legs straight, bend your waist until you are at a near parallel position to the floor.
- Keeping your back arched, rise back to a standing position. Hold the top position for a second and then slower lower to the start position.



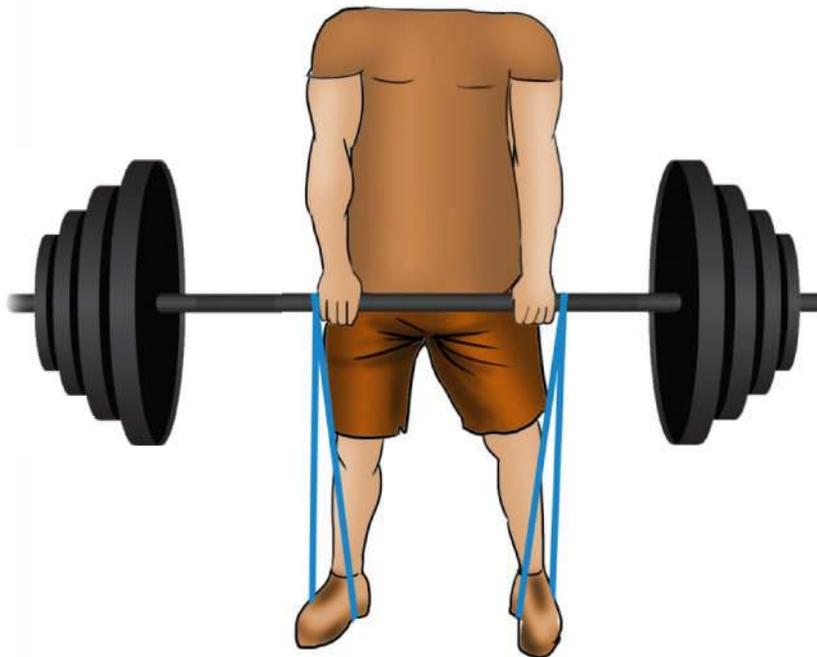
Seated Row



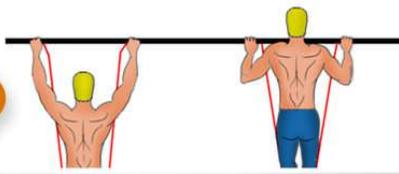
- Sit on the floor with your legs outstretched. Place the resistance loop band around your mid foot area. Grasp the band with your arms fully extended.
- Pull the band towards your chest, focusing on pulling through the lats. Forcefully squeeze your upper back muscles in the fully contracted position.
- Slowly return to the start position.



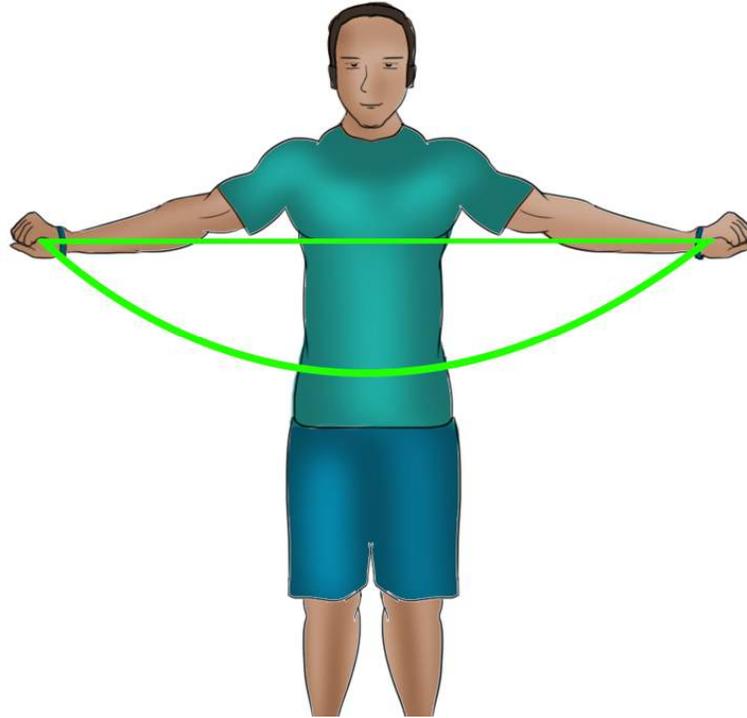
Deadlift



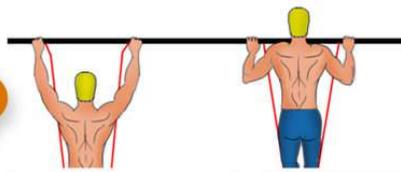
- Load up an Olympic bar with the weight that you will be lifting. Loop two bands around the bar at shoulder level and loop them under your feet.
- Perform a deadlift by bending down to grab the bar with an overhand grip.
- Push through your heels to rise back up to a standing position. Do not bend your arms.
- Hold the top position for a second and then slowly return to the start position.



Scapular Retraction



- Stand with feet shoulder width apart. Grasp both ends of the resistance loop band in your hands.
- Pull the ends apart, pinching your shoulder blades together as you initiate the move from your scapula area.

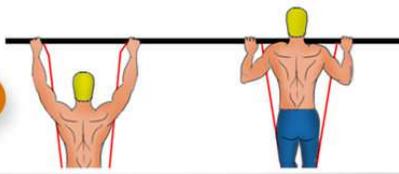


Chest Exercises

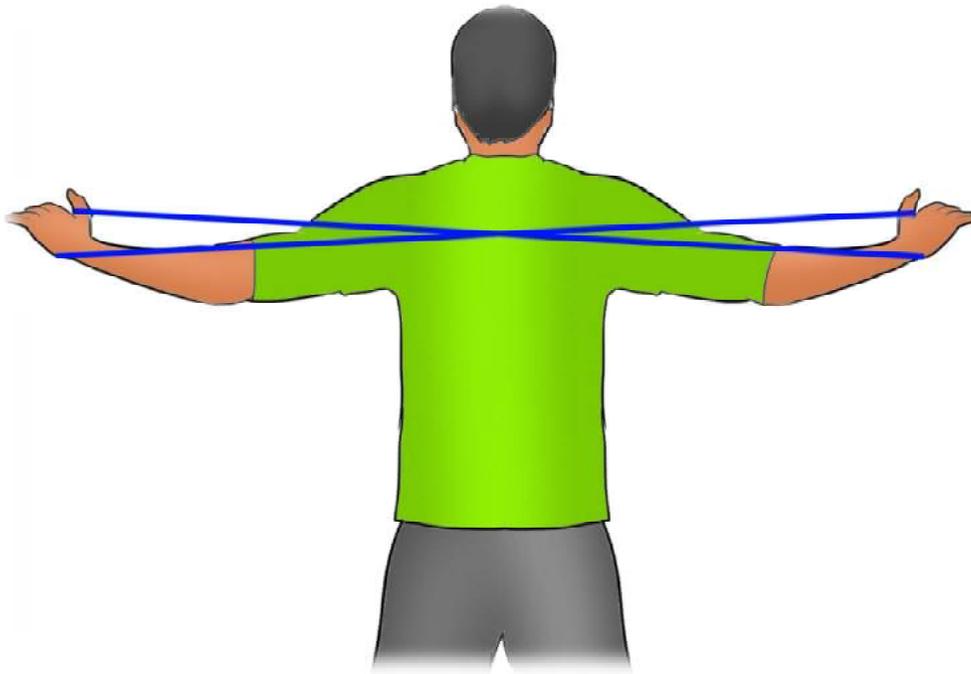
Resistance Bench Press



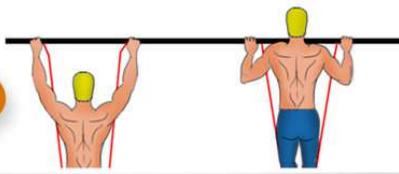
- Place an Olympic bar on a flat bench's uprights in preparation for the bench press exercise. Place a pull up bar around each end of the bar and loop the other ends either around loop bands or place heavy dumbbells on the floor and loop the bands around them.
- Perform a barbell bench press as you normally would, resisting the band as much as you can.



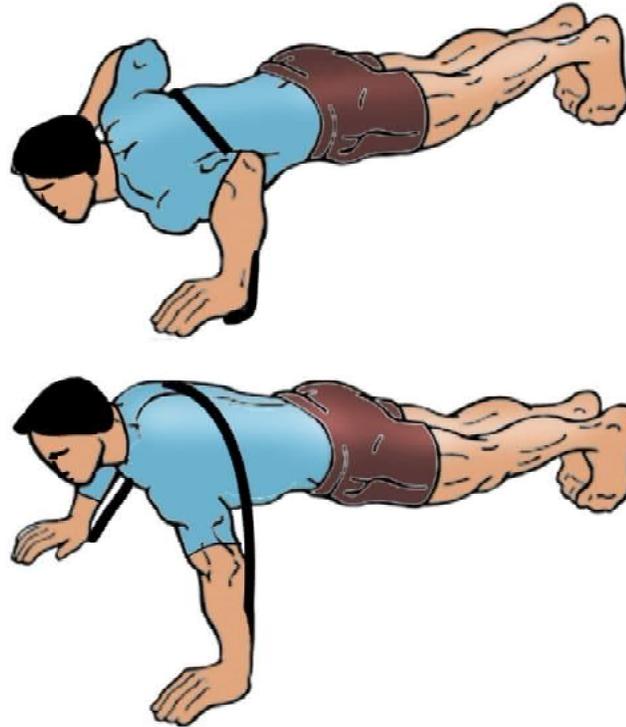
Band Flys



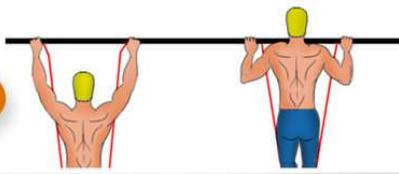
- Stand with your feet shoulder width apart. Place the resistance loop band around your upper back and grasp it with your hands in front of your chest, palms facing each other.
- Keeping your arms locked in a slightly bent position, stretch the band out in a semi arc as you feel the expansion in your pectoral muscles.
- Slowly return to the start position. Forcefully contract the pectoral muscles in this position.



Band Push Ups

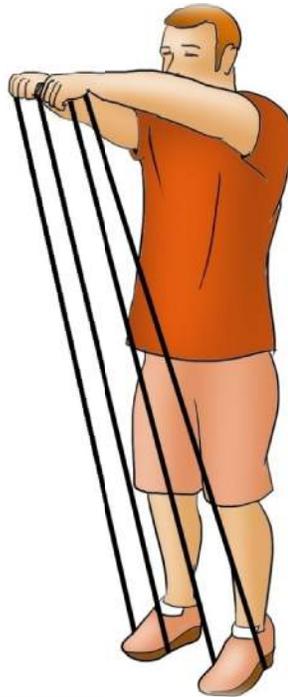


- Set yourself on the ground, face down with your hands slightly wider than shoulder width apart. Your feet should be touching. Hold the resistance loop band in your hands with the band traveling across your upper back.
- Keeping your body in a straight line, rise up so that your arms are fully extended. Tense your buttocks and tighten your abs to prevent your butt from lifting you into a 'v' position. Look straight ahead rather than down.
- Now steadily lower yourself until your elbows are at a 90-degree angle. When your chest touches the floor, explode back up to the start position.

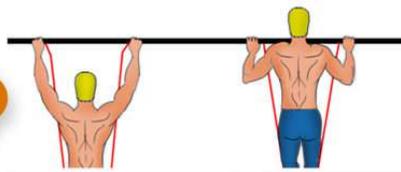


Shoulder Exercises

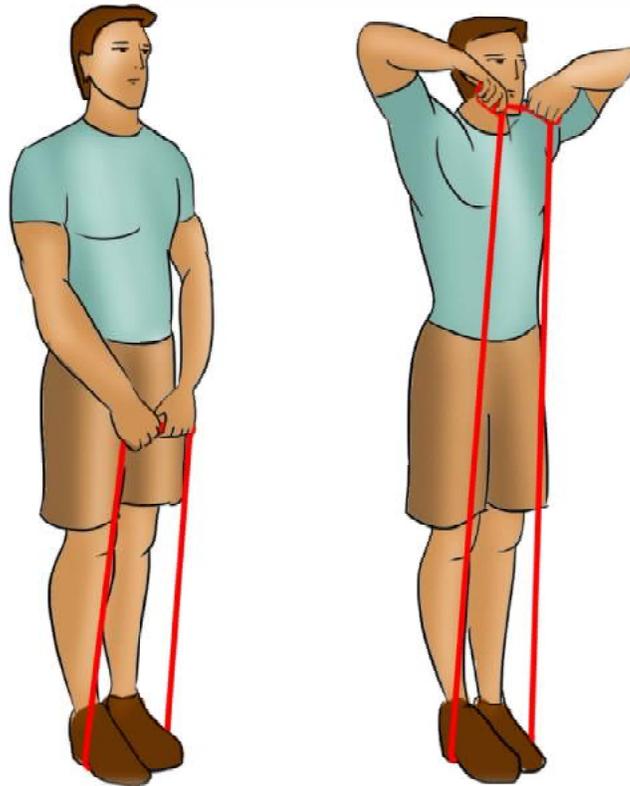
Front Raises



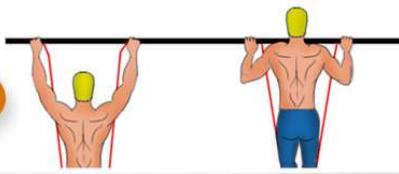
- Stand with one foot in front of the other as if you were about to go into a lunge. Place the band under your front foot, holding the band with an overhand grip. Your arms should be straight at your sides.
- Raise your arms directly up and forward, away from your torso until they are parallel with the floor. Do not bend your arms.
- Hold the top position for a two second count before slowly returning to the start position.



Upright Row



- Stand with feet shoulder width apart and the resistance band under your feet. Hold the band in an underhand grip at waist level.
- Pull the band up to your chest to bring your elbows high and out to the sides. Feel the contraction in your trapezius and rhomboid muscles in the top position.
- Slowly return to the start position.

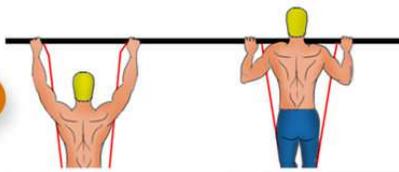


Arm Exercises

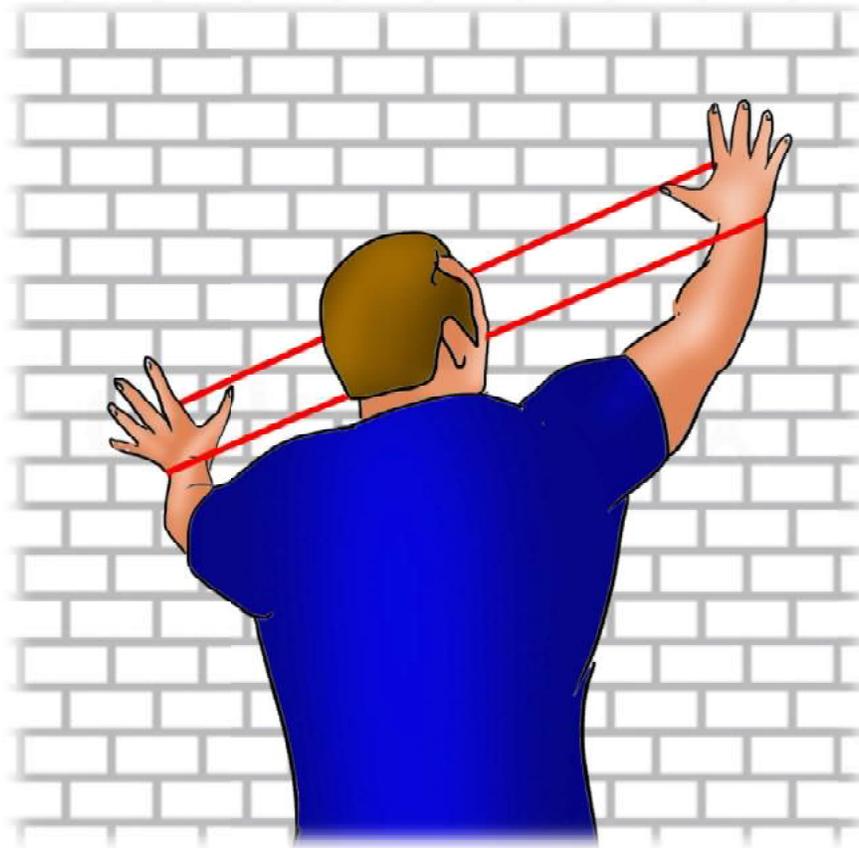
Bicep Curls



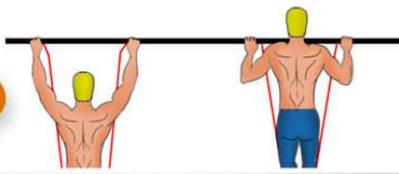
- Stand with feet shoulder width apart and the resistance band around your feet. Hold the band in an underhand grip at waist level.
- Bend at the elbows to curl the band up to your chest. Keep your elbows in at the sides and forcefully contract your biceps in the top position.
- Return to the start position.



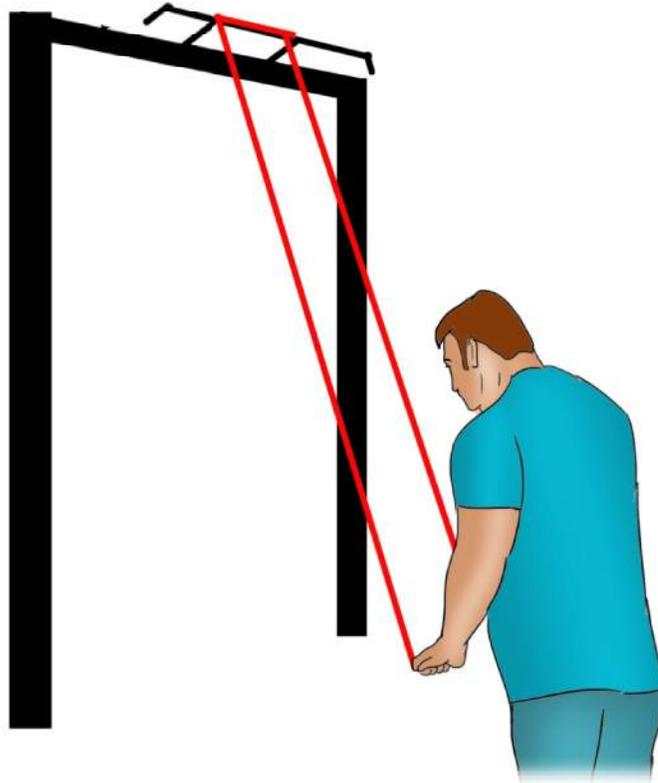
Wall Walks



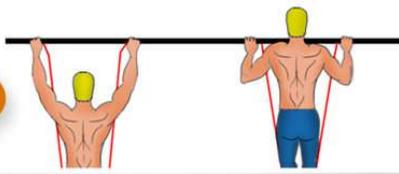
- Wrap your Pull Up band around your wrists to increase the band's tension. There should be tension when your arms are shoulder width apart.
- Stand with your arms against a wall. Stretch them out to a little wide than shoulder width. Now walk across the wall by walking one hand and then the other. The band should remain tight throughout.



Triceps Push Downs



- Loop the Pull Up Band over a Pull Up bar. Alternatively, you can anchor the band in a doorway.
- Stand in front of the door or bar and hold the ends of the band at chest level. Your elbows should be tightly in at your sides.
- Straighten your arms by pushing your arms straight down.
- In the fully extended position, flex your triceps. Slowly rise your arms back up to the start position.

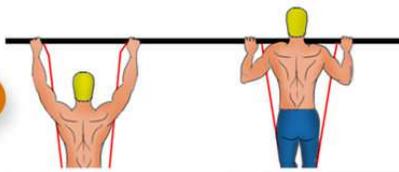


Leg Exercises

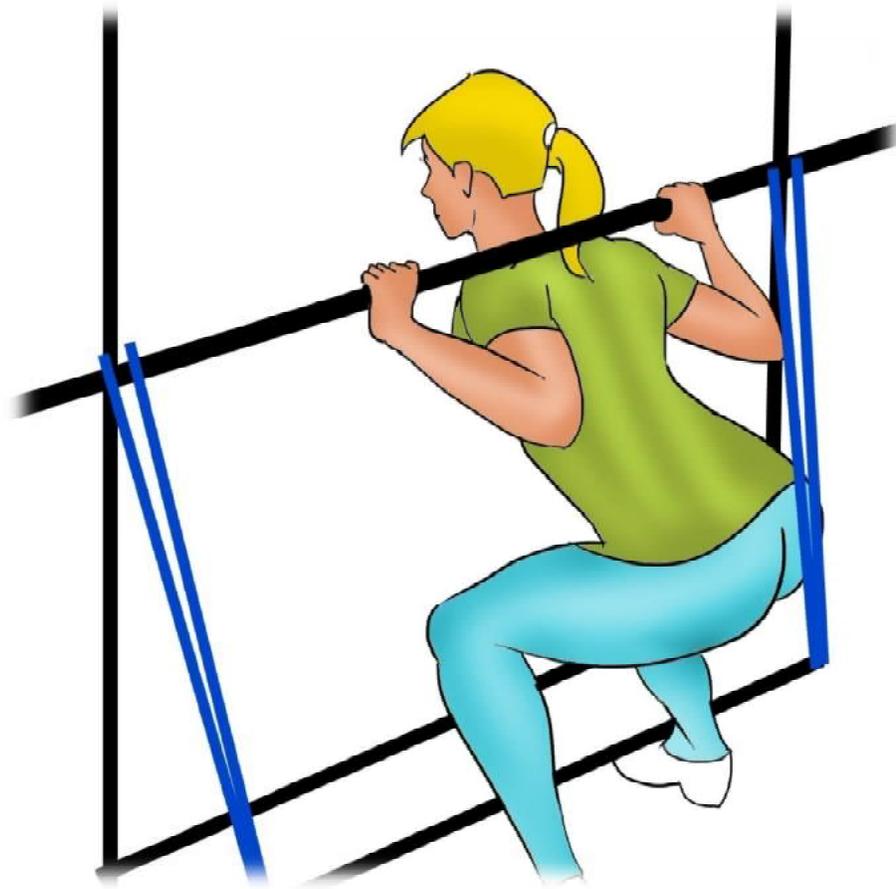
Squats



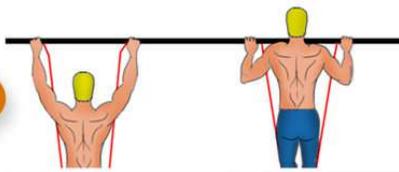
- Place your feet a little wider than shoulder width apart with toes pointing slightly outwards.
- Wrap the band under your feet, making sure that it passes through your mid-sole region.
- Now loop the band around your neck so that it is resting on your trapezius and coming down in front over your shoulders.
- Looking up and maintaining a neutral spine, lower down to a parallel squat position. Allow your butt to go back as you lower but do not let your knees track inwards.



Squats with Barbell



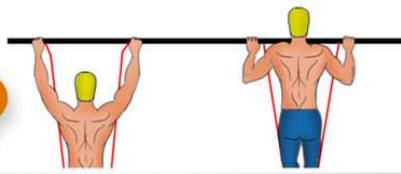
- Position an Olympic bar on a squat rack and place a band around each end. The other end of the band should be placed around floor pegs or you can use heavy dumbbells to anchor the bands to the floor.
- Position yourself under the bar so that it is resting across your trapezius muscles. Your feet should be shoulder width apart and pointing slightly outwards.
- Grab the bar with an overhand grip a little wider than shoulder width apart.
- Looking up and maintaining a neutral spine, lower down to a parallel squat position. Allow your butt to go back as you lower but do not let your knees track inwards.
- Resist the pull of the bands as you go up and down.



Leg Lifts



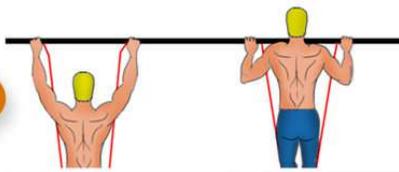
- Place one end of the band over your right ankle. The other end of the band should be placed under the other foot.
- Stand upright with your hands on your hips. Maintain a neutral, upright spine.
- Bend your right ankle and lift it so that the knee is at thigh level.
- Slowly lower your leg back to the start position.



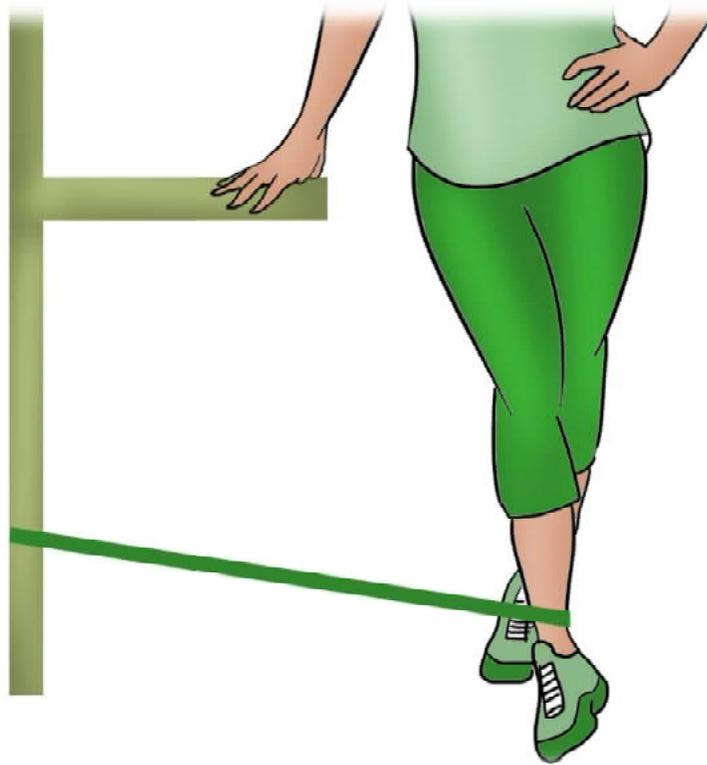
Thigh Thrusts



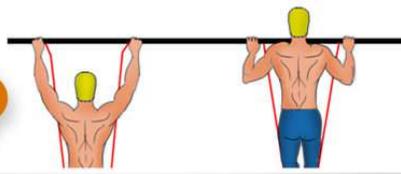
- Crouch with feet shoulder width apart and the resistance loop band around the knees. Ensure that the band is taut.
- Resist the pull of the band with your thighs as you take five steps forward.
- Continue to resist the pull of the band as you take five steps back.



Hip Abductors



- Anchor band to a stationary object.
- Wrap other end of band around your inside ankle.
- Swing your leg out away from where the band is anchored, past your outside leg.
- Keep leg straight and do not bend your knee.
- Slowly return to start position and repeat.



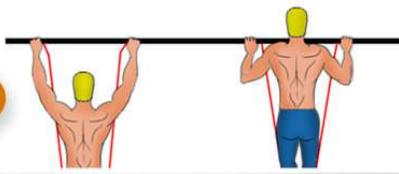
Your Workout Program



Now that you've got a full complement of exercises to perform with your Fit Simplify Pull Up bands, you are able to combine them into a full body workout to get you fitter, stronger and leaner.

The following program should be followed for six weeks.

Perform the workout three times per week with a day's rest period between each session. Monday, Wednesday and Friday works for many people. On the weekend be sure to engage in some physical activity like playing sport or going for a walk.



THE WORKOUT

Pull Ups - 4 sets of 10 reps

Squats – 3 sets of 15 reps

Band Push Ups – 3 set of 10 reps

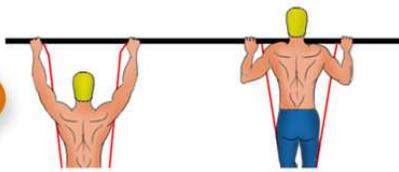
Seated Rowing – 3 sets of 10 reps

Scapular Retraction – 2 sets of 10 reps

Bicep Curls – 2 sets of 10 reps

Triceps Pushdowns – 2 sets of 10 reps

Front Raises – 2 x 10 reps



The Road Ahead . . .



Congratulations,

You now have everything you need to get the very best out of your Fit Simplify Pull Up Bands.

By consistently following the workout program in this guide, you will not only become very good at doing pull ups, you will also strengthen, build and shape your entire body.

We encourage you to make exercise a habitual part of your life. By doing so, you'll find that your life will be more vibrant, energetic and fulfilling.

Good luck!