



EVOLVA

OR BE EXTINCT

RESISTANCE BANDS MANUAL

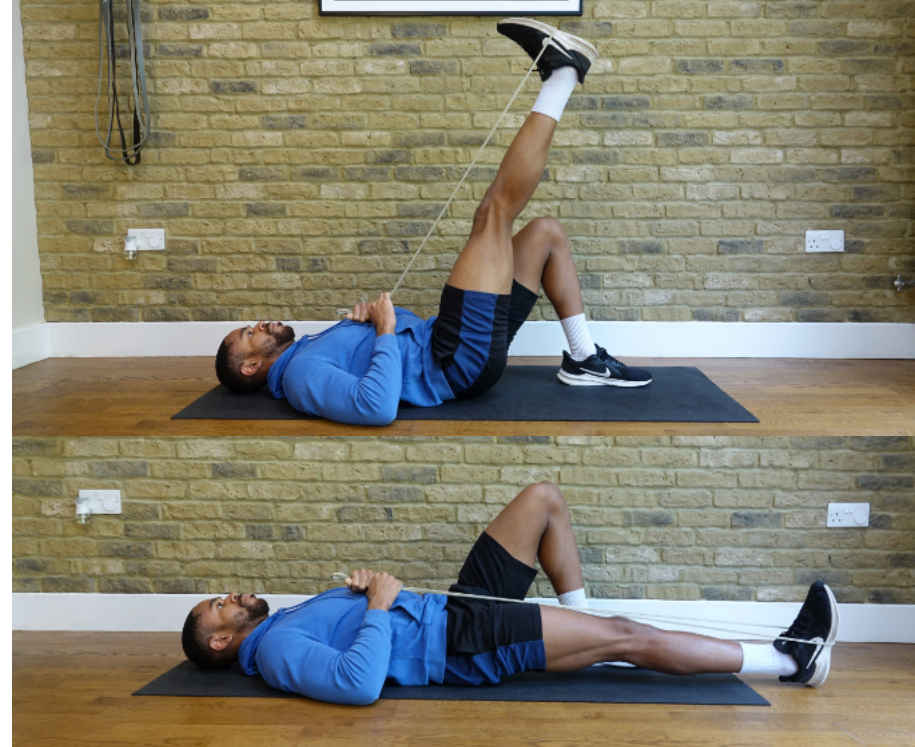
DEVELOP YOUR FITNESS

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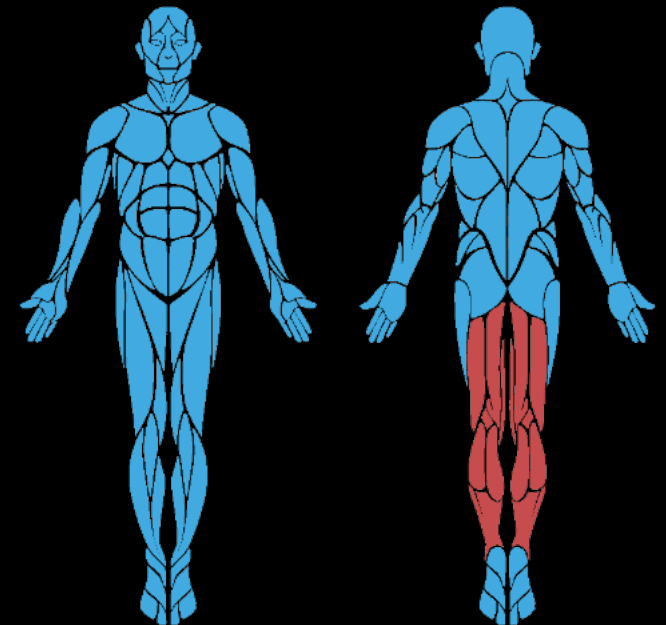
01 DYNAMIC LAYING HAMSTRING STRETCH

FLEXIBILITY & MOBILITY EXERCISES

- Loop the band around your foot
- Raise your leg with the band
- Use the band to help keep your leg straight
- Bring the leg back down to the starting position
- Repeat movement
- Recommended band



10-15 REPS PER LEG



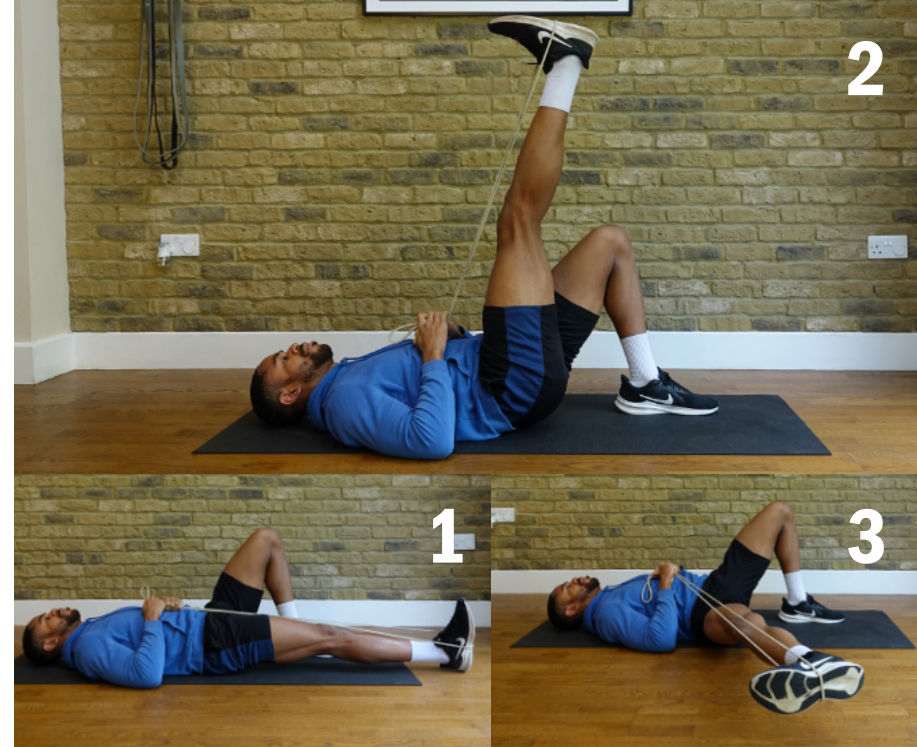
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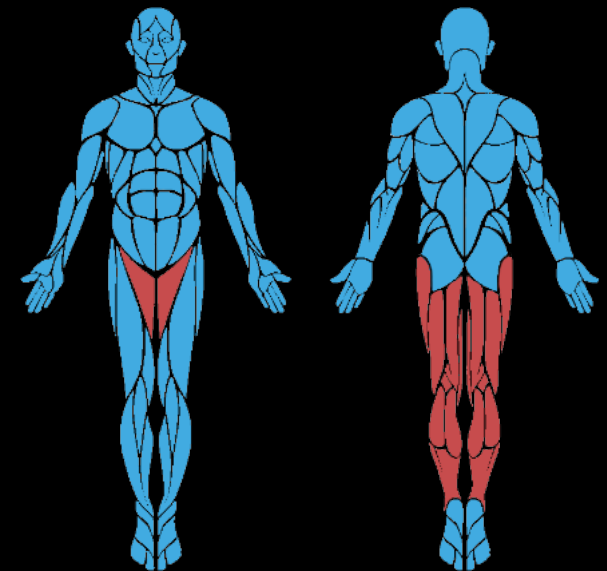
02 HIP MOBILITY

FLEXIBILITY & MOBILITY EXERCISES

- Loop the band around your foot
- Raise your leg with the band
- Use the band to keep your leg straight
- Stretch your leg sideways away from your body
- Reverse the movements until you are back in the starting position
- Repeat movement
- Recommended band



10-15 REPS PER LEG



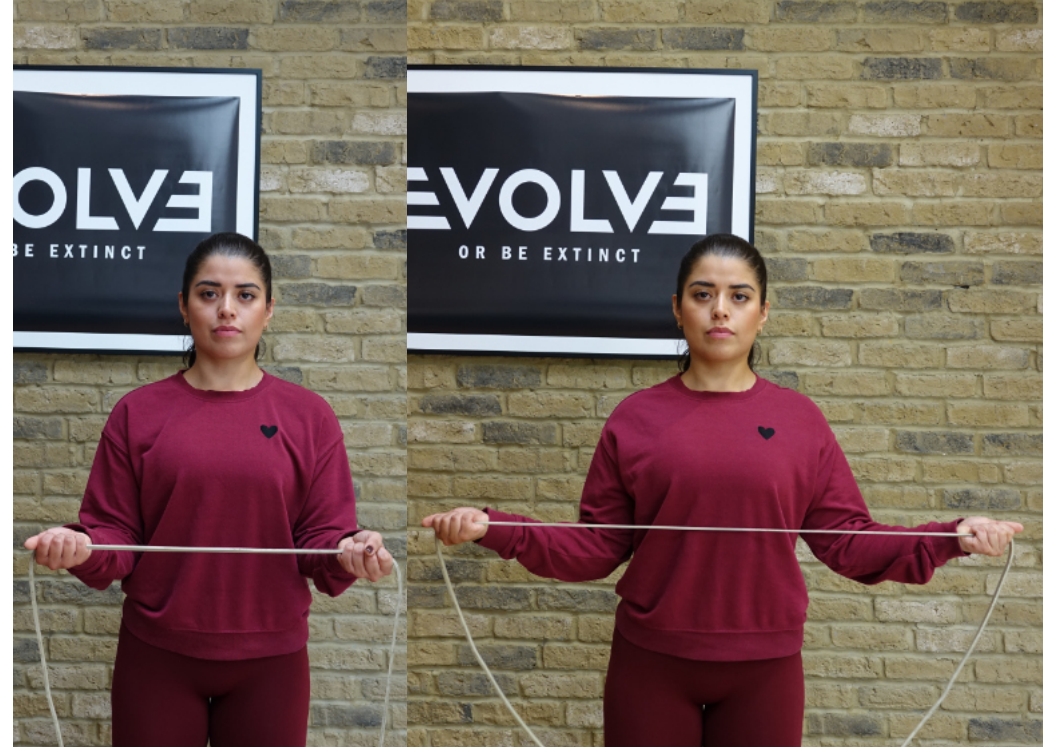
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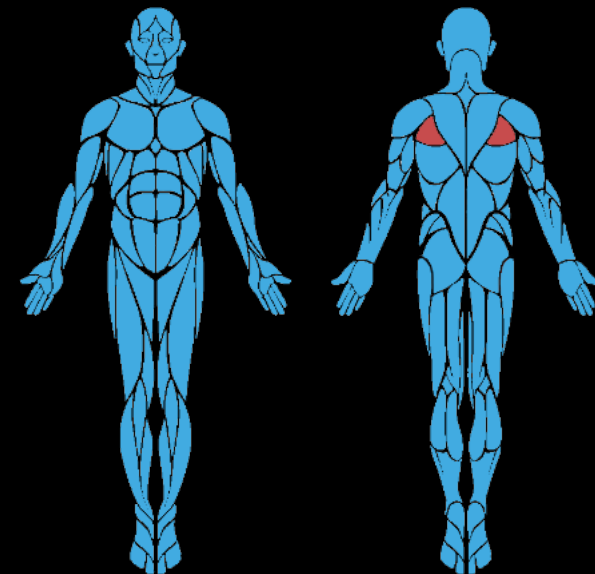
03 EXTERNAL ROTATIONS

FLEXIBILITY & MOBILITY EXERCISES

- Grab one part of the band with your palms facing up
- Keep your elbows by your side and at a 90 degree angle
- Pull the band apart so your hands move away from each other then slowly return back to the starting position before repeating
- Recommended band



10-15 REPS PER SET



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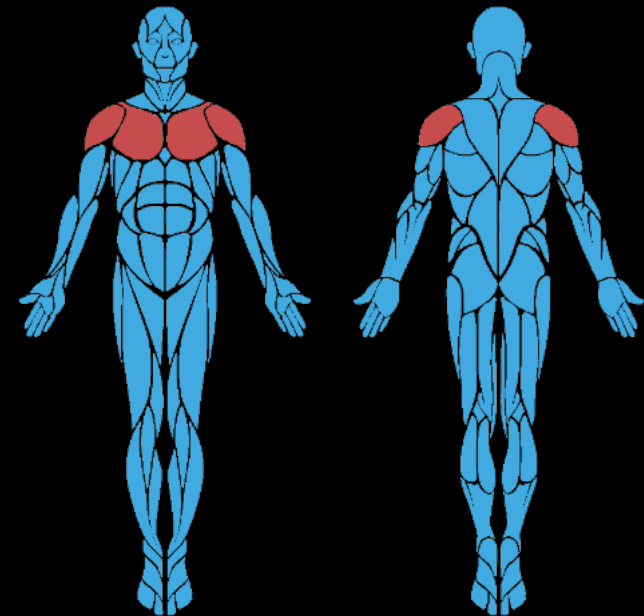
04 SHOULDER DISLOCATIONS

FLEXIBILITY & MOBILITY EXERCISES

- Start with the band in front of your thighs
- Hold on to each end of the band
- Bring the band over your head and behind you until you make contact with your lower back
- Repeat this same movement coming back to the front of your body until you reach the front of your thighs
- Keep your arms straight the whole time
- Keep the rest of your body still as you move the band into its two different positions
- Recommended band



10-15 REPS PER SET



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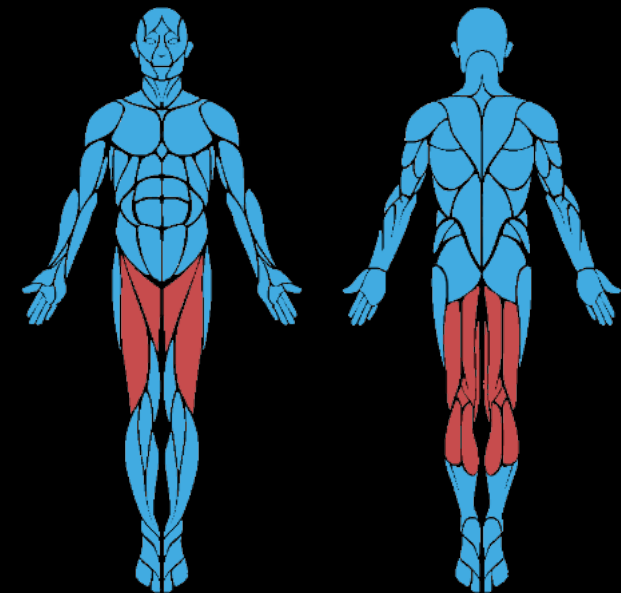
05 HIP FLEX/ HAMSTRING DYNAMIC STRETCH

FLEXIBILITY & MOBILITY EXERCISES

- Create tension on the band by pulling it apart with your hands
- Bring the band over and behind your head as you lean back, keeping both knees at 90 degrees
- Bring the band back over to your front. Straighten your front leg and point your toes towards you.
- Bring the band down toward your shin
- Repeat this and hold for 3 seconds on each position
- Recommended band



10 REPS PER LEG



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06 SINGLE ARM THORACIC EXTENSIONS

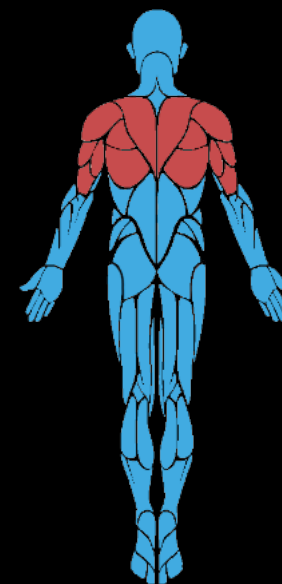
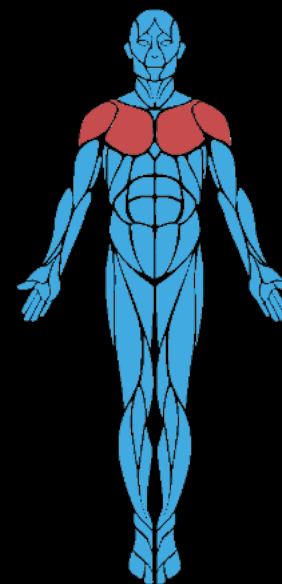
FLEXIBILITY & MOBILITY EXERCISES

- Tie the band around something that's above your head and fixed to the ground. (Example below)
- Hold the band with one hand
- Step forward keeping your elbow at 90 degrees
- Keep one foot in front of the other, the leg that is on the same side of the hand holding the band needs to be behind you
- Let the band pull your arm back as you lean forward

• Recommended band



HOLD 30 SECS-1 MIN

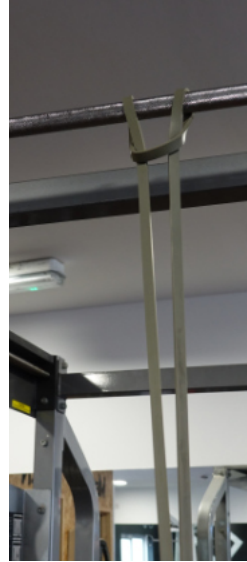


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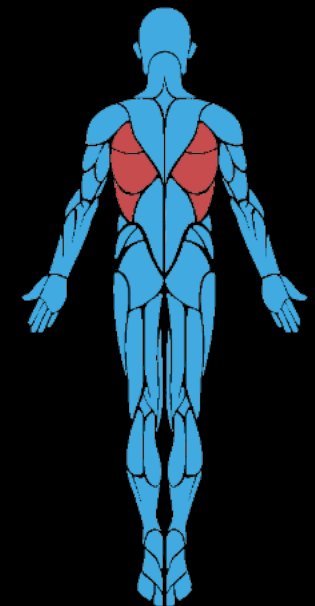
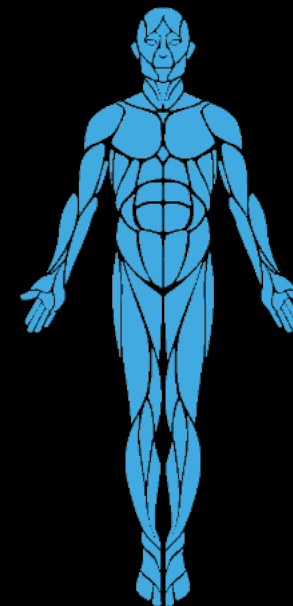
07 HALF KNEELING BAND STRETCH

FLEXIBILITY & MOBILITY EXERCISES

- Tie the band to something above your head that is secure
- Kneel down onto your knees.
- Place one foot forward keeping both knees bent at 90 degrees.
- Hold the band with your hand that it is on the opposite side to your forward leg.
- Twist your body so your head goes under the band, extend the hand that is not holding the band.
- Hold the position for the recommended time
- If more tension is needed step back
- Recommended band



HOLD 30 SECS-1 MIN



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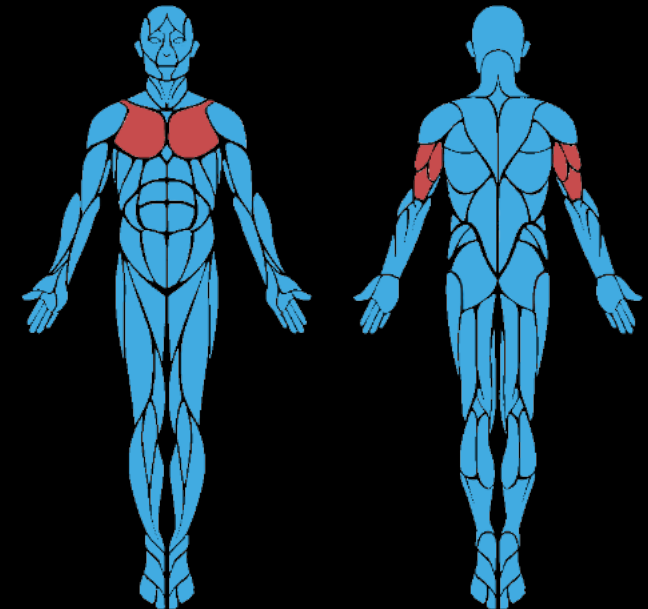
08 ASSISTED HANGING DIPS

ASSISTED BODY WEIGHT EXERCISES

- Loop chosen band to both sides of a dip bar
- Lift your knees up and place them on the bands
- Bend your elbows and lean forward as you lower yourself down
- Extend your elbows to full extension to push yourself back up
- All bands can be used with this exercise.



5-12 REPS PER SET



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09 ASSISTED PULL-UPS

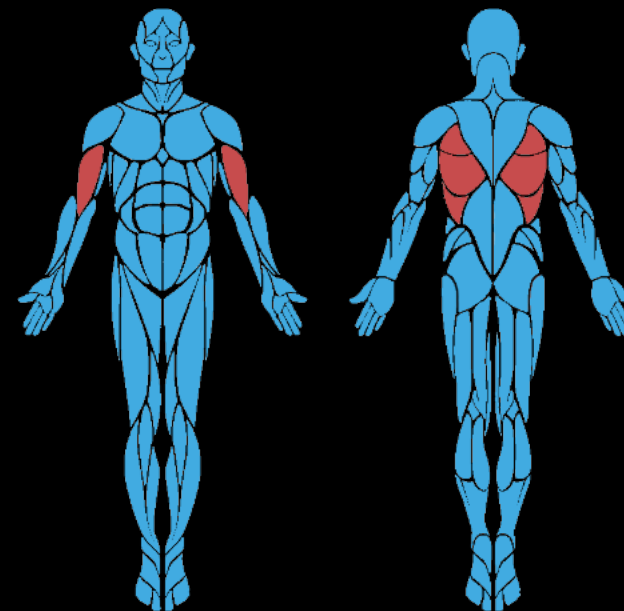


ASSISTED BODY WEIGHT EXERCISES

- Create a knot with the chosen band over the pull-up bar
- Place 1 foot in the band whilst gripping the pull-up bar with your selected grip
- Pull yourself up until your chin is over the bar
- Lift your chest to meet the bar when you pull yourself up
- Lower yourself down until your arms are completely straight
- Pause for a second before performing your second rep
- Recommended band



5-10 REPS PER SET



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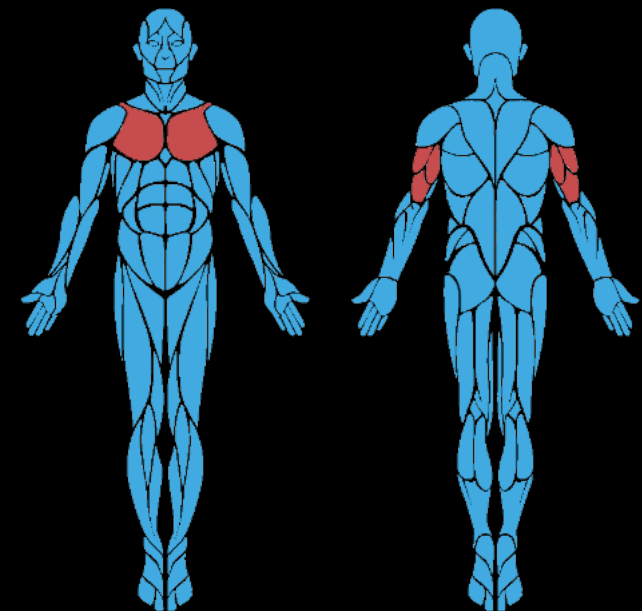
10 ASSISTED PUSH-UPS

ASSISTED BODY WEIGHT EXERCISES

- Tie the band onto something that's above your head and fixed to the ground
- Step inside the band placing it around your waist
- Take yourself to the floor on all fours
- Place your hands under your chest
- Place your feet just outside your hips
- Keep your bum level with your shoulders the whole time
- Lower yourself down just before you make contact with the floor and push yourself back up fully extending your elbows
- Keep your elbows at 45 degrees the whole time
- Recommended band



5-12 REPS PER SET



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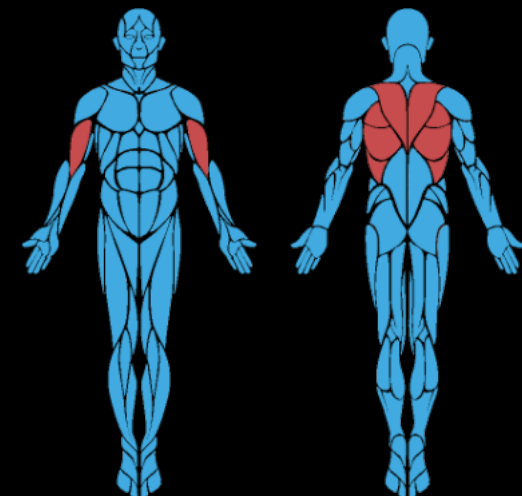
11 SEATED ROWS

UPPER BODY RESISTANCE EXERCISES

- Sit up right with your legs straight in front of you so you are in a 90 degree angle
- Place band around the bottom of your feet
- Grab both parts of the band with each hand with your thumbs facing forward
- The more you reach forward with your grip the more resistance you will get from the band
- Retract your shoulders as you pull your elbows back
- Push your chest up and hold this position for 2 seconds before releasing
- Repeat movement once your elbows are fully extended
- Recommended band



8-15 REPS PER SET



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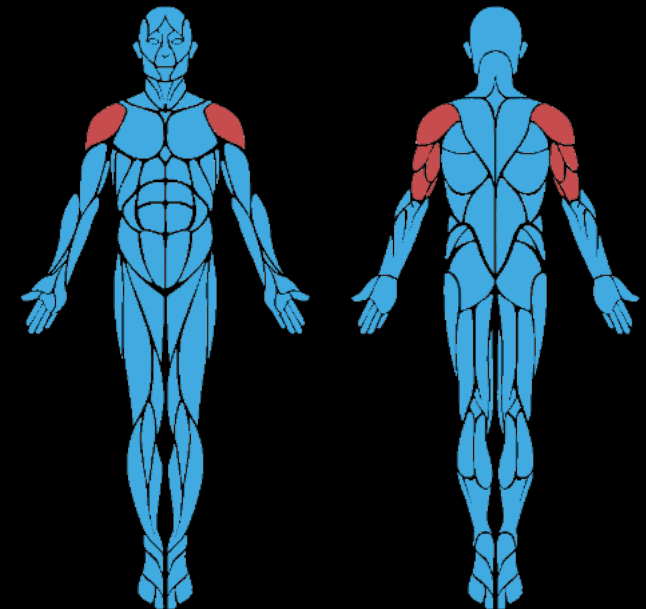
12 OVERHEAD PRESS

UPPER BODY RESISTANCE EXERCISES

- Step on one part of the band with both of your feet under your hips
- Bring the other part of the band under your chin with your elbow inside the band
- Push the band up and back so that the band is inline with the crown of your head.
- Fully extend your elbows before bringing the band back down to the starting position before repeating the movement again
- Recommended band



5-10 REPS PER SET



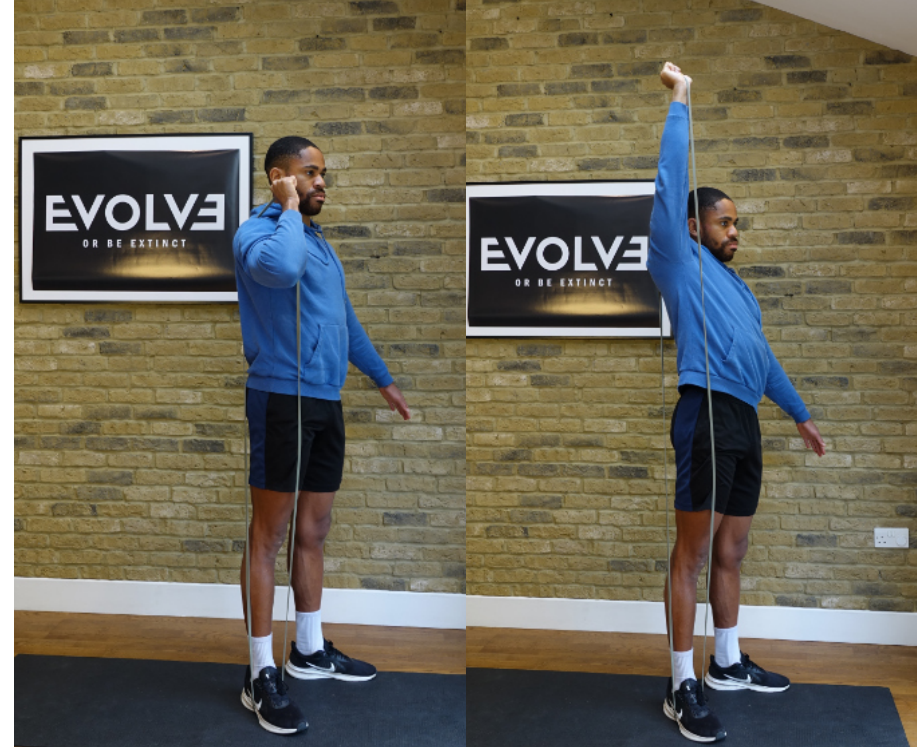
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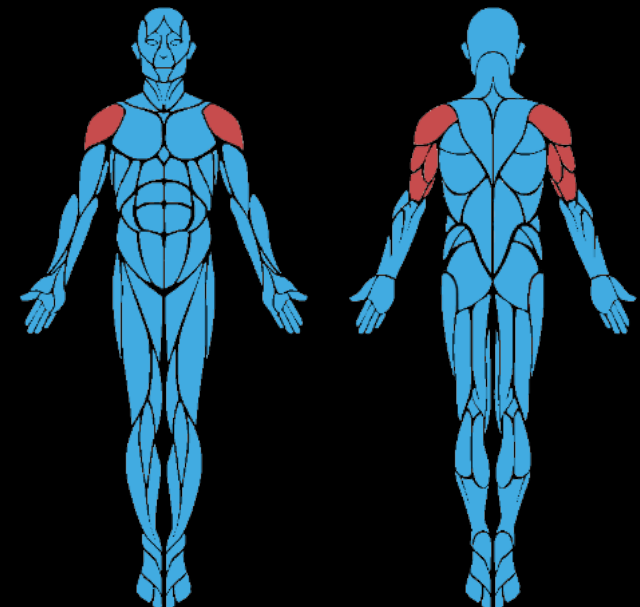
13 SINGLE ARM OVERHEAD PRESS

UPPER BODY RESISTANCE EXERCISES

- Step on one part of the band with one foot
- Grip the band with the same hand that's in line with the foot that's on the band
- Grip the band with your knuckles facing up
- Have your elbow in front of you so your hand is in line with your ear
- Push the band up until you have fully extended your elbow and until your hand is directly over your shoulder
- Bring the band back down to your starting position and repeat
- Recommended band



6-12 REPS PER SET



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14 BAND PUSH PRESS

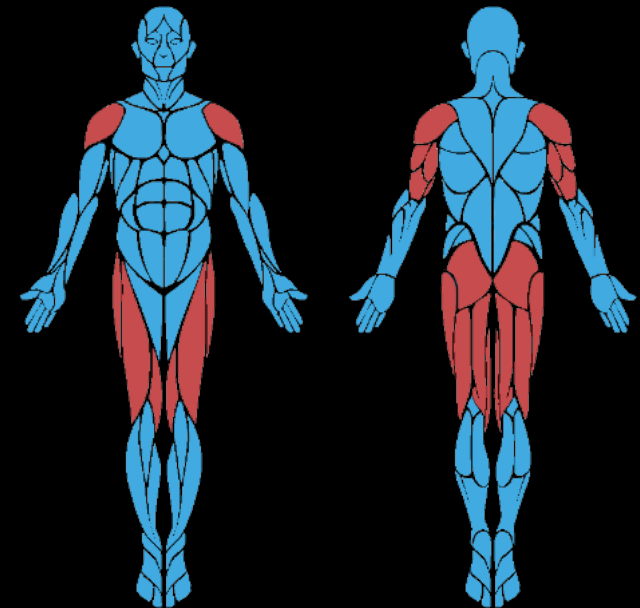
UPPER BODY RESISTANCE EXERCISES

- Step on one part of the band with both of your feet under your hips
- Bring the other part the band under your chin with your elbows inside the band
- Start the movement by bending your knees.
- Fully extend your arms before bringing the band back under your chin
- As you extend the knees push the band up with force until the band is over the crown of the head
- Repeat the movement bending the knees each time before you press

• Recommended band



6-15 REPS PER SET



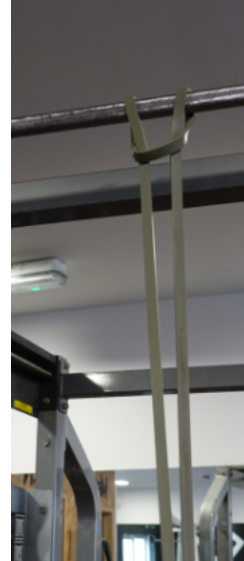
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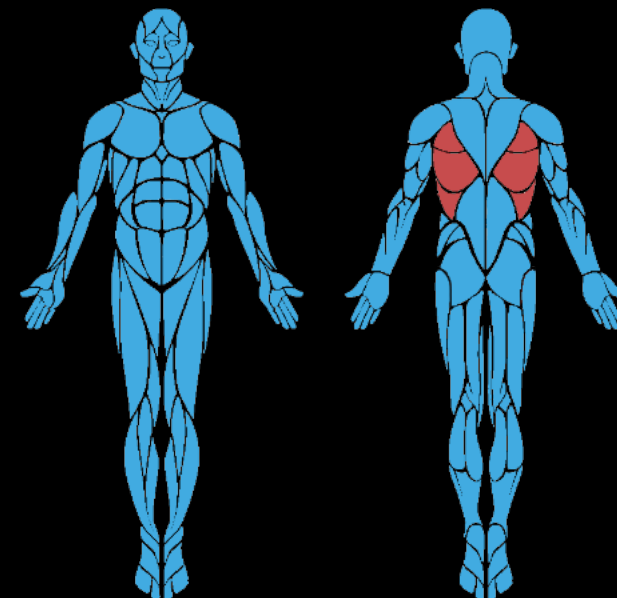
15 STRAIGHT ARM PULL DOWN

UPPER BODY RESISTANCE EXERCISES

- Tie a knot in the band on an object that is over your head and fixed to the ground
- Grab each side of the band with your thumbs facing up and knuckles facing forward
- Lean forward so your body is roughly at 45 degrees
- Keeping your arms straight pull the band down and apart to the outside of your legs
- Push your chest out as you bring the band down
- Slowly bring the band back up until you get to shoulder level with your hands
- Repeat movement
- Recommended band

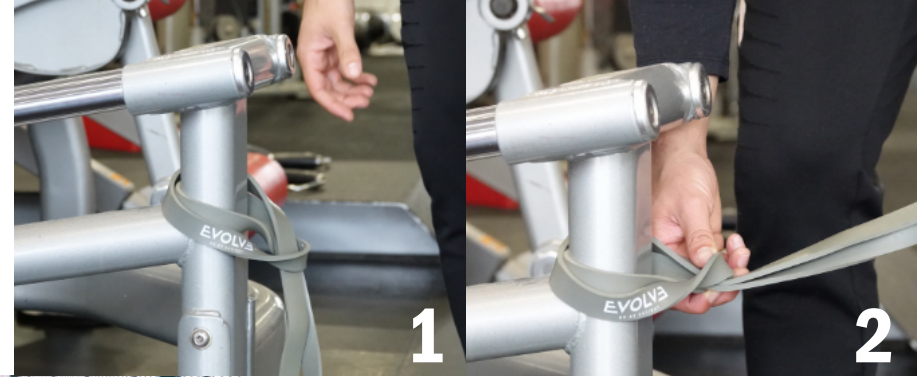


10-15 REPS PER SET



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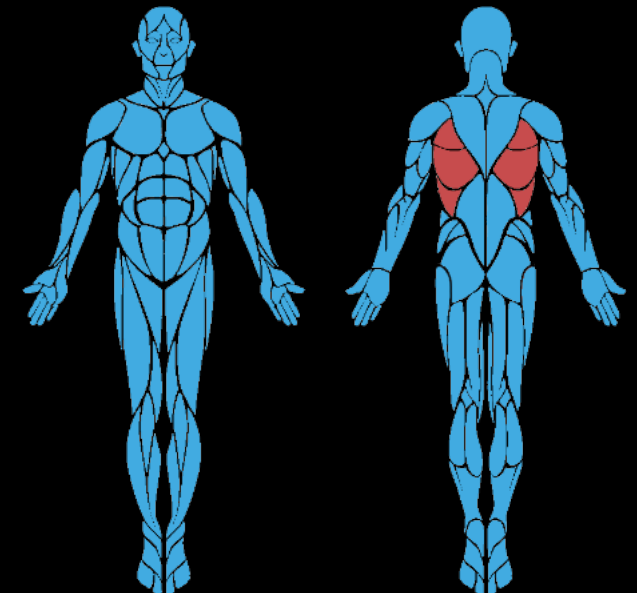
16 SINGLE ARM LOW PULLEY ROW



10-15 REPS PER SET

UPPER BODY RESISTANCE EXERCISES

- Create a knot with the band around an object that's fixed to the floor
- Hold onto the band and lean over whilst maintaining good posture
- Pull your elbow into your side holding for 2 seconds
- Release slowly and repeat
- Recommended band



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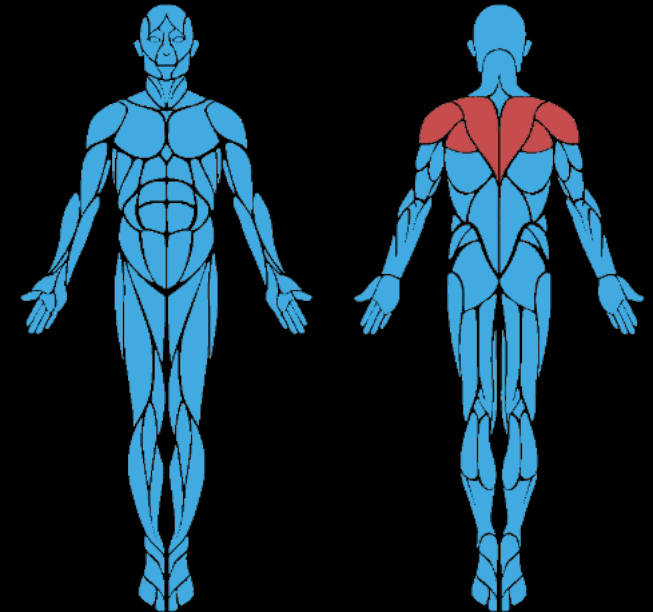
17 PULL APARTS

UPPER BODY RESISTANCE EXERCISES

- Hold both ends of the band with your arms straight
- Pull the band apart until it makes contact with your chest
- Squeeze your shoulder blades together as you pull the band apart without arching your lower back
- Slowly bring yourself back to the starting position without bending your elbows
- Repeat
- Recommended band



10-15 REPS PER SET



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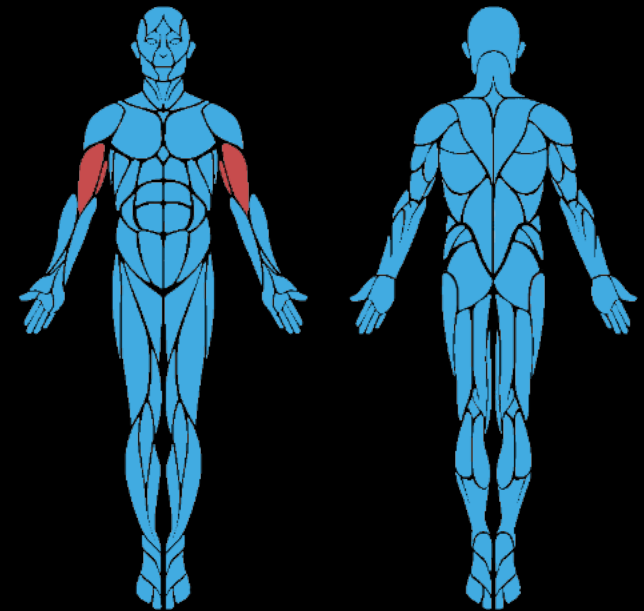
18 BICEP CURLS

UPPER BODY RESISTANCE EXERCISES

- Step on one part of the band so you are inside it
- Hold the other part of the band with each hand
- Start with your arms straight with your elbows by your side
- Keeping your elbows by your side bring your hands up just above 90 degrees
- Lower your hands back down til your elbows have fully extended before repeating
- Recommended band



10-20 REPS PER SET



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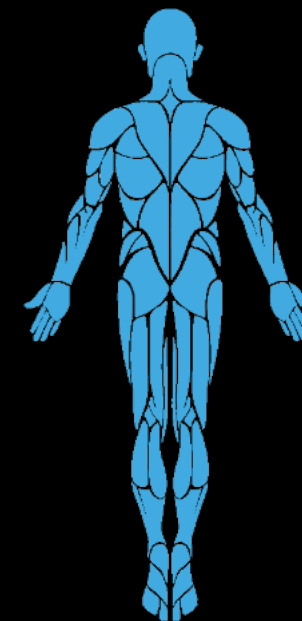
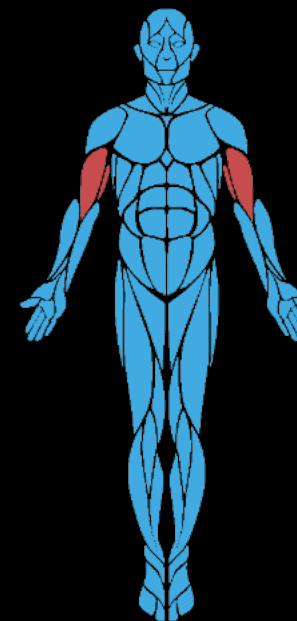
19 SEATED BICEP CURLS

UPPER BODY RESISTANCE EXERCISES

- Sitting down in an upright position step into the middle of both parts of the band
- Grab both ends of the band on each side
- Keeping your elbows by your side bring your hands up just above 90 degrees
- Lower your hands back down until your elbows have fully extended before repeating
- Recommended band



10-15 REPS PER SET




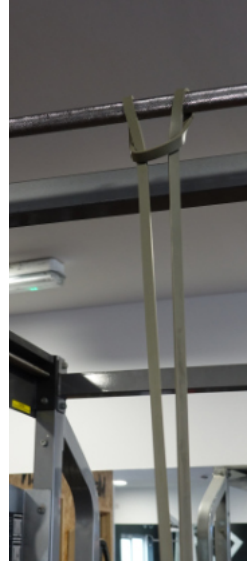
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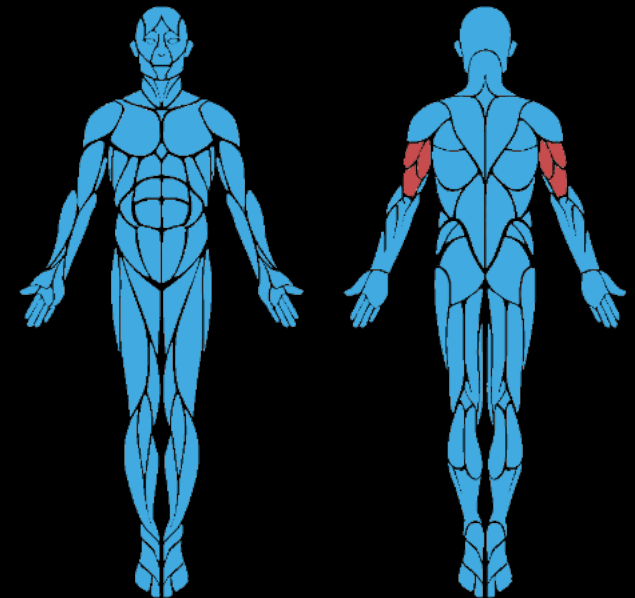
20 TRICEP EXTENSIONS

UPPER BODY RESISTANCE EXERCISES

- Create a knot with a band on an overhead fixed object
- Grab each side of the band the higher you place your hands on the band the more resistance you will get
- Have your knuckles facing forward and your thumbs facing up
- Keep your elbows by your side and shoulders retracted
- Start with your elbows at 90 degrees
- Extend your elbows until your arm is completely straight
- Return back to the 90-degree angle before repeating
- Recommended band 



10-20 REPS PER SET



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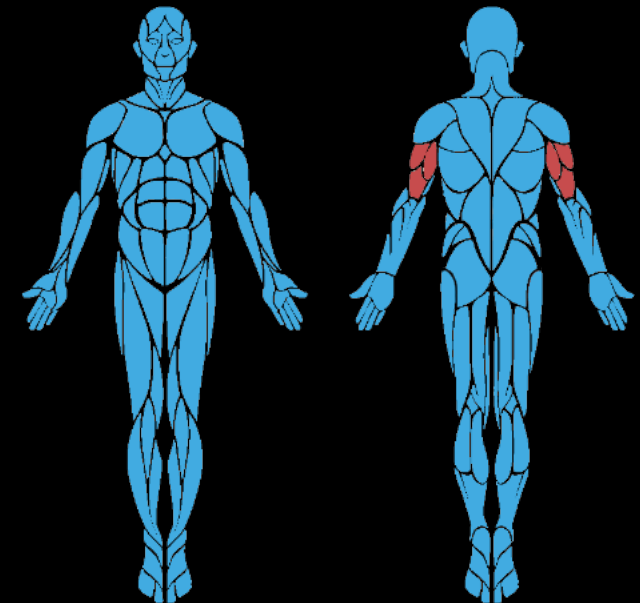
21 OVERHEAD TRICEP EXTENSIONS

UPPER BODY RESISTANCE EXERCISES

- Take one foot in front of the other in a split stance position
- With your back foot, step on one loop of the band
- Grab each side of the band with each hand
- Bring the band up to your starting position with your elbows at 90 degrees facing forward
- Extend the elbows till your arms are straight over your head
- Return back to starting position before repeating the movement
- Recommended band



10-20 REPS PER SET



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22 BAND PUSH-UPS



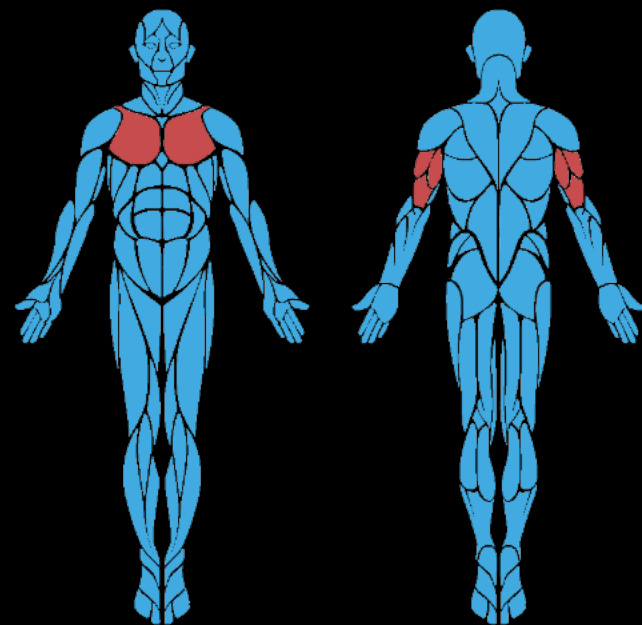
UPPER BODY RESISTANCE EXERCISES

- Wrap the band around your body so both parts of the band goes under your armpits
- Place the ends of each band around your thumb and under your palms
- Make sure the band is around your upper back without your elbows going in between the band.
- Place your hands under your chest
- Lift your knees off the floor with your feet outside your hips
- Keep your bum in line with your shoulders
- Lower yourself down keeping your elbows at 45 degrees
- Lower yourself down just before you touch the floor
- Push yourself up with intent and repeat movement

• Recommended band



5-12 REPS PER SET



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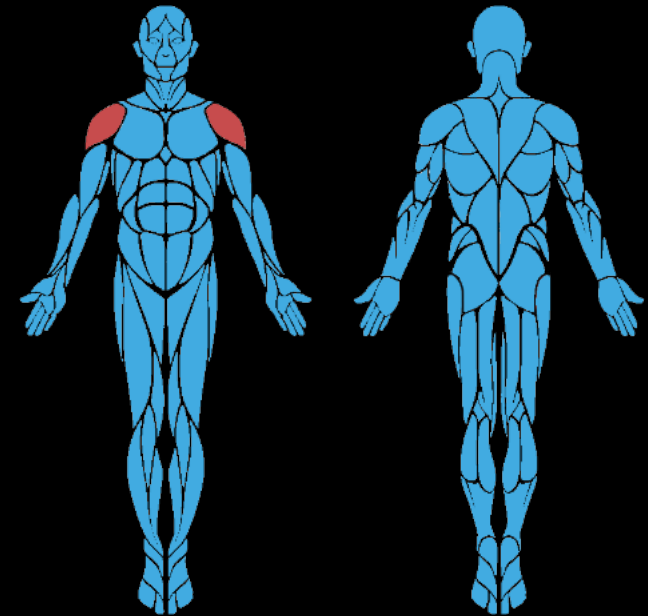
23 LATERAL RAISES

UPPER BODY RESISTANCE EXERCISES

- Step inside one part of the band
- Grab hold of each end of the band
- Slowly bring your hands up to the side and away from your body until your elbows are in line with your shoulders
- Keep a slight bend in your elbows
- Keep a slight retraction in your shoulder blades
- Bring your hands back down to the side of your legs and repeat the movement
- Recommended band



10-20 REPS PER SET



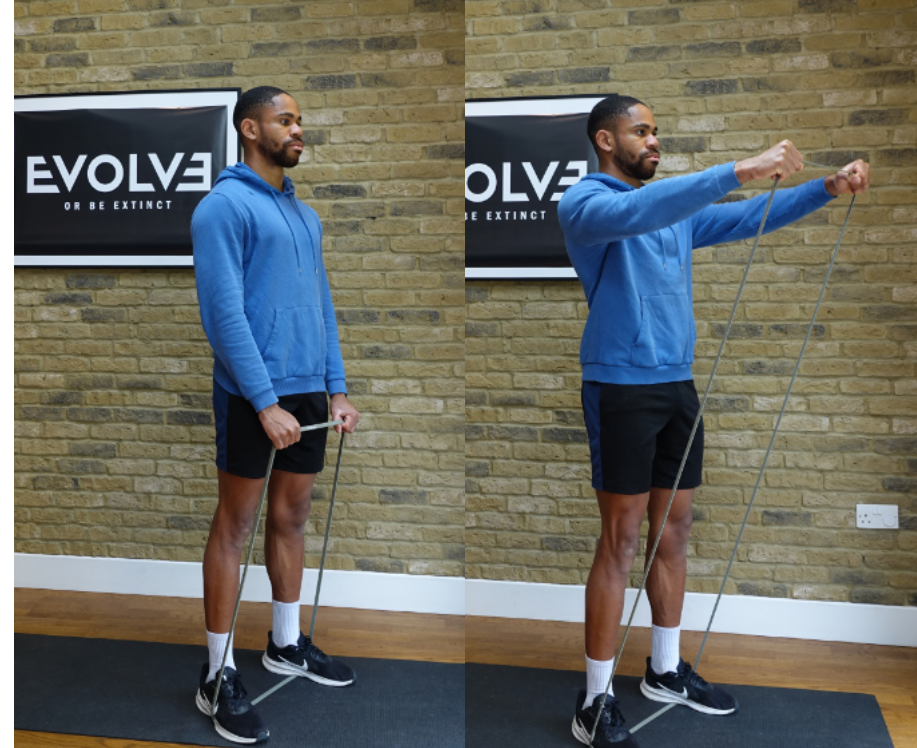
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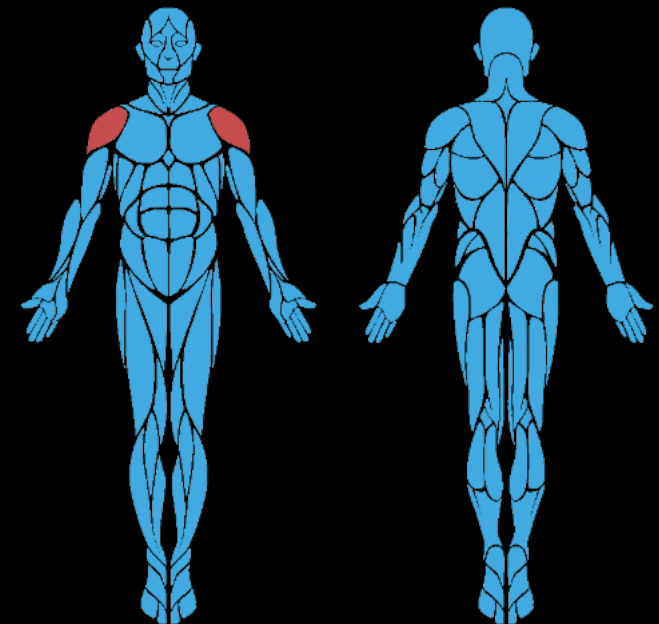
24 FRONT RAISES

UPPER BODY RESISTANCE EXERCISES

- Step inside one part of the band
- Grab hold of each end of the band
- Slowly bring your hands up to the side and away from your body until your elbows are in line with your shoulders
- Keep your arm straight
- Maintain a slight retraction in your posture
- Recommended band



10-20 REPS PER SET



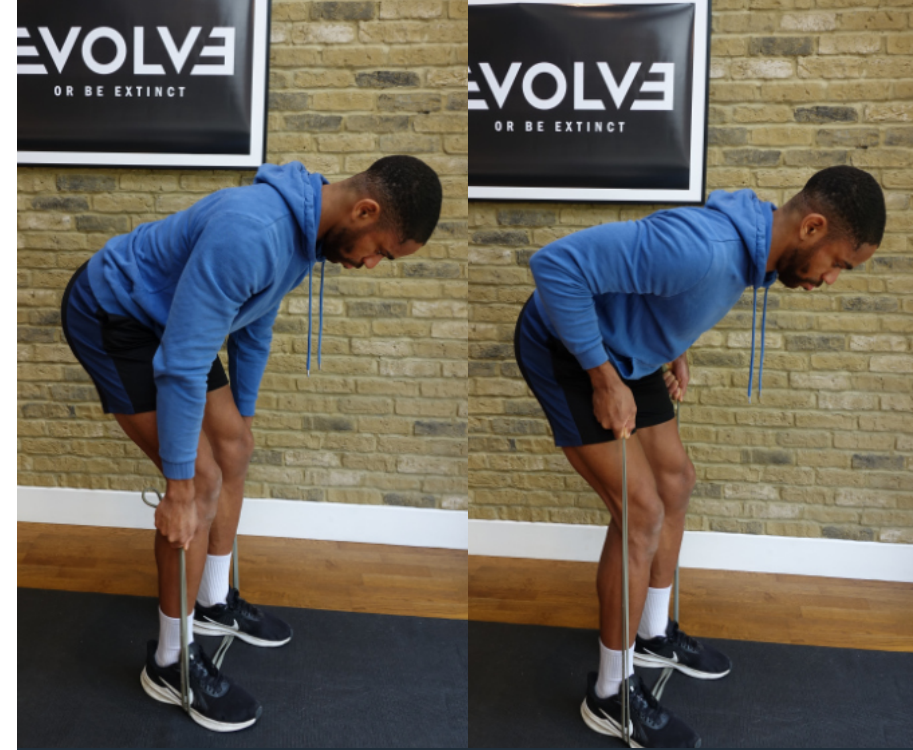
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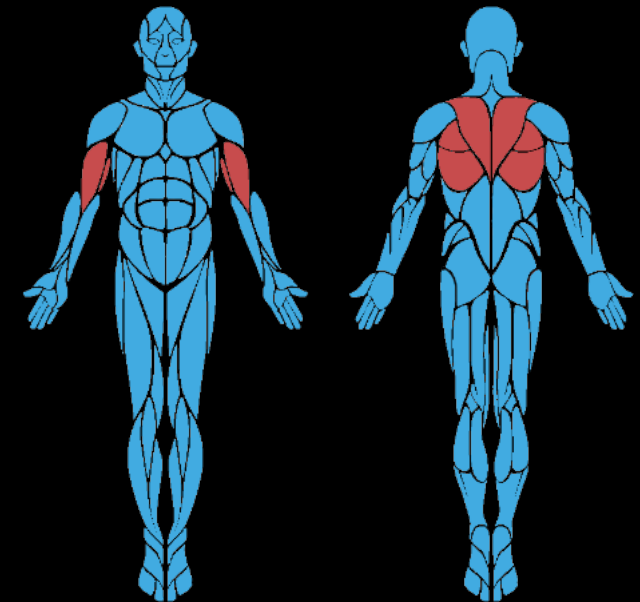
25 BENT OVER ROWS

UPPER BODY RESISTANCE EXERCISES

- Create a loop on each end of the band
- Hold onto each loop and place the middle part of the band on the floor
- Step on the middle part of the band
- Hold the band with your knuckles facing the floor and your hands outside your body
- Lean your upper body over by pushing your bum back without curving your spine
- Pull your elbows into your side retracting your shoulders as you do so
- Straighten out your arms and then repeat the movement
- Recommended band



8-12 REPS PER SET



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26 Y-FLYS



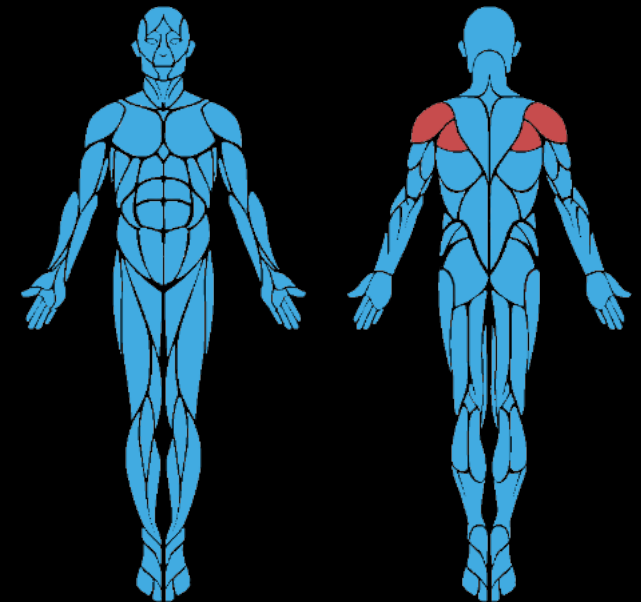
UPPER BODY RESISTANCE EXERCISES

- Tie a knot on the band around a fixed object overhead
- Stand in front of the fixed object and hold onto the outside of the band. The band should be inline with your chest
- Step back so there is tension on the band
- Keeping the arms straight raise the band over your hand and pull it apart
- Bring your arms back to the starting position before repeating the movement again

- Recommended band



10-15 REPS PER SET



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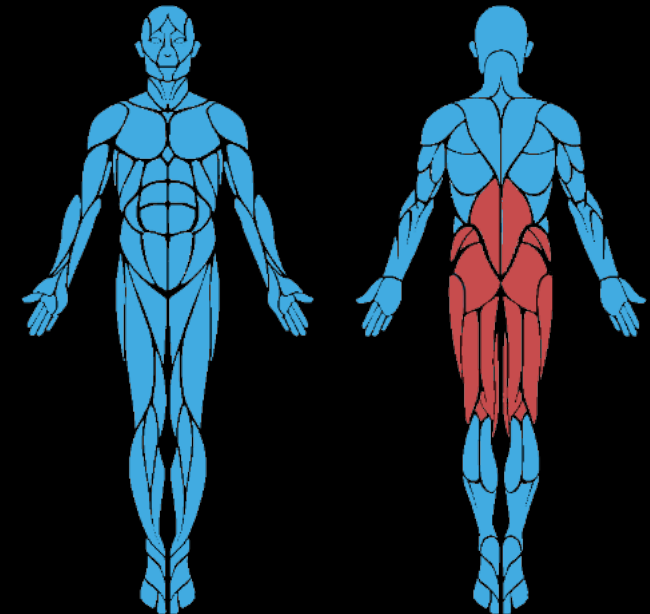
27 BAND DEADLIFT

LOWER BODY RESISTANCE EXERCISES

- Step onto the middle of the band
- Grab the side of the band with each hand
- Push your hips back and lean over with minimal bend in your knees
- Push your hips forward and extend your knees to return back to the starting position
- Repeat movement
- Recommended band



6-12 REPS PER SET



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28 HIP THRUST



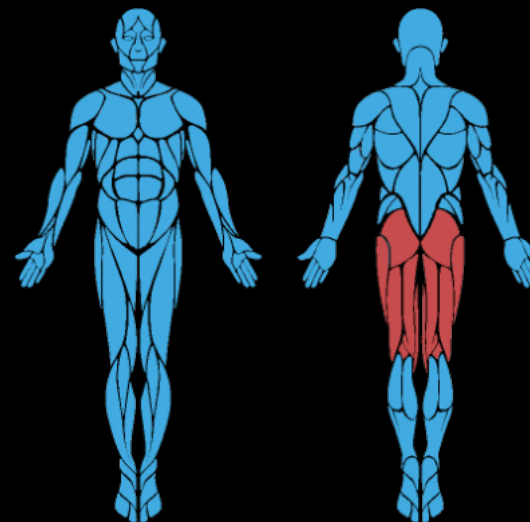
LOWER BODY RESISTANCE EXERCISES

- Loop both ends of the band and step inside each loop with your feet
- Place the center of the band around your hips/waist
- Rest your shoulders on a sofa/bench and place your arms to the side whilst your bum rests on the floor
- Drive your hips up working against the resistance of the band until your waist is level with your shoulders
- Keep your chin tucked in the whole time
- Lower your waist back down without letting your bum touch the floor before repeating the movement

• Recommended band



6-15 REPS PER SET



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29 ASSISTED PISTOL SQUAT

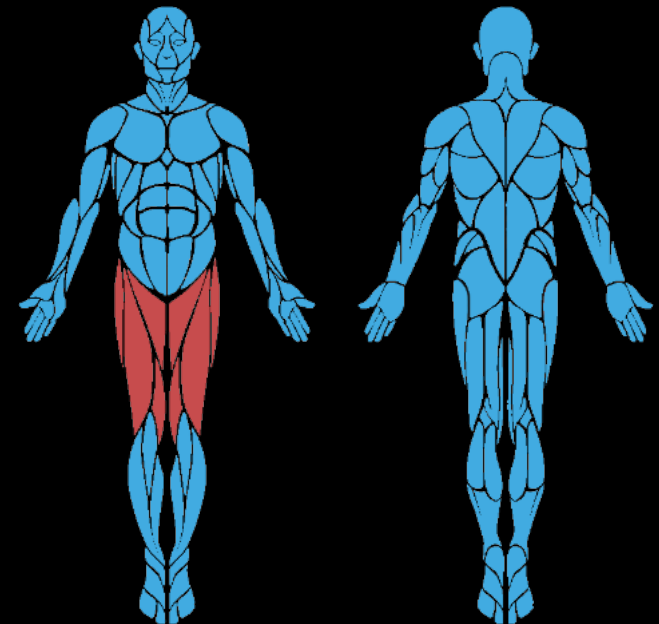


LOWER BODY RESISTANCE EXERCISES

- Tie a knot on the band around a fixed object over your head
- Grab hold of each side of the band
- Take one foot off the floor and in front of you
- Keeping the other foot on the floor slowly lower yourself down by bending your knee as if you are sitting down on the floor
- Keep your hip knee and ankle in line with each other on the leg that is on the floor
- Using the band for a bit of assistance stand back up before repeating the movement
- Recommended band



6-12 REPS PER SET



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30 SQUAT

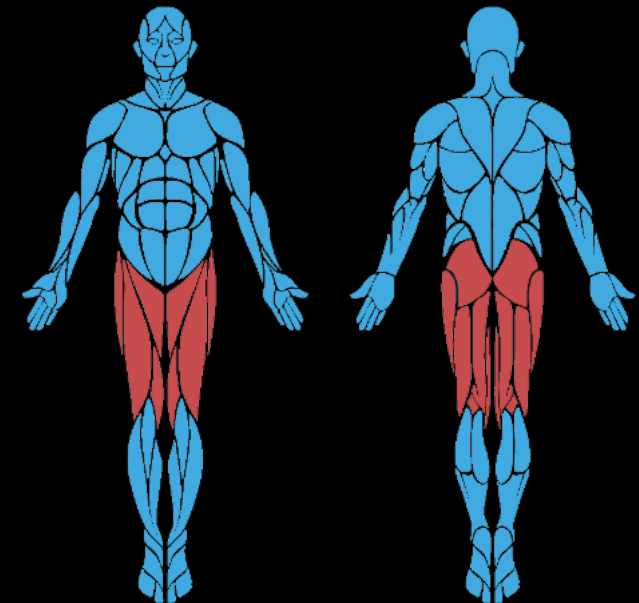
LOWER BODY RESISTANCE EXERCISES

- Place one part of the band under your feet
- Place the other part of the band around your shoulders
- Place your feet just outside your hips
- Point your toes out to 45 degrees
- Slowly lower yourself down by bending your knees
- Keeping your feet flat on the floor the whole time
- Keep your hips knees and ankles in line with each other
- Stand back up working against the resistance of the band before repeating the movement

- Recommended band



6-12 REPS PER SET



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31 STATIC LUNGE WITH BAND AROUND KNEE



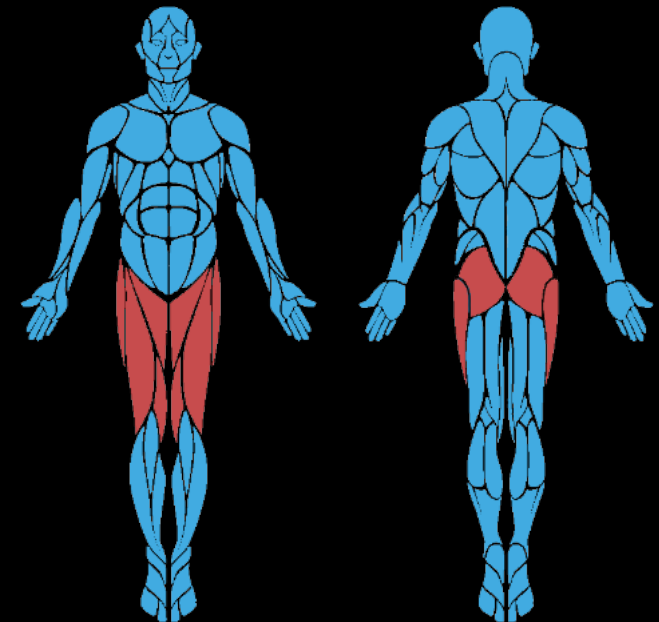
LOWER BODY RESISTANCE EXERCISES

- Tie a knot on the band around a fixed object
- Step inside the band with one leg. Place the lip of the band around the back of your knee.
- Start with your feet together and step back so there is no slack on the band
- Keep your leg that is in the band where it is, step back with the other leg bending both knees as you perform a lunge
- Step back into the starting position with your back leg before repeating the movement

- Recommended band



12-15 REPS PER SET



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32 SPLIT SQUAT

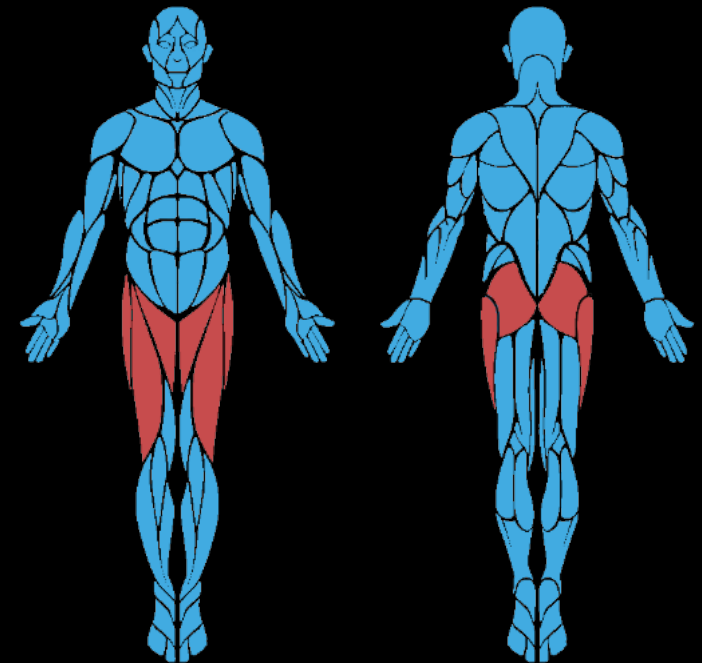
LOWER BODY RESISTANCE EXERCISES

- Take one foot in front of you and place it flat on the floor
- Place the other foot behind you on an elevated object (sofa/box/bench)
- Place one part of the band under your front foot
- Place the other part of the band around your shoulders
- Lower yourself down to the ground bending both your back knee and front knee. Do not let your knee touch the floor.
- Bring yourself back up by extending your knees before repeating the movement

• Recommended band



6-12 REPS PER SET



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33 BAND SINGLE LEG STEP-UP EXTENSIONS

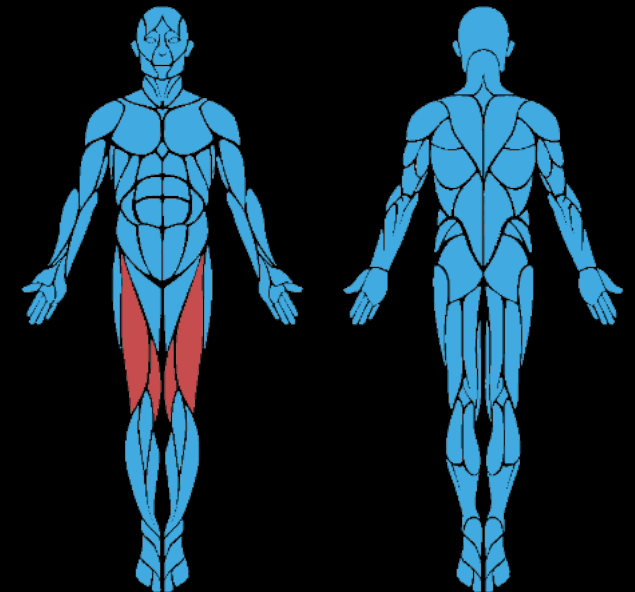
LOWER BODY RESISTANCE EXERCISES

- Stand in front of an object you can step on top of
- Place one foot on the object with one part of the band under that same foot and the other part of the band around your shoulders
- Maintain good posture by not letting your shoulders round and step up onto the object with the other foot
- Step back down with the same leg and repeat the movement for chosen reps before changing legs

- Recommended band



10-15 REPS PER SET



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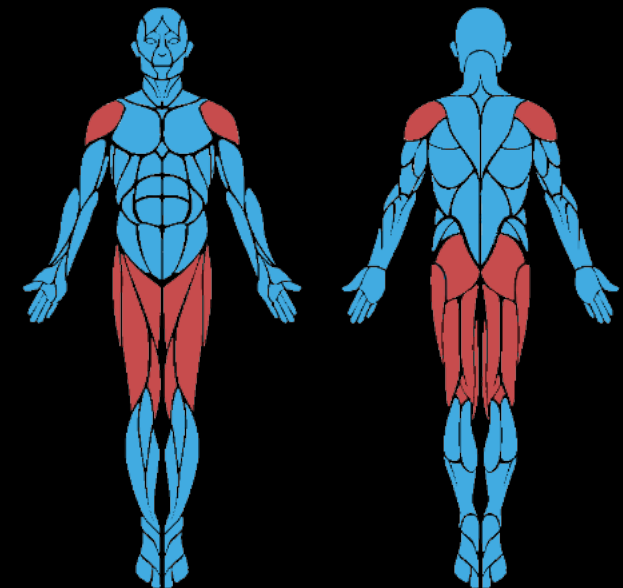
34 OVERHEAD SQUATS

LOWER BODY RESISTANCE EXERCISES

- Grab both ends of the band
- Bring the band over your shoulders with your arms straight
- Create tension on the band by pulling it apart
- Place your feet just outside your hips
- Point your toes out to 45 degrees
- Slowly lower yourself down by bending your knees
- Keeping your feet flat on the floor the whole time
- Keep your hips knees and ankles in line with each other
- Keep the tension in the band until you have finished the exercise
- Bring yourself back up before repeating movement
- Recommended band



6-12 REPS PER SET



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35 GOOD MORNINGS

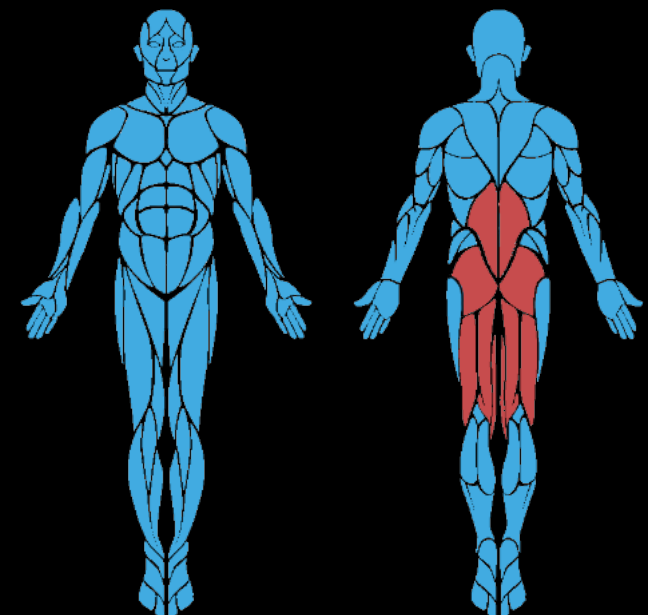
LOWER BODY RESISTANCE EXERCISES

- Place one part of the band under your feet
- Place the other part of the band around your shoulders
- Slowly push your hips back keeping only a slight bend in your knees
- Maintain good posture without letting your lower back round
- Pull yourself back in from your hips to bring yourself back to your starting position before repeating the movement

• Recommended band



10-15 REPS PER SET



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36 BAND ROTATIONS

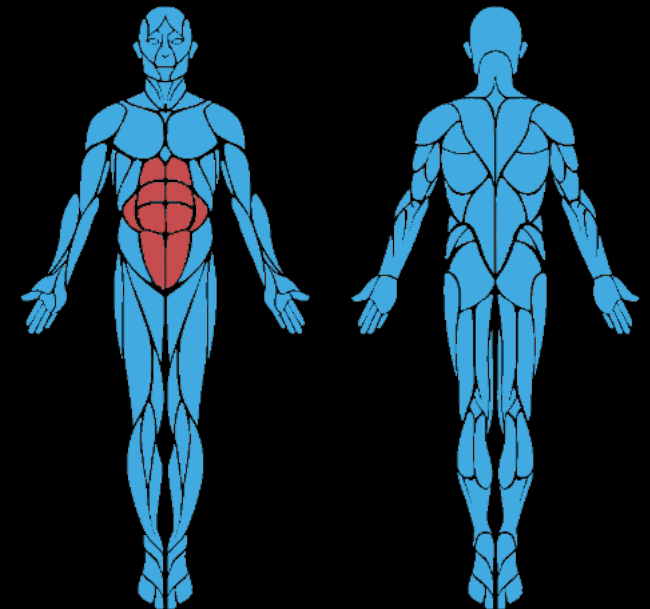


CORE EXERCISES

- Tie a knot around the band on a fixed object
- Interlock your fingers around the other side of the band
- Position your body sideways onto the fixed object with the band in line with your shoulders
- Step away from the fixed object whilst holding the band so that there is constant tension on the band
- Extend your arms in front of you
- Rotate your waist whilst keeping your arm straight and in line with your shoulders
- Return back to the starting position before repeating the movement
- Swap sides once the chosen amount of reps has been completed
- Recommended band



10-15 REPS PER SET



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37 BAND PALLOF PRESS



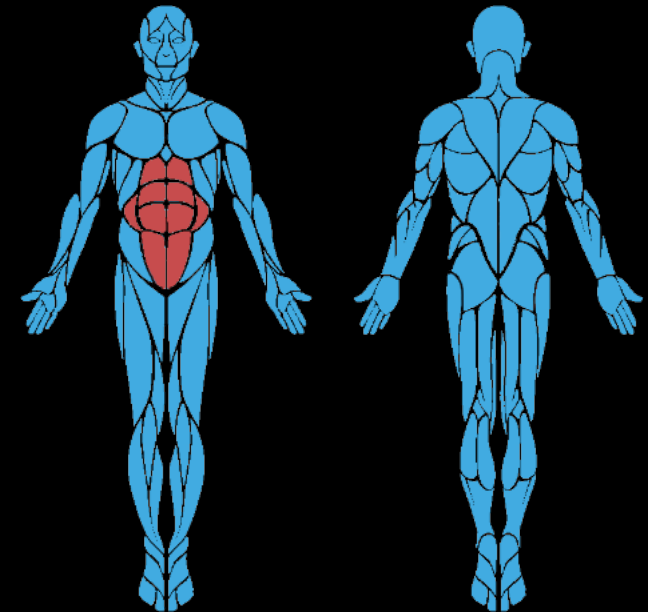
CORE EXERCISES

- Tie a knot around the band on a fixed object
- Interlock your fingers around the other side of the band
- Position your body sideways onto the fixed object with the band in line with your shoulders
- Step away from the fixed object whilst holding the band so that there is constant tension on the band
- Start with the band close to your chest
- Push the band forward in front of you until your arms are straight hold for 2-5 seconds
- Bring the band into the starting position before repeating the movement again

- Recommended band



10-12 REPS PER SET



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38 STANDING WOOD CHOP LOW TO HIGH



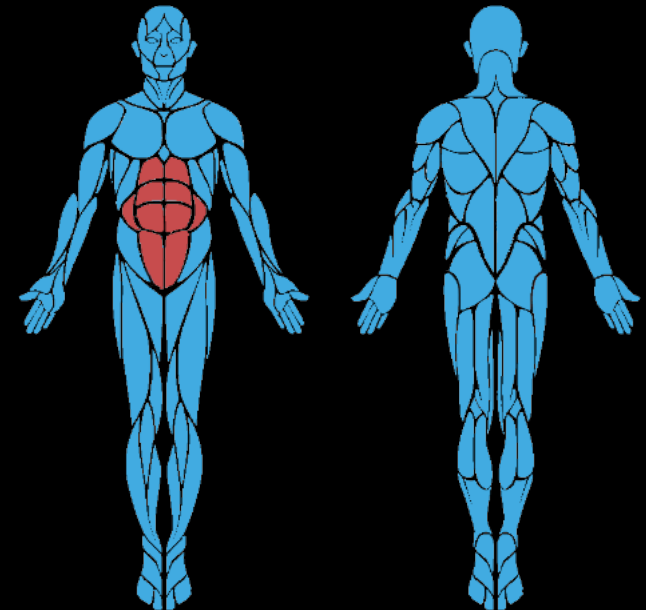
CORE EXERCISES

- Tie a knot around the band on a fixed object with the knot of the band being in line with your feet
- Interlock your fingers around the other side of the band
- Position your body sideways onto the fixed object with the band coming across your body
- Step away from fixed the object whilst holding the band so that there is constant tension on the band
- Start with your arms across your body, rotate your waist, and move the band up in a diagonal motion
- Keeping your arm straight the whole time.
- Bring the band back down to your starting position and repeat the movement for chosen reps before changing sides

• Recommended band



10-15 REPS PER SET





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39 BANDED SPRINTS



SPEED EXERCISES

- Tie the band on a fixed object or get a partner to hold the band
- Step inside the band
- Begin performing sprinting motion edging forward so that there is tension on the band
- Maintain an upright position
- Only edge forward until there is tension on the band and maintain that tension rather than trying to go as far as you can forward
- Recommended band  



10-15 SECOND BURSTS

CARDIO



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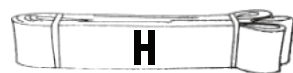
40 MULTI DIRECTIONAL CONE DRILL



SPEED EXERCISES

- Tie the band on a fixed object or get a partner to hold the band
- Place three cones in-front of you at your chosen distance
- Step inside the band
- Run towards one cone and touch the cone
- Control yourself back and repeat to the other cones for the chosen amount of time

- Recommended band



30 SECONDS

CARDIO



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DISCLAIMER

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. Please always consult your doctor before beginning this or any other exercise program, especially if you have any chronic or recurring condition, and/or if you are pregnant, nursing, or elderly. This exercise program is not recommended if you experience chest pains or have uncontrolled blood pressure or other uncontrolled chronic diseases. By performing any of the exercises in this program, you assume all risks of injury from doing so. Evolve or Be Extinct Ltd is not responsible or liable for any injury or loss you may sustain by participating in this exercise program. Always warm up before beginning any workout and never exercise beyond the level at which you feel comfortable. Please stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheaded, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. If any of these symptoms persists after you stop exercising, please seek medical help immediately. This exercise program and the class tutorials and instructions provided in this program are not intended, and should not be used, as a substitute for professional medical advice, diagnosis or treatment. Evolve or Be Extinct Ltd makes no representation or warranty, whether express or implied, with respect to the safety, usefulness, or the result of this exercise program.

