

# DYNA-BAND®

THE WORK-OUT THAT WORKS



Illustrated  
instructions  
included

**WEAK** - for after injury / mature exerciser

**MEDIUM** - for beginners new to resistance exercise

**STRONG** - for those used to resistance exercise

**EXTRA STRONG** - for the strong & athletic

#1 Resistance band in fitness

**DYNA-BAND®**  
the total workout DVD

*Achieve the strength,  
firmness and body tone  
you've always wanted  
in just  
10 minutes a day*



To help you get the most out of your DYNA-BAND® we have produced "DYNA-BAND® the total workout DVD"

Try our new range of Dyna-Band® accessories which includes a clip, an assist strap, a cushioned handle and a wrist/ankle cuff. They all attach easily to the Dyna-Band®, will add a new dimension to the exercise and allow you to perform a greater number of exercises.

Visit [www.dynaband.co.uk](http://www.dynaband.co.uk) to see examples of their use.



The DYNA-BAND® range is available from John Lewis, most sports shops or by mail order from Crown World Marketing

**To order  
by Mail Order**

**Call: 0845 3054131**

**Visit us online:**

**[www.dynaband.co.uk](http://www.dynaband.co.uk)**

**Email:**

**[sales@dynaband.co.uk](mailto:sales@dynaband.co.uk)**

**Cheques: Payable to**

**"Crown World  
Marketing"**

**Crown World Marketing, PO  
BOX 1195, Naphill, High  
Wycombe, HP14 4WQ**

# DYNA-BAND®

THE WORK-OUT THAT WORKS

***Congratulations on becoming the owner of the DYNA-BAND® a fitness/exercise aid that will strengthen, tone and condition your entire body in the privacy of your own home. You have now taken an important step towards achieving the firm, strong and attractive body that you have always wanted!***

The DYNA-BAND is simple and effective, providing resistance for your muscles to work against. For fabulous results fast, we recommend that you exercise with your DYNA-BAND 3 times a week for a minimum of 20 minutes (or 6 sessions of 10 minutes). If you can't manage this length of time to begin with, don't worry! This is a target to aim for. Keep at it, and soon you will find that your fitness and strength will improve!

## **Tips on the use and care of your DYNA-BAND**

- Make sure your DYNA-BAND does not come into contact with any sharp objects that may pierce it, such as rings, buckles or sharp stones underfoot.
- As DYNA-BAND is made of a latex material, it should be protected from extremes of heat and cold.
- For ease of tying & untying, your DYNA-BAND should be lightly dusted with talcum powder from time to time. When tying your DYNA-BAND use a loose knot or half bow so that it can be quickly and easily untied. Do not use fingernails to untie!
- Whenever possible, while exercising, try to maintain the natural width of the DYNA-BAND. This will prevent the DYNA-BAND from sliding up the legs or digging into the hands.
- Men should wear high enough socks to prevent the DYNA-BAND from pulling at leg hair.

## **Just a Few Words of CAUTION!**

If you have any history of injuries or suffer from high blood pressure it would be wise to check with your doctor, physiotherapist or your qualified keep fit instructor, who may refer you to your doctor, before you begin your regular exercise routine with your new DYNA-BAND.

DYNA-BAND can be used to improve the fitness and strength of all ages and abilities, just find the right coloured band for you, from Pink (the easiest) to Grey (the hardest). The bands can even be combined for added strength!

### **SAFETY WARNING**

When not in use keep your DYNA-BAND away from babies and young children.

## The Warm Up

The warm up is a vital part of any exercise routine. It helps to prepare the muscles for exercise, raises the pulse rate and guards against the possibility of injury. Just spend a few minutes performing loose arm swings, gentle head rolls (not backwards), side bends and toe touches with knees slightly bent. Try to keep the knees slightly bent though out your workout with DYNA-BAND.

## Seated Exercises

The exercises marked with a (S) can be performed in an upright chair so that your back is well supported (some of which are illustrated).

## Holding and tying the DYNA-BAND

Just either grip the band tightly or wrap it loosely around the hands from each end, until your hands are about shoulder width apart.

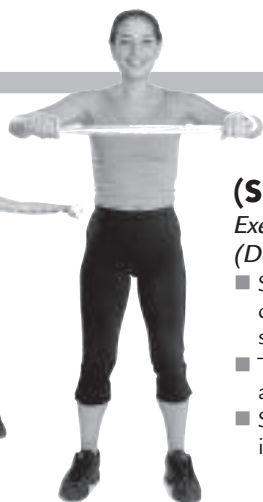
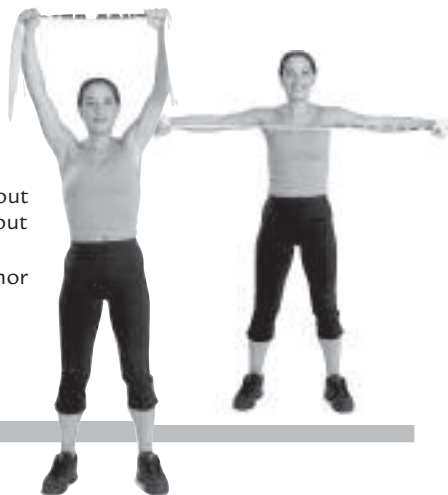
When exercises require you to tie a knot in the DYNA-BAND use a loosely tied double knot or half bow, which can be easily undone. Alternatively use our Dyna-Band clip!

## Exercises for the Upper Body

### (S) Pull Downs

*Exercise for the upper back (Latissimus Dorsi, Trapezius)*

- Stand with your feet just wider than shoulder width apart. Hold in your stomach and relax your shoulders.
- Hold the band straight above your head with your hands shoulder width apart.
- Take a deep breath in, as you breathe out pull your hands out sideways and your arms down in front of your chest, to about shoulder height.
- As you breathe in raise your arms again in a controlled manor to return to the starting position (Repeat up to 12 times)



### (S) Double Arm Pull

*Exercise for the shoulders and back of arms (Deltoid, Tricep)*

- Stand as described above with your hands held in front of your chest about shoulder width apart and your elbows raised to shoulder height.
- Take a deep breath in and as your breathe out pull your hands apart, extending your arms out to the side.
- Slowly return your arms to the starting position as you breathe in. (Repeat up to 12 times)





## (S) Chest Press

### Exercise for the chest (Pectoral)

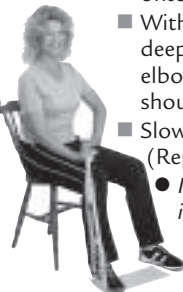
- Stand with your feet slightly wider than shoulder width apart your stomach held in and your shoulders relaxed.
- Place the DYNA-BAND around your upper back and under your armpits.
- Hold on to the ends of the DYNA-BAND adjusting the length by loosely wrapping it around your hands to maintain the tension.
- Keeping your elbows bent at shoulder height take your arms out to the side.
- Take a deep breath in, as you breathe out pull your elbows forward to meet at the front of your chest.
- Slowly return to starting position as you breathe in. (Repeat up to 12 times)



## (S) Tricep Press

### Exercise for the back of the arm (Tricep)

- Stand with your feet slightly wider than shoulder width apart, your stomach held in and your shoulders relaxed.
- Wrap the DYNA-BAND around your hands only once or twice and hold one hand behind your back with your other behind your head.
- With the elbow of your top arm resting against the side of your head take a deep breath in. As you breathe out straighten your top arm so that your hand reaches up and forward
- Slowly return to the starting position as you breathe in. (Repeat 12 times then change arms).
- *If seated or less flexible then hold one end of the DYNA-BAND with one hand and place it on your opposite shoulder (as illustrated) and continue the exercise as above.*



## (S) Bicep Curl

### Exercise for the front of the arms (Bicep)

- Place one end of the DYNA-BAND on the floor and stand on it.
- Wrap the DYNA-BAND loosely around your hand, pulling the band straight up the outside of your leg.
- Place your feet slightly wider than shoulder width apart and position one foot slightly behind, resting your weight onto your back leg.
- With your stomach held in and shoulders relaxed take a deep breath in. As you breathe out bend your arm at your elbow bringing your hand forward and up to your shoulder, keeping your elbow tucked into your waist.
- Slowly lower to the starting position as you breathe in (Repeat up to 12 times then change arms)
- *If seated secure the band firmly to the floor with one foot (as illustrated) and continue the exercise as above.*

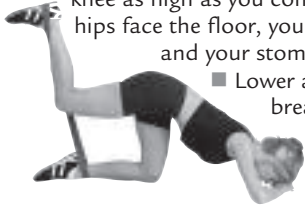
## Exercises for the lower body

Your new DYNA-BAND is very effective in toning those difficult hip and thigh areas, when performing the exercises, always push as hard as you can against the resistance of the band. If your muscles start to ache, have a rest rather than continuing with a bad technique. Don't worry, you will be able to do more each time you workout with the DYNA-BAND. Using the added resistance of the DYNA-BAND you can achieve double the results in half the time!

### Buttock Lifts

*Exercise for the buttocks and back of the thigh (Gluteal, Hamstrings).*

- Tie the DYNA-BAND around your thighs giving the band maximum length and position your body on all fours placing your elbows on to the floor and your head inline with your body.
- Trying to keep the natural width of the band pin part of the band to the floor with one knee.
- Take a deep breath in, as you breathe out raise the other leg, with bent knee as high as you comfortably can making sure that your hips face the floor, your head is down, your back is straight and your stomach is held in.
  - Lower and return your knee to the starting position as you breathe in. (Repeat up to 16 times then change legs)
  - *An advanced version is shown with the DYNA-BAND placed around the ankles and underneath the instep of the working leg.*



### Inner Thigh Raise

*Exercises the inner thigh (Adductors)*

*Note: This position only allows for a small movement in the working leg and will therefore be performed at a quicker pace.*

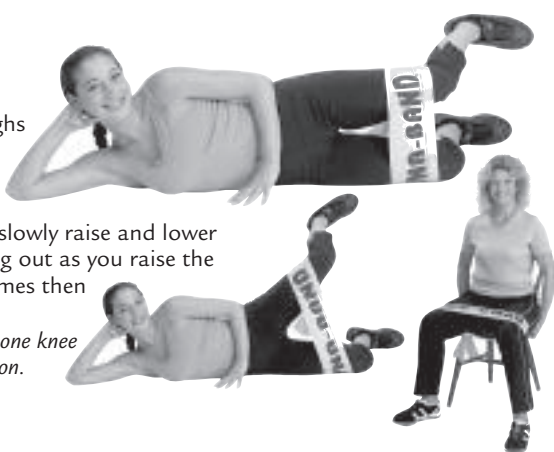
- Tie the DYNA-BAND around your thighs and lie on one side.
- Take your top leg behind your underneath leg and with bent knee secure the DYNA-BAND under that foot.
  - Extend your underneath leg positioning the band across your thigh.
  - Take a deep breath in and as you breathe out lift the extended leg making sure that you keep the foot and knee of this leg facing forward.
  - Lower this leg as you breathe in-trying to keep the DYNA-BAND "tight" throughout this movement. (Repeat up to 16 times then change legs)
  - *An advanced version is shown with the DYNA-BAND tied tightly and hooked over the instep of your lower leg and around the ankle of your top leg.*



## (S) Side Leg Raise

### Exercises the Outer thigh area (Abductors)

- Tie the DYNA-BAND securely around your thighs just above your knees.
- Lie on one side with your knees bent and line your heels up with your bottom.
- Keeping your toe and kneecap facing forward slowly raise and lower the upper leg in a controlled manner. Breathing out as you raise the leg and in as it is lowered. (Repeat up to 16 times then change legs)
- *If seated loop the band around your thighs and move one knee away from your body and return to the starting position.*



## Exercises for the Waist and Stomach

Use DYNA-BAND three times a week to exercise the waist and stomach to achieve a flat, and strong stomach. Always perform exercises for the stomach with the knees bent, the lower back must be pressed into the floor. Never perform sit-ups with a straight or arched back to avoid straining the back. If you feel any pain in the back while performing sit-ups, stop and rest and check your technique before continuing.

## Stomach Curl

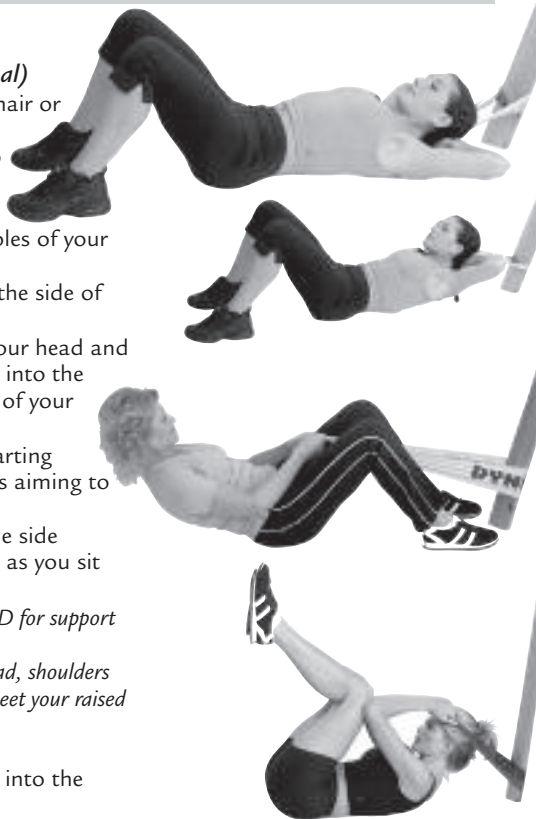
### Exercise for the upper and middle stomach (Abdominal)

- Loop the DYNA-BAND around the leg of a heavy chair or table or ask someone to hold it for you. Make sure the table or chair has a smooth edge or if not wrap it with a soft cloth first to protect your DYNA-BAND.
- Lie down on your back with your knees bent and soles of your feet flat on the floor.
- Hold the DYNA-BAND in your hands behind or to the side of your head.
- Take a deep breath in and as you breathe out lift your head and shoulders up off the floor pressing your lower back into the floor. (Keep your hands touching the sides or back of your head)
- Slowly and with control lower back down to the starting position as you breathe in. (to start repeat 10 times aiming to increase each time you workout)

To work the sides of your stomach, twist slightly to the side pushing your shoulders and elbows towards one knee as you sit up.

- *An easier stomach curl is illustrated using the DYNA-BAND for support to help you raise your head and shoulders off the floor.*
- *A harder stomach curl is illustrated demonstrating your head, shoulders and arms coming off the floor bringing both elbows in to meet your raised thighs (Crunch).*

NB Please remember to keep your lower back pressed into the floor and breathe out as you lift up.



## Side Bends

### *Exercise for the Waist (External Oblique)*

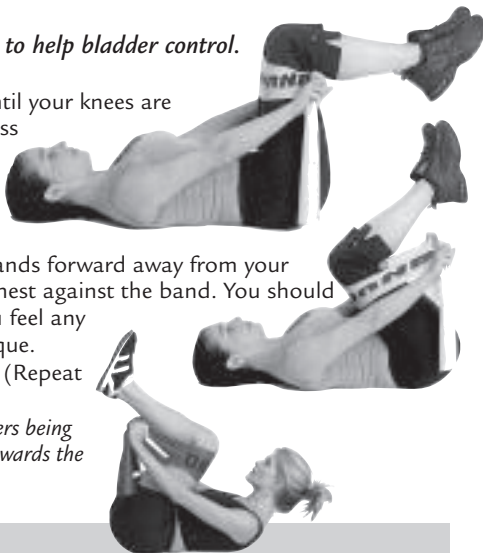
- Stand with your feet shoulder width apart, knees slightly bent and your stomach pulled in.
- Place one end of the DYNA-BAND under one foot and hold it at about knee level, stand upright.
- Bending from your waist and directly to the side, lean towards the side of the DYNA-BAND. Do not tip your shoulders forward or back.
- As you breathe out use your waist (on the opposite side) to pull you back up to an upright position. (Repeat up to 16 times then exercise the other side of your waist).



## Abdominal Squeeze

### *Exercise for the lower stomach (Abdominal) and excellent to help bladder control.*

- Lie on your back bend your knees and raise your legs until your knees are positioned over your hips. Pull your stomach in and press your lower back firmly into the floor
- Place the DYNA-BAND across the front of your thighs and hold the band in your hands either side of your legs- creating a little tension.
- Take a deep breath in, as you breathe out; push your hands forward away from your legs. At the same time, pull the knees in towards your chest against the band. You should feel a strong pull on your lower stomach muscles. If you feel any pain in the lower back, stop rest and check your technique.
- Slowly return to the starting position as you breathe in. (Repeat in sets of 10, doing just one set at first)
- *An Advanced version is illustrated showing the head and shoulders being lifted off the floor at the same time as the knees are pulled in towards the chest (Crunch).*



## The Cool Down

Always spend 5 or 10 minutes at the end of a workout stretching and relaxing the muscles, which you have been working to avoid stiffness and loss of flexibility.

Do some relaxed toe touches with the knees slightly bent, some gentle side bends with the knees bent and some loose shoulder and head circles.

Now put your feet up- **YOU DESERVE IT!**

These are just a few of the many exercises possible with the DYNA-BAND. Ask your qualified keep fit instructor for more!

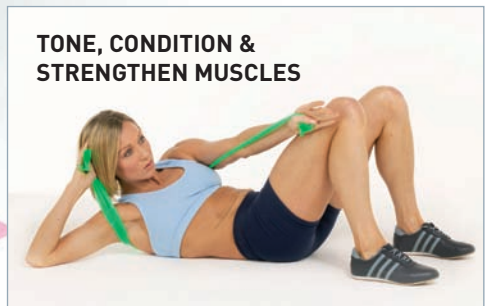
You may feel that you can move on to a tougher band when you become used to the exercise and your muscles no longer tire by the end of the suggested repetitions! But please remember when exercising with the DYNA-BAND it is much more beneficial to work through the full range of movement with lighter resistance working the whole muscle until you are strong enough to

progress to the next level of resistance.

Whichever band you have originally purchased when up or down grading will not be wasted as different levels of resistance can be used for different areas and any two DYNA-BAND can be combined for added resistance i.e. Green & Purple, Green & Grey!

***The DYNA-BAND are available in leading sports shops or by mail order from Crown World Marketing (see back cover for details)***

# The fast & effective total body workout



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THE WORK-OUT THAT WORKS

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