



MINI BANDS TRAINING GUIDE

Thank you for buying SKLZ Mini Bands. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you to optimize your training, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use only under strict adult supervision.
- » Always check equipment for wear or damage before use. If any is found, do not use product. If any Mini Bands are missing, please contact SKLZ toll free at 1-877-225-7275 x128.

CARE INSTRUCTIONS:

Keep out of prolonged direct sunlight. Keep away from fire and direct heat sources.

⚠WARNING:

Never release the bands while under tension. Sudden release will cause the band to snap toward you and potentially cause injury. To avoid strangulation, keep away from small children. Be sure to consult your healthcare professional before beginning this or any type of exercise program.

⚠LATEX WARNING:

The SKLZ Mini Bands are made with natural rubber latex, which may cause allergic reactions (possibly life-threatening) in some people. Seek medical attention at the first sign of any allergic reaction.

REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track training progress. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy resistance with focus on proper form and control).
- » 12-15 repetitions for 1-2 sets when performing prehab or pillar (hip, core, shoulders) preparation exercises (light weight with emphasis on proper movement pattern and stability).

PROPER FORM:

When trying movements for the first time, use lighter resistance with the goal of being able to perform all movements without breaking form. Multiple bands can be used for added resistance. Do not push through or ignore aches and pains as you perform any movement.

PROGRESSIVE RESISTANCE:

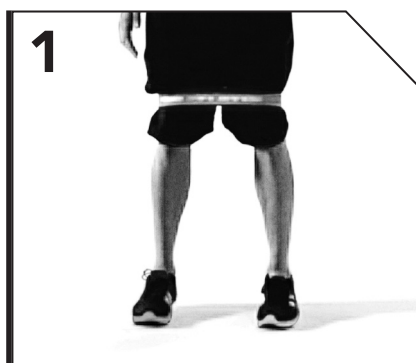
Progressive resistance is a concept that states you should be able to lift more weight or do more repetitions each time you perform an exercise. As you progress through any training phase, increase the resistance when your prescribed repetitions decrease. When the prescribed repetitions increase, decrease the resistance accordingly. You may also need to adjust your repetitions, sets, and resistance if you are not seeing improvements towards your goals.

Integrate Mini Bands into traditional fitness, rehabilitative and conditioning exercises (e.g. medicine balls, stability balls, etc.) to actively engage other supportive muscle groups.

3 WAYS TO INCREASE INTENSITY:

- » Use the heaviest band.
- » Move the band from knees to ankles.
- » Use a band above you knees and on your ankles (lighter band on ankles).

RESISTANCE	Light	Medium	Heavy
COLOR	Yellow	Red	Black



LATERAL STRAIGHT LEG WALK

STEPS:

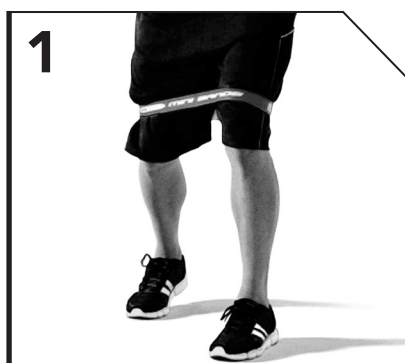
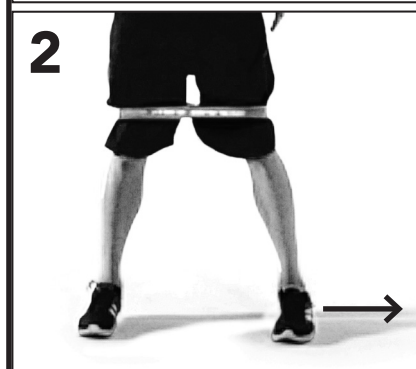
- 1 – Stand tall with your feet hip-width apart and a Mini Band just above your knees.
- 2 – Keeping your legs straight, walk to the side with small steps, driving your alternating elbow back with each step. Drive off of your trailing leg and step off with your lead foot.
- 3 – Complete the set on one side before reversing directions and repeating.

TRAINING TIP:

Keep your chest up and back flat with tension on the Mini Band at all times.

FEEL IT:

Working your glutes and outer thighs.



STAGGERED LATERAL BENT LEG WALK

STEPS:

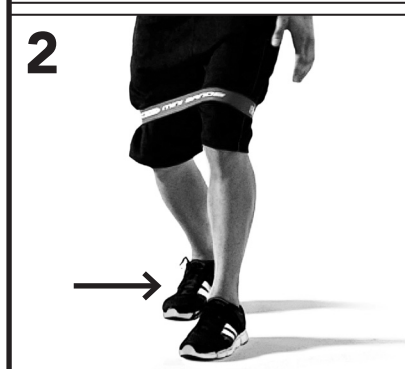
- 1 – Stand in a quarter-squat position with your feet hip-width apart, in a staggered stance with a Mini Band above your knees.
- 2 – Walk to the side with small steps as you drive your alternating elbow back with each step. Step with your trailing leg first and follow with your lead leg.
- 3 – Complete the set on one side before reversing directions and repeating.

TRAINING TIP:

Keep your chest up, back flat and legs staggered with tension on the Mini Band at all times.

FEEL IT:

Working your glutes.



LINEAR BENT LEG WALK

STEPS:

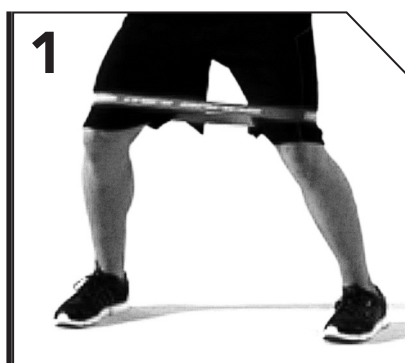
- 1 – Stand in a quarter-squat position with your feet hip-width apart and a Mini Band above your knees.
- 2 – Walk forward with small steps as you drive your alternating elbow back with each step.
- 3 – Continue for the prescribed distance.
- 4 – Reverse directions and repeat the movement, walking backwards to the starting point.

TRAINING TIP:

Keep tension on the Mini Band at all times with your knees pushed apart and over your toes.

FEEL IT:

Working your glutes and hips.



HIP EXTERNAL ROTATION

STEPS:

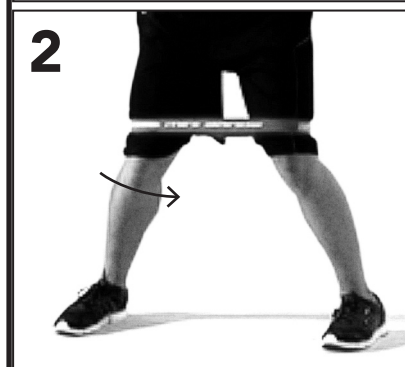
- 1 – Stand with your feet slightly wider than shoulder-width apart, hips back and down, back flat and a Mini Band around your legs just above the knees.
- 2 – Keeping one leg stationary, rotate the other knee in and then back out. Keep both feet flat on the ground.
- 3 – Complete the set on one side before repeating with the opposite leg.

TRAINING TIP:

Keep both feet flat on the ground and your stationary leg stable.

FEEL IT:

Working your glutes.



3 WAY HIP

STEPS:

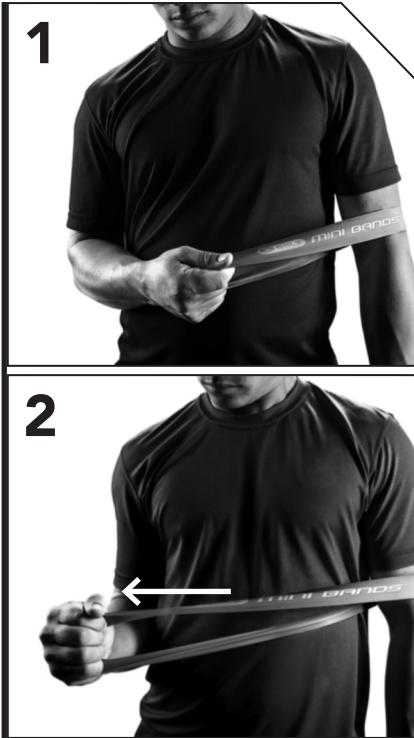
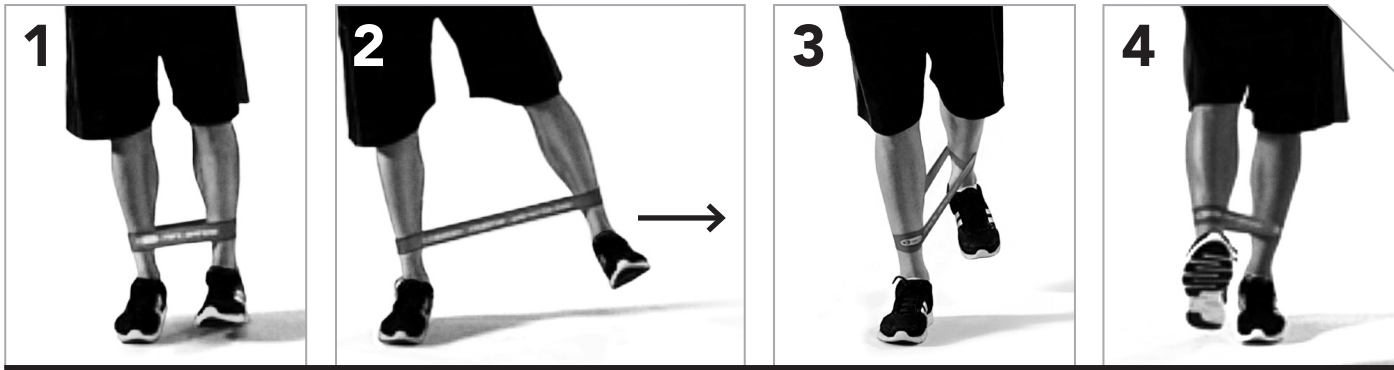
- 1 – Loop a Mini Band just above your ankles. Stand tall on one leg with your opposite foot off the ground beside your other foot.
- 2 – Keeping your balance stable and torso still, move the raised foot straight out to the side. Bring your foot back to the starting position.
- 3 – Repeat the movement by moving the raised foot straight back. Bring your foot back to the starting position.
- 4 – Repeat the movement by moving the raised foot straight forward. Bring your foot back to the starting position.
- 5 – Repeat the 3 movements with the opposite side standing on the opposite leg.

TRAINING TIP:

Keep your chest up and torso still throughout the movement.

FEEL IT:

Working your glutes, outer thighs, hamstrings, quads and challenging your balance and stability.



SHOULDER EXTERNAL ROTATION

STEPS:

- 1 – Stand tall with one arm by your side. Loop Mini Band around straightened arm above the elbow.
- 2 – Hold Mini Band in the opposite hand with the elbow at a 90 degree angle by your side.
- 3 – Keep your torso and one elbow still as you rotate one hand away.
- 4 – Slowly return your hand to the starting position.
- 5 – Complete the set on one side before repeating with the other arm.

TRAINING TIP:

Keep your elbow bent as you rotate your arm outward.

FEEL IT:

Working the back of your shoulders and your rotator cuff.

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. *Some restrictions may apply.*

LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email customerservice@sklz.com or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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