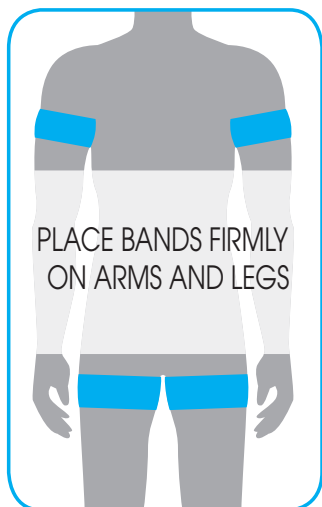




Instructions Guide

Attached packet of Vaseline: Anytime you notice it is hard to connect the pump, apply Vaseline to the small black rubber ring on the B3 Bands valve tip.



Band Placement

Place the arm bands in the crease between your biceps and deltoid muscle (See picture). Valve facing toward the midline. Strap velcro down away from the midline.

Place the leg bands high up on the leg close to the groin (See picture). Valve facing toward the midline. Strap velcro down away from the midline.

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

The bands should be strapped on the arms and legs in a firm manner.

- If you feel pain or a pinching of the skin, you have the band too tight
- If you can slide the band up or down separately from the skin the band is too loose
- Put the band over one thin layer of clothing like running tights or a t-shirt or directly on the skin

Inflating the Bands

Once the bands are in place, connect the band valve to the pump. Pump to the recommended pressure setting listed on the bottom left corner of the blue band pull tab (See Recommended Pressure Settings above)

Recommended Pressure Settings

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

Protocol for # Exercises, Sets, Reps and Rest

- Choose 3-5 exercises for upper body & 3 exercises for lower body in a training session
- For each exercise do 3 sets of 30 repetitions with 30 rest in between each set.
- Rest approximately 1 minute between exercises.
- You should complete your training session within 20 minutes then remove the bands
- (Optional) After a training session and removal of bands, you can rest briefly, hydrate, then do another 20 minute training session.

How do I know if a training session is effective?

- Set 1 of each exercise should elicit a light burn or light fatigue response
- Set 2 of each exercise should elicit a medium burn or medium fatigue response
- Set 3 of each exercise should elicit a hard burn or robust fatigue response

Evaluating training session results?

- No fatigue after session
 - > Increase pump pressure 50 points (Ex: 150 > increase to 200)
- Mild fatigue after session
 - > Increase pump pressure 25 points (Ex: 150 > increase to 175)
- Robust fatigue
 - > No change to pump pressure
- Severe fatigue (could not complete 3 sets)
 - > Decrease pump pressure 50 points (Ex: 250 > Decrease to 200)