

UPLYFT GURO AGM Exercise Loop Band



# UPLYFT GURO AGM Exercise Loop Band User Manual

[Home](#) » [UPLYFT GURO](#) » UPLYFT GURO AGM Exercise Loop Band User Manual 

## Contents

- 1 UPLYFT GURO AGM Exercise Loop Band
- 2 Product Information
- 3 Product Usage Instructions
- 4 RESISTANCE BAND EXERCISES
- 5 GLIDING DISC EXERCISES
- 6 Documents / Resources
  - 6.1 References



## UPLYFT GURO AGM Exercise Loop Band



## Product Information

### Specifications:

- Product Name: Resistance Bands and Gliding Discs Set
- Usage: Exercise and fitness
- Components: Resistance bands, gliding discs
- Manufacturer Contact: [UplyftGuru@gmail.com](mailto:UplyftGuru@gmail.com)

## Product Usage Instructions

### Precautions:

- Discuss any health conditions with your physician before starting an exercise regimen.
- Check for wear and tear on the products before each workout.
- Do not stretch the band beyond 2x its resting length.
- Ensure bands and sliders are securely positioned.
- Discontinue any exercise that causes unreasonable discomfort.
- Repeat the mantras printed on each band for motivation.

### Resistance Band Exercises:

1. **Bicep Curl:** Stand with both feet on a resistance band. Hold one end in each hand arms extended, palms facing up. Slowly curl your hands up toward your shoulders, squeezing your biceps. Keep your elbows closely to the sides of your body. Slowly lower your hands back down. Repeat for 10-15 reps.
2. **Overhead Press:** Place your hands on either side of the resistance band while standing. Create tension on the bands while pressing your arms overhead. Pause at the top, then slowly return to starting position. Repeat for 10-15 reps.

### Frequently Asked Questions (FAQ)

**Q:** How do I know if the resistance band is the right tension for me?

**A:** Start with a lighter band and gradually increase the tension as needed. The band should provide resistance without causing pain or discomfort.

**Q:** Can I wash the resistance bands and gliding discs?

**A:** It is recommended to wipe them clean with a damp cloth after use. Avoid soaking or using harsh chemicals to maintain product durability.

Thank you for your purchase! Please discuss any health conditions and concerns with your physician prior to starting any exercise regimen using these products.

- Prior to each workout, check for wear and tear on the products.
- Do not stretch band beyond 2x its resting length.
- Always make sure bands and sliders are securely positioned.
- Discontinue any exercise that causes unreasonable discomfort.
- Repeat the mantras printed on each band to help you keep going and achieve your goals!

## RESISTANCE BAND EXERCISES

### Bicep Curl:

Stand with both feet on a resistance band. Hold one end in each hand arms extended, palms facing up. Slowly curl your hands up toward your shoulders, squeezing your biceps. Keep your elbows closely to the sides of your body.  
Slowly lower your hands back down. Repeat for 10-15 reps.

**Overhead Press:**

Place your hands on either side of the resistance band while standing. Create some tension on the bands while pressing your arms overhead. Pause at the top, then slowly return to starting position. Repeat for 10-15 reps.

**Shoulder Press:**

Stand on a resistance band and hold the both ends at shoulder height, with palms facing forward. Extend your arms directly above you, just wider than shoulder width. Lower the band back down and repeat for 10 reps. Alternatively, stand on only one side of the band and lift with the other.

**Squat:**

Place band around thighs, above the knees.

There should be a slight amount of tension on the band.

Stand with feet shoulder width apart and flat on the floor in the beginning squat position.

Carefully lower yourself into the squat keeping the tension on the band as you bend your knees.

Return to the starting position, pressing your knees outward slightly to keep the band in place. Repeat for 10-15 reps.

**Glute Kick-backs:**

Start on your hands and knees with a resistance band looped around your left ankle and the arch of your right foot.

Lift your right leg and extend it out straight behind you, pushing against the resistance of the band. Slowly bring your leg back to the starting position.

Repeat for 10-15 reps, then repeat with other leg.



### **Knee Lifts:**

Loop a resistance band around your ankles, leaving enough space so that the band is tight when feet are spread apart. Shift the band under the bottom of the standing foot and hold onto a wall or chair for balance if needed. Lift the right knee up to hip level, or as high as you can.

Lower and repeat for 1-3 sets of 10 reps on each side.



### **Lateral Leg Lift:**

Loop a resistance band around your ankles and stand with feet together.

With hands at the hip, shift your weight onto left leg and place right foot lightly on the floor a few inches to the right so there is tension in the band. Lift right leg out to the side, keeping knee straight. Lift it as high as you can without arching your back.

Return right foot to the floor, keeping tension in the band. Do 10-15 reps, and repeat on the other side.



### **Standing Glute Kick-backs:**

Place resistance band around ankles and stand with feet together.

With hands at hips, shift weight onto left leg and place right toes diagonally behind left heel, so there is tension in the band. Kick your right leg back about 6 inches, keeping your knee straight.

Return right foot to the floor, keeping tension in the band. Do 10-15 reps on one side and repeat on other side.



**Lying Leg Extension:**

Lay down with feet flat on floor and knees pointing upwards bent at a 90 degree angle.

Lift one knee towards your chest and, holding the resistance band in both hands, loop the center around the base of your foot. Contract your glutes and extend leg outwards at 45 degree angle until knee is almost straight.

Hold this position for 1 second before allowing leg to be pulled back into starting position. Repeat for 10-15 reps and repeat with other side.

**GLIDING DISC EXERCISES****Arm Circles:**

Start in a high plank with a glider under each hand, hands shoulder-width apart, shoulders over wrists. Engage core and glutes.

Press your left hand into the glider and slowly draw a counterclockwise circle.

Reverse the movement to draw a clockwise circle for 1 rep. You can either do all your reps on one hand at a time or alternate hands with each rep.

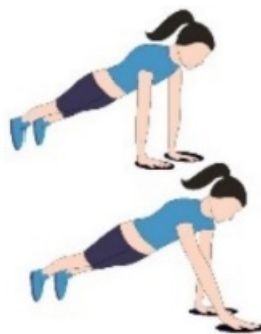
**Single-Arm Wheelbarrow:**

Start on all fours with a glider under each hand. Squeeze your core so that your back is flat, as if doing a plank.

Slowly push left hand in front of you, keeping the arm straight. Bend your right arm (like you're doing a push-up) as you move your left hand as far forward as possible, keeping torso in plank.

Press into the floor and pull your left hand back for 1 rep.

Finish reps on one side or alternate with other hand.

**Heel Pull Crunches:**

Place one heel on each glider, and lie flat on your back, keeping legs straight and extended. Exhale and crunch up with your hands behind your head. Bend your knees to slide the gliders closer to you. Then slowly lower back down and straighten your legs. You may add an oblique twist to these, but keep your knees and hips square and rotate elbow to opposite knee from your core as you crunch up.

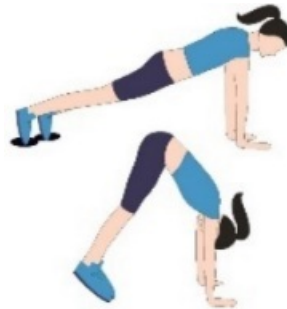


### **Plank to Pike:**

Start in a high plank with hands shoulder-width apart, with each foot on a glider.

Engage core and dig your feet into the floor as you slide both feet forward, folding your body as in an upward dog position, with butt toward the ceiling.

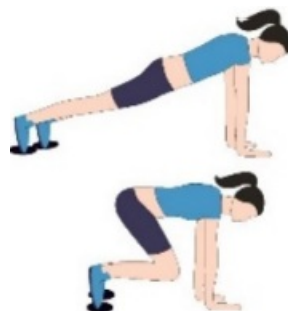
Keep legs as straight as you can, but if your hamstrings are tight, you may need to bend your knees a bit.



### **Knee Tuck:**

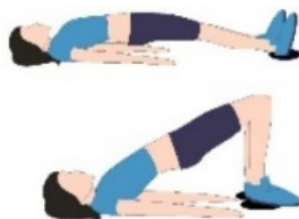
Start in a high plank, with hands shoulder-width apart, and with toes on a set of gliders. Engage core and dig your feet into the gliders. Bend your knees and pull them into your chest to do a knee tuck.

Pause and slowly return to starting position to complete 1 rep.



### **Leg Curl:**

Lie flat on your back, with your arms at your sides, and heels on top of a pair of sliders. Engage your hamstrings, bend your knees, and bring your feet toward your butt. Slowly return to start to complete 1 rep. Alternatively, you can perform this with one leg at a time.

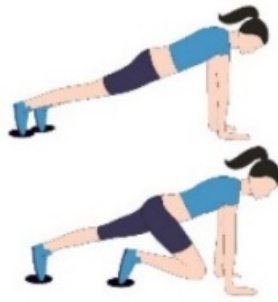


### **Mountain Climbers:**

Start in a high plank, hands shoulderwidth apart, with toes on a pair of gliders.

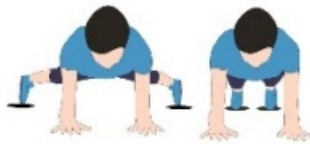
Engage your core and dig right foot into the floor as you slide it forward, bringing your right knee to your chest.

Repeat on left side. Continue to alternate, moving quickly. Perform for 45 seconds, with 15 seconds rest.



### **Plank Jacks:**

Start in a plank position, with shoulders above wrists, and sliders under your toes. Slide both feet out to the sides, making sure your upper body doesn't move. Return to start to complete 1 rep. Complete for 45 seconds, then rest for 15 seconds.



### **Crisscross Jacks:**

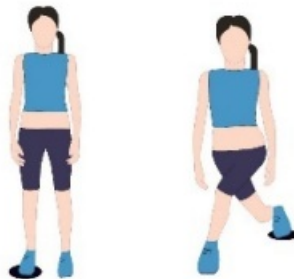
Start in a plank position with wrists below shoulders and feet on top of gliders, with legs opened away from one another. Keeping hips and shoulders squared to floor, slide left leg toward right leg, bending left knee to cross left foot in front of right leg.

Reverse the movement, opening legs out to starting position to repeat on opposite side. Continue alternating sides.



### **Curtsy Lunges:**

Stand with feet hip-width apart, with sliders under your feet. Slide back with left leg, crossing it behind your right. Bend knees while lowering your hips until your left thigh is nearly parallel to the floor. Keep your torso upright and your hips and shoulders square. Return to starting position to complete 1 rep. Complete for 45 seconds, then rest for 15 seconds. Repeat on the other side.



### **Skater Lunges:**


Start with feet shoulder-width apart and sliders under feet. Slide one foot out to the side. Keep most of the balance and pressure on the other leg. As you slide out, lower into a lunge, with most of your effort coming from the leg that isn't sliding out, until you reach 90 degrees. Slide your leg back in as you rise back up to complete 1 rep. Repeat on opposite side.



If you have any questions or concerns, please contact us at [UplyftGuru@gmail.com](mailto:UplyftGuru@gmail.com) and allow us to assist you.

---

## Documents / Resources

	<a href="#">UPLYFT GURO AGM Exercise Loop Band</a> [pdf] User Manual AGM Exercise Loop Band, AGM, Exercise Loop Band, Loop Band, Band
---	--

## References

- [User Manual](#)

### Manuals+. Privacy Policy

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.