

Dates: _____
 Week #: _____

Training Journal

Before using your fitness journal, make copies for future use.

Today's Focus: Upper Body Lower Body Abs

DAY 1:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>	Walking	20	2 miles	Tricep Ext. w/ Figure 8 Band	15 Reps	12 Reps	10 Reps
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 2:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 3:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 4:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 5:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							



Resistance Band Kit

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT. Before use, check for wear or damage to the Resistance Tubing. If your product is worn or damaged, do not use. You may return it to our Customer Service Department and we will send you a replacement product. **IMPORTANT:** This is not a toy. Keep out of reach of children. Return to: Sports & Leisure Customer Service, 4 Executive Plaza, Yonkers, NY 10701

- CAUTION**
- Exercises should be done in a SLOW and CONTROLLED manner.
 - Always consult a physician before performing any physical activity.
 - Drink plenty of fluids before, during and after exercising.
 - Tightly hold tubing together and fixed firmly onto your feet.

- INSTRUCTIONS**
- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform the movements with confidence. Then begin exercising with product.
 - Perform 1–2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30–60 seconds between sets.
 - If unable to perform 10 to 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
 - If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

WARNING: To prevent unplanned release always keep both tubes secure under the middle of the shoe.

- If tubes move during exercises - stop and put the tubing back to the middle (or instep) of the sneaker.



Canada: StarCase Canada, Inc., 2616 Sheridan Garden Dr., Oakville, Ontario L6J 7Z2
 United Kingdom: StarCase (UK) Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK
 United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

ARM CURLS: Muscles Utilized: Biceps



Begin with a Resistance Tubing handle in each hand, stand on the center of the tubing with both feet, your palms facing up, hands at shoulder height.

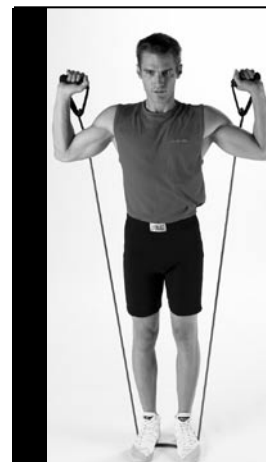
Start by releasing the left handle down to your side.

! CAUTION: Be sure the tube is firmly held under center/instep of the shoes BEFORE pulling up.

Finish by lowering the handles back down to hip height.

Begin with 10-15 repetitions. Switch arms and repeat.

SHOULDER PRESS Muscles Utilized: Shoulder and Back



Begin by stepping on the cord with both feet. Secure one handle in each hand palms facing up. Arms should be at a 90 degree angle with hands just above the shoulders.

Start by pressing the right arm up until fully extended.

! CAUTION: Be sure the tube is firmly held under the center/instep of the shoes BEFORE pulling up.

Finish by slowly lowering your arm down to your side.

Begin with 10-15 repetitions. Switch sides and repeat.

ARM EXTENSION Muscles Utilized: Triceps



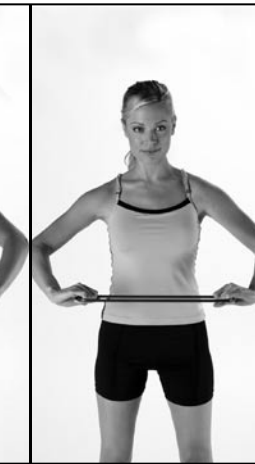
Begin by holding the circular band in your right hand and cross your arm over your chest, your hand should rest just below the shoulder. Hold the other end of the band with your left hand at hip height, palm facing down.

Start by pushing down with your left hand, until the arm is fully extended.

Finish by raising the left hand up to the starting position.

Begin with 10-15 repetitions. Repeat.

SHOULDER PULL Muscles Utilized: Shoulder and Back



Begin by holding the circular band with both hands at waist height with palms facing down.

Start by pulling out feeling the resistance of the band.

Finish by releasing the tension in the band bringing the hands back to the starting position.

Begin with 10-15 repetitions. Repeat.

EXTENDED CRUNCH Muscles Utilized: Abdominals



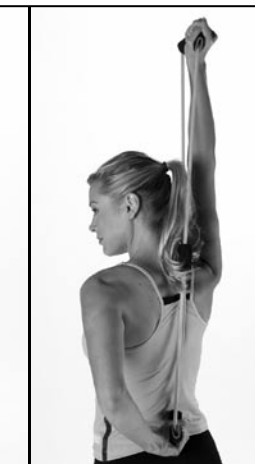
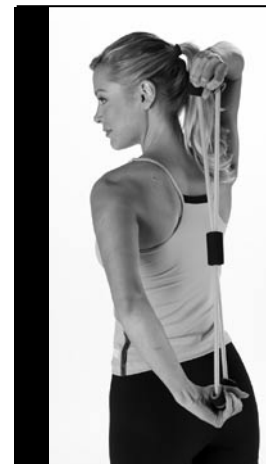
Begin by lying on your back (a mat may be used for cushion) placing one Figure 8 Band handle around your left foot, gripping the remaining handle with both hands palms facing down at chest height. Bend your right knee with your right foot flat on the floor. Keep your left leg straight and slightly raised.

Start by raising your upper body off the floor, lowering your hands down to your abdomen while lifting both legs off the floor keeping the right leg bent and the left leg straight.

Finish lowering your upper body and legs back to the start position.

Begin with 10-15 repetitions. Repeat.

TRICEP EXTENSION Muscles Utilized: Tricep



Begin by holding one handle of the Figure 8 Band behind your back with your left hand, palm facing up. Hold the other handle behind your head with your right hand, palm facing down.

Start by pulling up with your right hand extending your arm straight.

Finish by releasing the tension in the band bringing the right hand back behind the head.

Begin with 10-15 repetitions. Repeat.