



*Thank you*

## **CAMBIVO Resistance Band**

### **Package Content:**

3 x Resistance Bands  
1 x Small Carry Bag

### **Resistance Level:**

<b>Color</b>	<b>Resistance Level</b>	<b>Tensile Strength</b>	<b>Uses</b>
Purple	Heavy	40-50 lbs	Athlete
Pink	Medium	25-35 lbs	Intermediate
Green	Light	14-25 lbs	Beginner


### **Material:**


45% Cotton-polyester, 55% Latex


### **Care Instructions:**

 Do not Machine Wash

 Hand wash and Air dry

 Do not dry clean

 Do not bleach

 Do not iron

Do not use fabric softener

**Questions? Contact us at [support@cambivo.com](mailto:support@cambivo.com)**

## Glute Bridge



**\*You can view more workouts from video on our Amazon product page**

1. Place the band around your thighs, just above your knees.
2. Lie on your back with your hands at your sides, knees bent, and feet flat on floor hip-width apart.
3. Raise your hips off the floor until your knees, hips, and shoulders are all in a straight line.
4. Squeeze your glutes at the top. Pause at the top for 2 seconds.
5. Lower your hips to the floor to return to your starting position for 1 rep.

Note: \*\*When lying on your back, engage your core so your low back presses against the floor.\*\*

## Lying Lateral Leg Raises



**\*You can view more workouts from video on our Amazon product page**

1. Place the band just above your ankles or knees.
2. Lie down on your right side on a mat or the floor. Keep your body in a straight line.
3. Bend your right elbow under your head to cradle your head for support. Place your left hand out front for extra support.
4. Keeping your core muscled tight, lift your upper leg approximately 45 degrees and lower it in a controlled, smooth manner.
5. Repeat 10 times, then switch to the other side.

Note: **\*\*Remember to breathe throughout the exercise. You can inhale while lifting the leg and exhale as you lower, or the other way around.\*\***



## **CAMBIVO Resistance Band**

### **Warning/Notes:**

- Always examine the resistance band before using. If you find any flaws, please feel free to contact our customer support team for the quickest solution.
- Do not overstretch the resistance band

**DISCLAIMER:** This product is not intended to diagnose, treat, or cure any disease. Before starting any exercise routine please consult your physician.

**ALLERGY NOTICE:** Some individual may be an allergy to Latex blend. Should a rash or irritation occur, discontinue to use and consult your physician.

**NOTE:** There may be a rubber smell when you open the packaging. The smell is non-toxic and harmless. You can place it in a cool, ventilated place for 3-7 days to get ride of the smell.

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