

Congratulations on your purchase of Bintiva resistance bands! Our bands are crafted from professional grade materials and come in different resistance levels to meet all individual exercise needs. They are used by health and fitness professionals for core, muscle, and joint strengthening, and for post injury rehabilitation.

Leg abduction:

Place the loop band around both of your ankles with your feet hip width or more apart. Lift your leg out to one side while standing firmly on the ground with the other. Count to five and then slowly lower. Remember to engage your core muscles to help with balance and stability. Repeat on the opposite side.



Leg adduction:

During this exercise, you will place the loop band around both of your ankles with your feet hip width apart or more. Your leg should be pushing against the band as it crosses over to the opposite leg. This should be done in a slow and controlled manner.



Hamstring curl:

Place the loop band around one ankle and secure the opposite side by stepping down on the loop band. Lift up the leg that has the loop band around the ankle until your knee is held in a ninety degree angle. This movement should be done in a slow and controlled manner. Keep your body steady by actively engaging your core muscles.



Gluteus curl:

Place the loop band right beneath your right knee. Lift your left foot up until your knee is held at a ninety degree angle. Place the loop band under the left foot- holding it secure. Raise up your left foot as far as you can go while holding your spine in a neutral position. As soon as you begin to feel yourself leaning forward to compensate, lower your left leg down to starting position and repeat this exercise. Do 5-8 reps and repeat on the opposite side.



Side steps:

Step into loop band and hold band firm while spreading legs to shoulder width apart. Engage core muscles while holding a squat position. Shift your weight to the right side while taking small side steps with the left foot. Be mindful to keep the band taut during the exercise. Take 7-10 steps in one direction before shifting to the opposite side.



Biceps curl:

While seated, secure the loop band under one foot while holding it with the same side hand. Keep your spine aligned and do not lean forward. Lift the loop band up for a series of arm curls. Repeat on the opposite side.



Arm Abduction:

Stand upright and place loop band around forearms. Extend arms directly in front of you and slowly pull them away from each other. Bring arms back together and repeat.



Shoulder press:

Grasp onto loop band and lift up arms until they are overhead. Slowly pull band apart exercising shoulders. Slowly release the tension and repeat for desired reps.



Customer Support

Bintiva prides itself in creating the highest quality products, and strives to offer outstanding customer service. If you have any questions or concerns about your product, or are unhappy with your purchase in any way, we ask that you contact us immediately at support@bintiva.com. Issues are generally resolved that same day.