Black Mountain Products ®

Warranty Support:
Warranty@BlackMountainProducts.com

Telephone**: (815) 322-2028** Office Hours: 8-4, CST, M-F
Like us on Facebook! Facebook.com/BlackMountainProducts
For more information about exercises and products please visit us at
BlackMountainProducts.com

WARNING --- READ BEFORE USE

1. **WARNING**- DO NOT wrap B.M.P.® bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.
2. Consult your physician before beginning any regular exercise and for safety instructions.
3. Always examine your B.M.P.® bands and door anchor for any defects, cracks, cuts, tears, or imperfections before use. If there any imperfections, stop using bands immediately, and contact B.M.P.® support.
4. Never wrap B.M.P resistance around any objects including Trees, poles, fences, chairs, vehicles, Desks, ETC.
5. Do not use B.M.P. ® resistance bands for any use than exercise.
6. Do not overstretch B.M.P® resistance bands. (max stretch 3 X resting length)
7. Always exercise in a stable position. Do NOT rely on resistance bands to support body.
8. Always use safety glasses when Using B.M.P. resistance bands
9. NEVER align stretch resistance bands with face or any sensitive parts of body.
10. When starting exercise, start slowly. Start with a light tension band and move slowly towards higher tension bands.
11. Use B.MP.® bands only as directed.
12. Children below the age of 18, use only under adult supervision.
13. Black Mountain Products assumes no Liability for the accidents or damage that may occur with the use of B.M.P. Bands

WARRANTY

1. All bands are FULLY warrantied for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products ® by telephone or e-mail if there is any missing, damaged, or defective products.
3. Warranty does not cover any incidental damage.
4. Void, where limited or prohibited by law.
5. B.M.P. ® reserves the right to alter the warranty at any time.

B.M.P.™

BLACK MOUNTAIN PRODUCTS®

EXERCISE & USER GUIDE

resistance bands

REACH YOUR PEAK PERFORMANCE!

LEVEL OF RESISTANCE

COLOR	STRENGTH	EST. LBS.
Yellow	Extra Light	2-4 Lbs.
Blue	Light	4-6 Lbs.
Green	Medium	10-12 Lbs.
Black	Heavy	15-20 Lbs.
Red	Extra Heavy	25-30 Lbs.

All bands include a "NO QUESTIONS ASKED" 60-day warranty.

"Like Us" on Facebook!
Facebook.com/**BlackMountainProducts**

For more exercises and information, visit **BlackMountainProducts.com**

DOOR ANCHOR INSTRUCTIONS



1) To install door anchor, open door and insert the thick end of anchor through door on hinge side.

2) Next, close and lock the door, leaving the thin open ended side (loop) of anchor hanging through the door at desired height. Pull on anchor to ensure that it is secure for safety. Please make sure door is secure against wall.

3) Finally slide the handle through the anchor opening until both sides of band are equal to perform exercise.

TIPS FOR USING YOUR NEW RESISTANCE BANDS

1) Wear flat bottom shoes when stepping on the bands. Shoes with large grips can cause damage when pulling on the bands.

2) Always avoid rough surfaces. Rough surfaces such as concrete, wood, and thin carpeting can compromise the integrity of the bands.

3) Use a yoga mat or exercise mat to avoid any abrasion to bands.

4) Do not wrap bands around any abrasive or sharp surfaces.

5) Avoid overstretching the resistance bands. Bands can be stretched up to 400% safely. For example, for one foot of band, the band can stretch four feet in length. Anything beyond this point can hurt the integrity of the band.

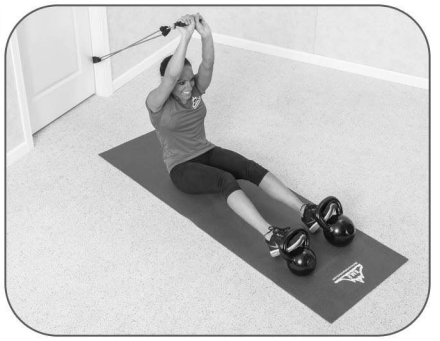
6) When using a door anchor, place anchor on hinge side of door for maximum safety.

7) For more resistance, shorten the band. Standing on the band with two feet instead of one is a great way to add resistance.

8) For more exercises, please visit us at **Blackmountainproducts.com.**



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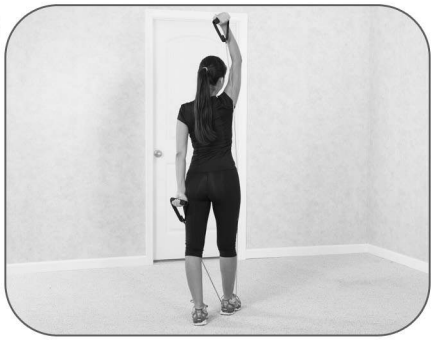


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21 PUSH THROUGH CRUNCH

1. Attach anchor at bottom of door.
2. Attach both ends of desired band combination to 1 handle.
3. Facing away, lie on back 1-2 feet from door with knees bent and feet flat on floor – hip distance apart.
4. Grab handle with both hands and extend arms straight up over chest/collarbone.
5. Begin with a deep breath – exhale and lift head/shoulders while pushing band forward.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

22 BENT ROW (ANCHORED)

1. Attach anchor at bottom of door.
2. Attach both ends of desired band combination to 1 handle. Facing door; grab handle in R hand.
3. Step away 1-2 feet; R foot behind L in a staggered stance. Lower torso to a 45◦ angle to the floor. Keep chest lifted, back straight, and core engaged.
4. Begin with a deep breath - exhale and pull R arm back so elbow is pointed to ceiling - R hand just below ribcage.
5. Inhale and return to start with control.
6. Repeat for desired reps, then switch sides.

23 STANDING TRICEP EXTENSION

1. Grab handles with both hands and step on middle of band with R foot.
2. Step L foot out in front for a comfortable stance and lunge slightly forward.
3. Bring both elbows up and forward so that the upper arms are lined up with your ears, close to your head.
4. Inhale and release slowly to start position.
5. Repeat for desired number of reps.

24 BICEP CURL W/STACKED BANDS

1. Place the middle of stacked bands under both feet, and hold both handles by sides. With feet hip distance apart, stand tall and keep core engaged.
2. To decrease the intensity, place fewer bands underneath feet.
3. To start, take a deep breath in, exhale and raise your hands up to shoulders. Keep elbows under shoulders throughout movement.
4. Keep back straight, feet hip distance apart, knees slightly bent. Engage abs so core is tight.
5. Inhale and slowly return to starting position.
6. Repeat for desired number of reps.



SAFETY INSTRUCTIONS

i. Do not use product without safety glasses.

ii. For your own safety, read the instruction manual before operating the resistance bands. Learning the product's application, limitations, and specific hazards will greatly minimize the possibility of accidents and injury. Black Mountain product does not assume any risk of injury due to improper use as a result of not following the safety guidelines in the instruction manual.

iii. Wear eye protection at all times while using resistance bands. Always use safety glasses. Everyday eyeglasses are NOT safety glasses. Use certified safety equipment. Eye protection equipment should comply with ANSI Z87.1 standards.

iv. Resistance bands are intended for 90 days of use. Do Not, under any circumstances, use resistance bands beyond 90 days.

v. Black Mountain Products does not assume responsibility for misuse of resistance bands as stated in this manual.

1 STANDING CHEST PRESS (ANCHORED)

1. Insert anchor at midpoint of door.
2. Facing away from door; grab 1 handle in each hand.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Raise bent elbows until hands are just below shoulder height, palms facing down.
5. Stand tall - core engaged.
6. Begin with a deep breath - exhale and press both arms forward until arms fully extend.
7. Inhale and return to start with control - elbows pulled back.
8. Repeat for desired number of reps.

2 STANDING DECLINE CHEST PRESS (ANCHORED)

1. Insert anchor at midpoint of door.
2. Face away from door; grab 1 handle in each hand.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Raise bent elbows until hands are just below shoulder height, palms facing down.
5. Stand with torso slightly forward - core engaged.
6. Begin with a deep breath - exhale and press both arms at a downward angle, until arms fully extend.
7. Inhale and return to start with control - elbows pulled back.
8. Repeat for desired number of reps.

3 UPRIGHT ROW

1. Place middle of band underneath both feet, keeping your feet hip distance apart.
2. Cross the band in front of you and hold onto both handles. Stand tall and engage core.
3. To start, take a deep breath, then exhale and pull both elbows up until they are slightly above waist.
4. Inhale and slowly return to starting position.
5. Repeat for desired number of reps.

4 STANDING TRICEP EXTENSION

1. Grab handles with both hands and step on middle of band with R foot.
2. Step L foot out in front for a comfortable stance and lunge slightly forward.
3. Bring both elbows up and forward so that the upper arms are lined up with your ears, close to your head.
4. Inhale and release slowly to start position.
5. Repeat for desired number of reps.

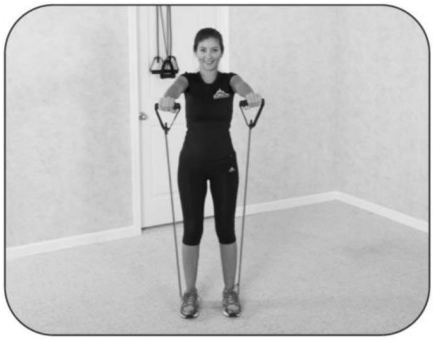


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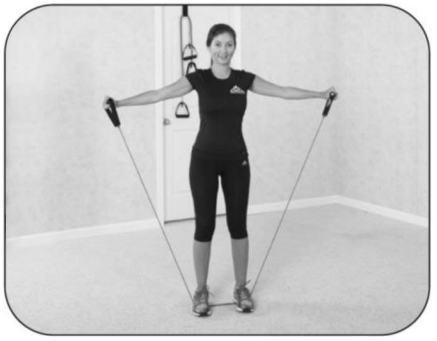


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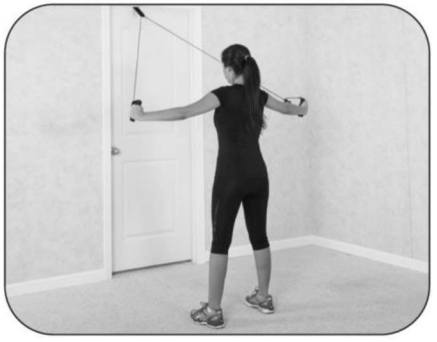


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17 ABDOMINAL CRUNCH (ANCHORED)

1. Insert anchor at bottom of door.
2. Face away from door; lay on back with knees bent and feet flat. Head should be positioned 1-2 feet from door.
3. Grab 1 handle in each hand.
4. Position hands by head - elbows bent and pointing forward.
5. Begin with a deep breath – exhale, engage core and lift shoulders and upper back off floor.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

18 STANDING FRONT RAISE

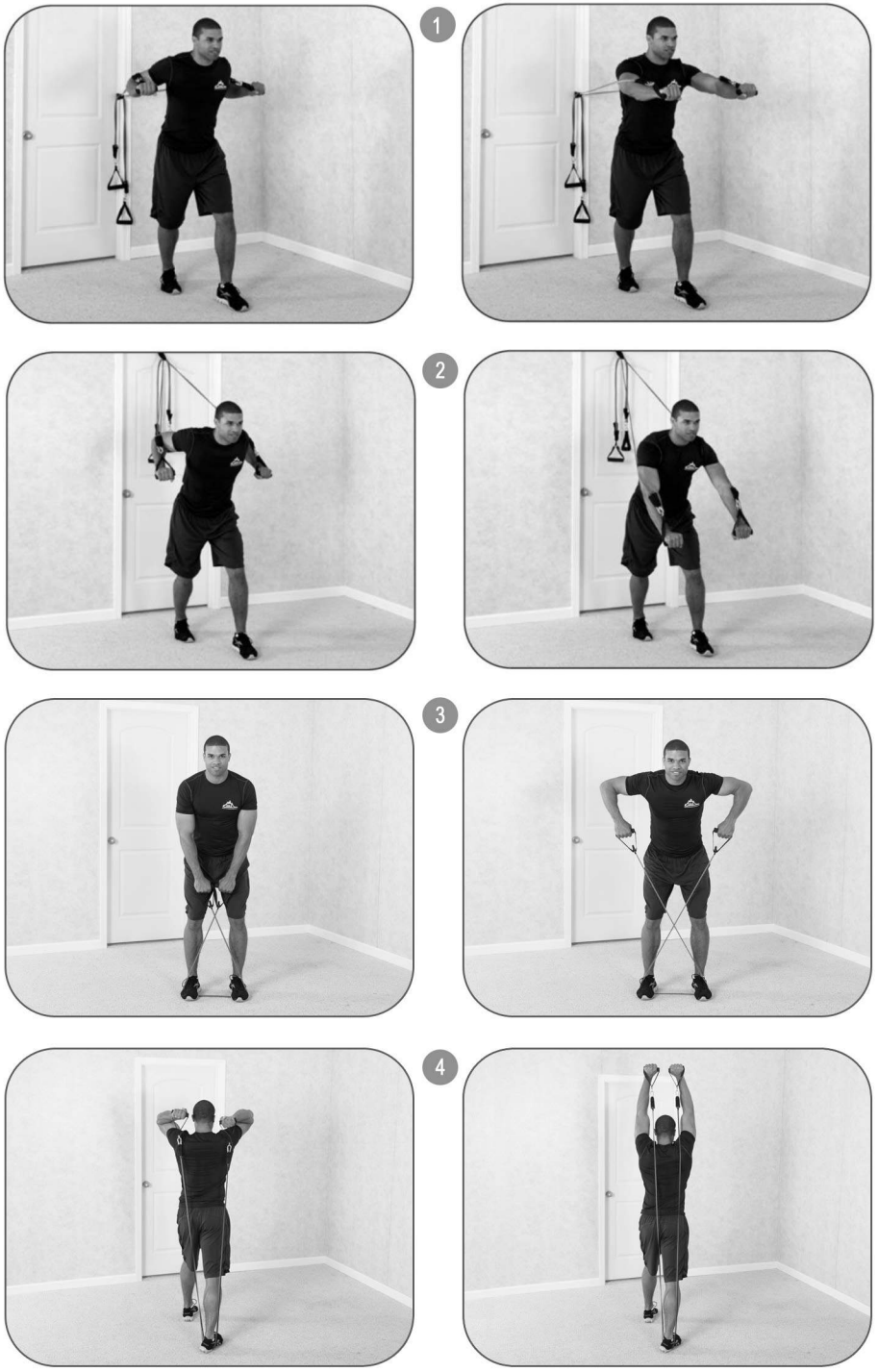
1. Place both feet hip width apart on midsection of band; 1 handle in each hand – arms straight, palms facing back.
2. Stand tall – engage core.
3. Begin with a deep breath, exhale and raise arms straight forward to shoulder height.
4. Inhale and return to start with control
5. Repeat for desired number of reps.

19 STANDING LATERAL RAISE

1. Place both feet hip width apart on midsection of band; 1 handle in each hand – arms slightly bent, palms facing in.
2. Stand tall – engage core.
3. Begin with a deep breath, exhale and raise arms straight out to shoulder height.
4. Inhale and return to start with control
5. Repeat for desired number of reps.

20 POST DELTS (ANCHORED)

1. Insert anchor at top of door.
2. Stand facing door; grab 1 handle in each hand – arms slightly bent, palms facing in.
3. Step away 1-2 feet; feet hip width apart.
4. Stand tall - core engaged.
5. Begin with a deep breath, exhale and pull arms out and back to a “T” position.
7. Inhale and return to start with control.
8. Repeat for desired number of reps.



5 CHEST FLY (ANCHORED)

1. Insert anchor at top of door.
2. Face away from the door; grab1 handle in each hand.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Stand tall - core engaged.
5. Extend arms laterally at shoulder height, elbows slightly bent, palms facing forward.
6. Begin with a deep breath - exhale as you bring your arms together in front.
7. Inhale and return to start with control.
8. Repeat for desired number of reps.

6 STANDING BACK ROW (ANCHORED)

1. Insert anchor at midpoint of door.
2. Face door; grab1 handle in each hand.
3. Step back – arms fully extended until slight tension is felt in band.
4. Stand tall, shoulders relaxed, feet hip distance apart and knees slightly bent.
5. Engage core.
6. Begin with a deep breath - exhale as you pull elbows back – bringing hands along rib cage. Shoulder blades will squeeze together.
7. Inhale and return to start with control.
8. Repeat for desired number of reps.

7 PADDLERS ROW (ANCHORED)

1. Attach anchor at top of door.
2. Face door; grab1 handle in each hand.
3. Step away 1-2 feet; arms extended palms facing down.
4. Lift chest and engage core.
5. Begin with a deep breath - exhale and pull arms straight down to sides, squeezing upper back together at the end of movement.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

8 STANDING BICEPS CURL

1. Place both feet hip width apart on midsection of band.
2. Stand tall with 1 handle in each hand and core engaged.
3. Lock elbows against rib cage and relax shoulders.
4. Begin with a deep breath - exhale and bend arms forward, bringing palms to front of shoulders.
5. Inhale and return to start with control.
6. Repeat for desired number of reps.



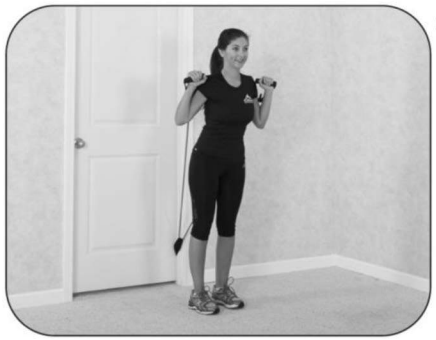
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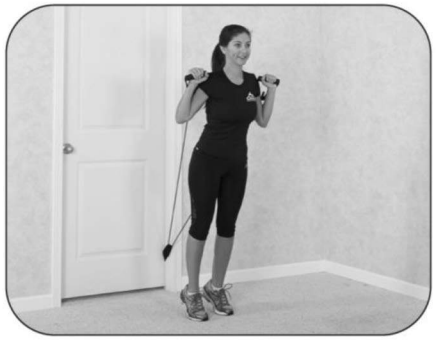


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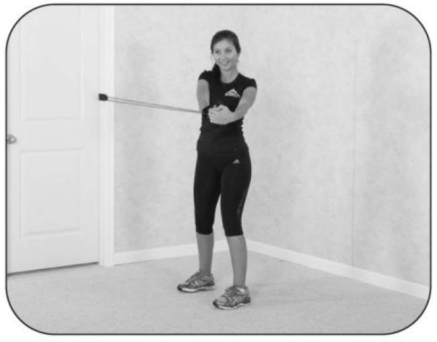


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13 LUNGE

1. Place R foot on midsection of band; 1 handle in each hand.
2. Lock elbows against rib cage, relax shoulders. Bring hands to shoulder level – palms facing forward.
3. Step back with L foot about 12" so that the L heel naturally lifts.
4. Stand tall – core engaged.
5. Begin with a deep breath and lower hips towards floor bending L knee until it's a few inches off floor. Avoid leaning forward.
6. Exhale and return to start, pressing the R heel into the floor as you rise.
7. Repeat for desired number of reps then switch sides.

14 LATERAL WALK

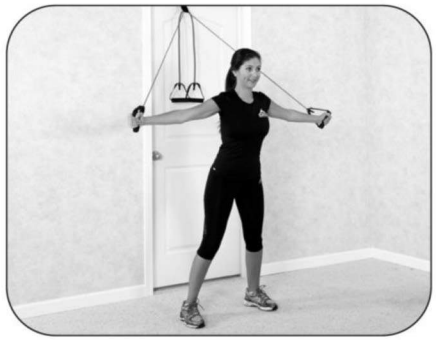
1. Place both feet hip width apart on midsection of band; grab 1 handle in each hand.
2. Lock elbows against rib cage and relax shoulders. Bring hands to shoulder level – palms facing inward.
3. Stand tall - engage core.
4. Begin with a deep breath - exhale and step to right side, leading with R heel.
5. Inhale and return to start with control.
6. Repeat for desired number of reps, then switch sides.

15 STANDING CALF RAISE (ANCHORED)

1. Insert anchor at bottom of door.
2. Face away from door, grab 1 handle in each hand - feet hip distance apart.
3. Lock elbows against rib cage and relax shoulders. Bring hands to shoulder level – palms facing forward.
4. Stand tall – engage core.
5. Begin with a deep breath - exhale and lift heels off floor as weight shifts into toes.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

16 STANDING ABDOMINAL TWIST (ANCHORED)

1. Insert anchor at midpoint of door.
2. Grab handles with both hands, interlacing the fingers.
3. Stand with L side to the door.
4. Cross right arm in front of chest until both arms extend to the left.
5. Step away from door 2-3 feet or until slight tension is felt in band. Feet shoulder width apart.
6. Stand tall – engage core.
7. With torso twisted and arms straight, begin with a deep breath - exhale and pull the band across body until facing R.
8. Inhale and return to start with control.
9. Repeat for desired number of reps then switch sides.



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9 STANDING OVERHEAD TRICEPS EXTENSION (ANCHORED)

1. Attach anchor at top of door.
2. Face away from door; grab 1 handle in each hand.
3. Extend arms straight over head; inner arms pressing against side of head. Fold handles behind head and step away until slight tension is felt.
4. Stand with torso slightly forward - core engaged.
5. Begin with a deep breath - exhale and fully extend arms upward.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

10 SHOULDER PRESS (ANCHORED)

1. Attach anchor at bottom of door.
2. Face away from door; grab1 handle in each hand and raise to shoulder height – elbows pointing out to sides.
3. Step away 1-2 feet; one foot behind the other in a staggered stance.
4. Stand with torso slightly forward - core engaged.
5. Begin with a deep breath - exhale and raise both hands upwards.
6. Inhale and return to start with control.
7. Repeat for desired number of reps.

11 SQUAT

1. Place both feet hip width apart on midsection of band; 1 handle in each hand.
2. Lock elbows against rib cage and relax shoulders. Bring hands to shoulder level – palms facing forward.
3. Stand tall – core engaged.
4. Begin by inhaling and pushing hips down and back as if sitting in a chair.
5. Keep chest lifted, body weight in heels, knees in line with ankles.
6. Exhale and press back up to start.
7. Repeat for desired number of reps.

12 PULL THROUGH (ANCHORED)

1. Insert anchor at middle bottom of door.
2. Face away from door - straddle the band feet hip width apart.
3. Grab the handles, one in each hand between your legs.
4. Step away 1-2 feet; bend at hips and knees – lower torso to a 45◦ angle to the floor.
5. Keep chest lifted, back straight, and core engaged.
6. Begin with a deep breath - exhale and thrust hips forward while raising torso to a straight standing position.
7. Inhale and return to start with control.
8. Repeat for desired number of reps.



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