



# ELITE MINI BANDS

## GETTING STARTED



Thank you for choosing the SKLZ Elite Mini Bands. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at [help@4implus.com](mailto:help@4implus.com) or give us a call toll-free **800-729-5954**.

### BEFORE YOU BEGIN:

- Read all instructions carefully before using. Failure to do so may result in injury or damage to the product.
- Always check for wear and tear before use. If any is found, do not use the product.
- If you are missing any Elite Mini Bands components, please contact Implus customer service toll-free at **800-729-5954**.

### ⚠️ WARNING:

**PHYSICIANS WARNING:** Not all exercise equipment and programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning this or any other exercise program.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Elite Mini Bands under strict adult supervision.
- Regularly check for wear and tear. Stop using Elite Mini Bands if any part of it breaks. Failure to do so could result in injury.
- When in use, make sure the Elite Mini Bands are set up in a clear area to avoid injury.
- When using the Elite Mini Bands, others should stay clear of the area to reduce the risk of injury.

### ⚠️ CAUTION:

- Do not leave Elite Mini Bands outdoors for extended periods of time.
- Avoid storing the Elite Mini Bands in extremely hot or cold environments as this could reduce the life span of the product.
- When in use, make sure the Elite Mini Bands is set up in a clear area to avoid damage to property.
- The Elite Mini Bands are made with natural rubber latex, which may cause allergic reactions (possibly life-threatening) in some people. Seek medical attention at the first sign of any allergic reaction.

### 1-YEAR LIMITED WARRANTY

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise, and is only valid in the USA. Need proof of purchase for warranty coverage. **Questions? Email [help@4implus.com](mailto:help@4implus.com) or call toll-free 800-729-5954.**

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## IN THE BOX

## GETTING STARTED



### AS A GENERAL GUIDELINE TO START:

1. 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy resistance with focus on proper form and control).
2. 12-15 repetitions for 1-2 sets when performing prehab or pillar (hip, core, shoulders) preparation exercises (light weight with emphasis on proper movement pattern and stability).

### PROPER FORM:

When trying movements for the first time, use lighter resistance with the goal of being able to perform without breaking form. Multiple bands can be used for added resistance. Do not push through or ignore aches and pains as you perform any movement.

## TRAINING DRILLS

### LATERAL STRAIGHT LEG WALK

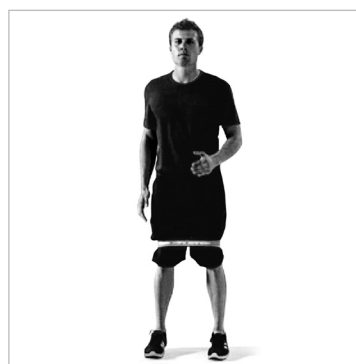
1. Stand tall with your feet hip-width apart and a Elite Mini Band just above your knees.
2. Keeping your legs straight, walk to the side with small steps, driving your alternating elbow back with each step. Drive off of your trailing leg and step off with your lead foot.
3. Complete the set on one side before reversing direction and repeating.

#### TRAINING TIP:

Keep your chest up and back flat with tension on the Elite Mini Band at all times.

#### FEEL IT:

Working your glutes and outer thighs.



### HIP EXTERNAL ROTATION

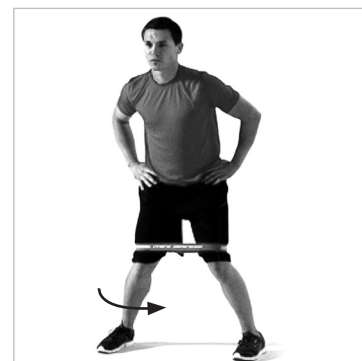
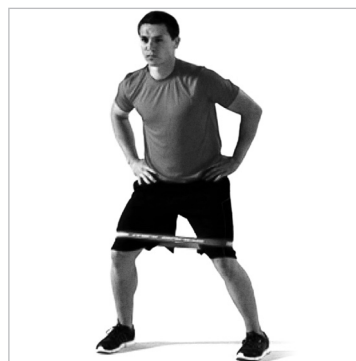
1. Stand with your feet slightly wider than shoulder-width apart, hips back and down, back flat and a Elite Mini Band around your legs just above the knees.
2. Keeping one leg stationary, rotate the other knee in and then back out. Keep both feet flat on the ground.
3. Complete the set on one side before repeating with the opposite leg.

#### TRAINING TIP:

Keep both feet flat on the ground and your stationary leg stable.

#### FEEL IT:

Working your glutes.



### SHOULDER EXTERNAL ROTATION

1. Stand tall with one arm by your side. Loop Elite Mini Band around straightened arm above the elbow.
2. Hold Elite Mini Band in the opposite hand with the elbow at a 90 degree angle by your side.
3. Keep your torso and one elbow still while rotating the opposite hand away.
4. Slowly return your hand to the starting position.
5. Complete the set on one side before repeating with the other arm.

#### TRAINING TIP:

Keep your elbow bent as you rotate your arm outward.

#### FEEL IT:

Working the back of your shoulders and your rotator cuff.

