



Safety Rules

Consult your physician and follow all safety rules listed below before beginning any exercise or exercise program.

- *Place the Bands in the correct position and inflate to the recommended pressure*
- *Do not lift heavy weights with the Bands on*
- *Do not wear Bands for more than 20 minutes. (Optional) You can deflate, rest, hydrate, then re-apply the Bands for another 20-minute session*
- *Hydrate before, during and after wearing the Bands*
- *Do NOT wear the Bands if diagnosed with or you believe you have Sickle Cell Disease*
- *Do NOT begin a Band training program while pregnant. You can resume training with the Bands after delivery and a return to normal daily activities*
- *Do NOT wear the Bands with a fever or a medical emergency*
- *Do NOT wear the Bands while operating any type of motorized vehicle*
- *Do NOT wear the Bands on an extremity with an acute injury*
- *Do NOT wear the Bands on an extremity that is experiencing numbness, pain or edema*
- *Do NOT wear the Bands on an extremity with vascular access or indwelling catheters or an IV*
- *Do NOT wear the Bands with any untreated deep vein thrombosis (DVT)*
- *Do NOT wear the Bands on an extremity with lymphedema*
- *Do NOT wear the Bands if your physician has advised you to not exercise*

Caring for your Bands

You can wash the Bands in warm water with mild soap, or you can wash on the gentle cycle in the washer. Do NOT place in the dryer or in the sun. You can use alcohol wipes to clean the Bands when using on different people.

Check out and subscribe to our YouTube channel for helpful videos to get you started

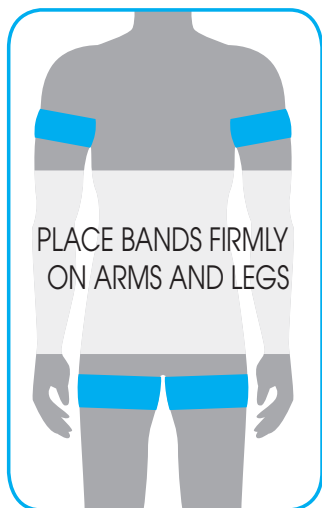
Find us on Facebook and Instagram @ B3 Sciences

For more helpful exercises and tips visit: B3sciences.com



Instructions Guide

Attached packet of Vaseline: Anytime you notice it is hard to connect the pump, apply Vaseline to the small black rubber ring on the B3 Bands valve tip.



Band Placement

Place the arm bands in the crease between your biceps and deltoid muscle (See picture). Valve facing toward the midline. Strap velcro down away from the midline.

Place the leg bands high up on the leg close to the groin (See picture). Valve facing toward the midline. Strap velcro down away from the midline.

How tight should you strap the bands to arms or legs?

The bands should be strapped on the arms and legs in a firm manner.

- If you feel pain or a pinching of the skin, you have the band too tight
- If you can slide the band up or down separately from the skin the band is too loose
- Put the band over one thin layer of clothing like running tights or a t-shirt or directly on the skin

Inflating the Bands

Once the bands are in place, connect the band valve to the pump. Pump to the recommended pressure setting listed on the bottom left corner of the blue band pull tab (See Recommended Pressure Settings above)

Recommended Pressure Settings

Size 1	150	Size 3	250
Size 2	200	Size 4	300

Protocol for # Exercises, Sets, Reps and Rest

- Choose 3-5 exercises for upper body & 3 exercises for lower body in a training session
- For each exercise do 3 sets of 30 repetitions with 30 rest in between each set.
- Rest approximately 1 minute between exercises.
- You should complete your training session within 20 minutes then remove the bands
- (Optional) After a training session and removal of bands, you can rest briefly, hydrate, then do another 20 minute training session.

How do I know if a training session is effective?

- Set 1 of each exercise should elicit a light burn or light fatigue response
- Set 2 of each exercise should elicit a medium burn or medium fatigue response
- Set 3 of each exercise should elicit a hard burn or robust fatigue response

Evaluating training session results?

- No fatigue after session
 - > Increase pump pressure 50 points (Ex: 150 > increase to 200)
- Mild fatigue after session
 - > Increase pump pressure 25 points (Ex: 150 > increase to 175)
- Robust fatigue
 - > No change to pump pressure
- Severe fatigue (could not complete 3 sets)
 - > Decrease pump pressure 50 points (Ex: 250 > Decrease to 200)