



The Ultimate Resistance Loop Band E-Book

- ⚡ Learn how to use The Resistance Loop Bands
- ⚡ Smoothie 101 formula

- ⚡ Create a habit (no will power required)
- ⚡ 5 simple tips to reset your health.



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Finally, use your mind (body and soul as well). Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to give the reader tools and suggestions for a healthier lifestyle.

*Be Present, Be Yourself,
Be Inspired, Work(in)*



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INTRODUCTION



*Start small. Start where you are.
Start Today.*



Thank you for allowing us to guide you in. The most loving thing you can do for yourself is taking care of the body that you live in. It may seem overwhelming at first but it doesn't have to be. You are no longer alone. This is a journey and we are here for you.



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*Before you respond, listen.
Before you react, breathe.
Before you give up, try*
- Janna Lozowsky





HOW TO USE THE RESISTANCE LOOP BANDS

Your Travel Bag will include 3 loop bands. Each with a number on it

Loop 1: 12 inches x 3 inches x 0.010 inches

Loop 2: 12 inches x 3 inches x 0.015 inches

Loop 3: 12 inches x 3 inches x 0.020 inches

We recommend using resistance Loop band 1 for upper body work and resistance loop band 3 for lower body. You can also use them together to make the work harder.



WHY USE THE RESISTANCE LOOP BANDS

The research performed on elastic resistance suggests that bands offer similar benefits to free-weight resistance, but it actually has several benefits that outweigh free weights. This means that a program using resistance bands can provide similar benefits to a program that uses free-weight resistance, such as increased muscle strength, increase muscle tone and size and decreased body fat. In addition, a program that uses resistance loop bands can also provide benefits that are not offered by free-weight resistance programs, such as more functional strength, better injury prevention, greater ability to change muscle emphasis during exercises, greater muscle power development and easier use.





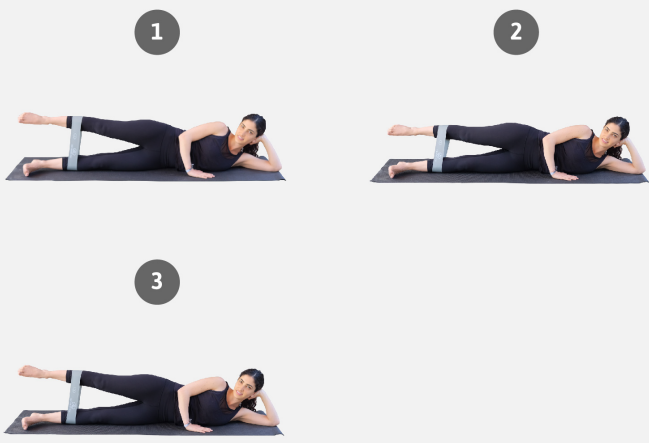
BIKINI READY

THE WORK (IN) 20 minute Resistance Loop Band Exercises

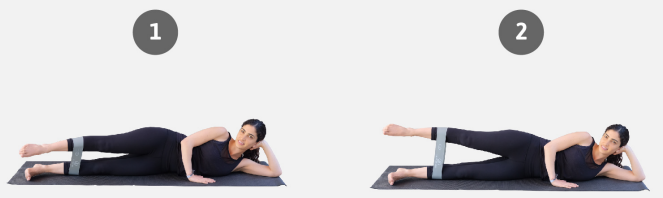
Perform each exercise for 30 seconds on each leg for a total of 1 minute per exercise.

Equipment:
Awesome Resistance Loop Bands and Mat

Leg circles



Leg lift



Side oblique crunch



Clamshells



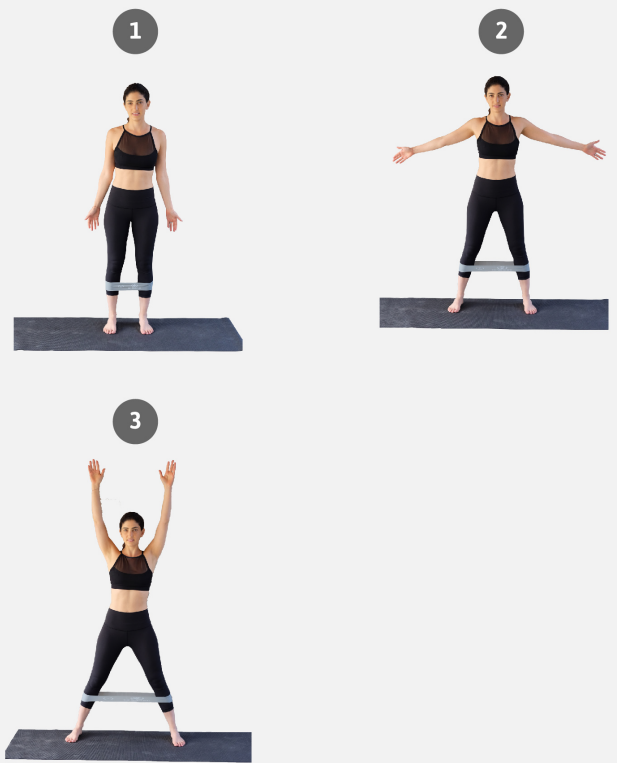
Bridge abduction



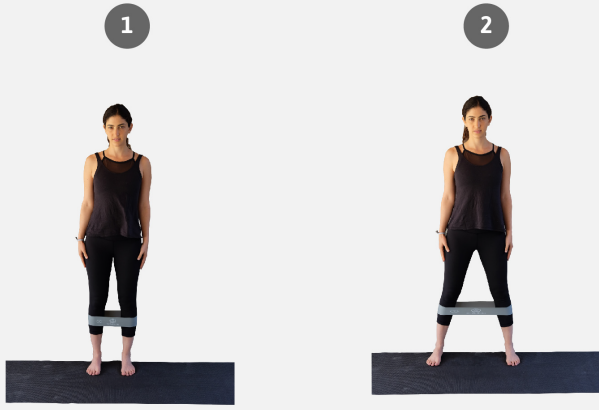
Knee ins



Jumping jacks



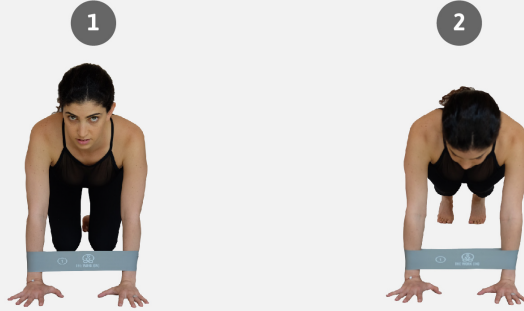
Lateral Band Walk



Prone Leg opening and closing



Kneeling to plank



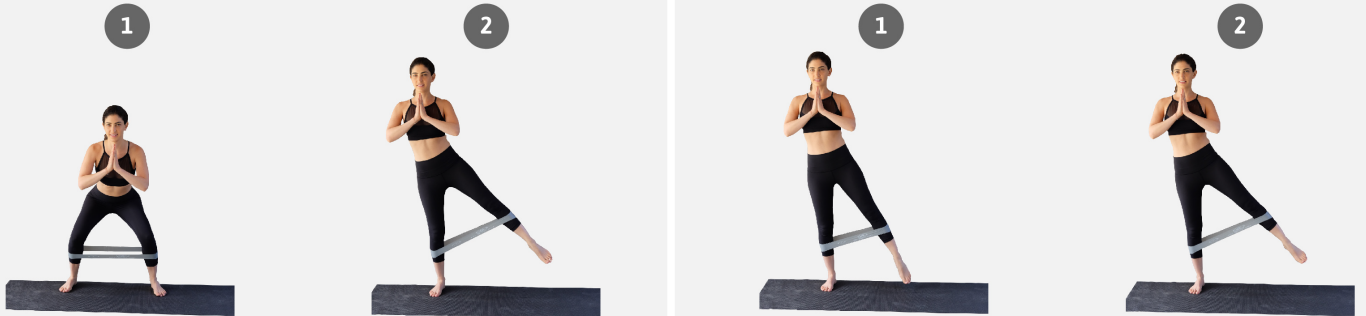
Plank



Squat



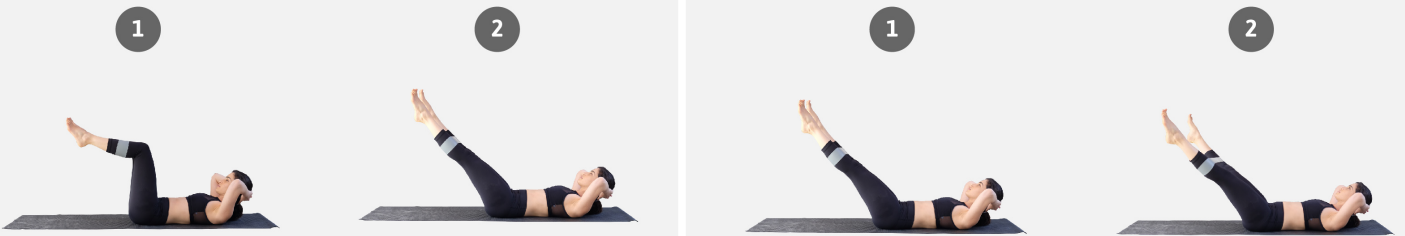
Balancing Leg Lift



Squat leg lift



Supine legs opening and closing



Hundreds



Over head arm extensions



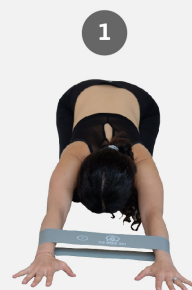
Kneeling abductions



Quad Squats



Childs Pose





KILLER BOOTY EXERCISES

THE WORK (IN)

20 minute Resistance Loop Band Exercises

Perform each exercise for 30 seconds on each leg for a total of 1 minute per exercise.

Equipment:

Awesome Resistance Loop Bands and Mat

Leg circles

1



2



3



Leg lift

1



2



Clamshells

1



2



Prone Leg opening and closing

1



2



Bridge abduction

1



2



Lateral Band Walk

1



2



Balancing Leg Lift

1



2



Squat

1



2



Squat leg lift

1



2



Quad Squats

1



2



Kneeling abductions

1

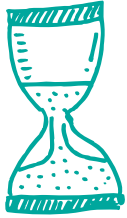


2





CREATING A HABIT



1. Visualize. Take the time to explore what the ideal version of yourself looks and feels like. Here are some questions to consider: what type of food do you eat? How do you feel when you move your body? How often do you stretch? How do you feel when you exercise? How do you feel when you wear an old pair of jeans? How do you feel after you eat? How do you feel when you accomplish a goal you thought was un-achievable?



2. Find the Why. Motivation is crucial to success. You need to be clear on your 'why' before you decide to move forward. Why do you want to create change? Why does this have a major meaning in your life? Why is it important for you to do it now? Make a list of your WHY's and review it regularly, especially when feeling low or unmotivated.



3. Keep it on a visible place. Make a post-it with a few words that remind you about your wellness vision and place it in your bedroom mirror or the dashboard of your car.



4. Make a plan. Choose the days and times you will be working(in). Add them to your calendar: they will become as important as a doctor's appointment (no cancellations, no matter what)



5. Share your resolutions with The Work(in) and friends. Take pictures of your wellness board and post them @theworkinmovement. Sharing and talking about it makes it easier to do. Thoughts and ideas become more solid and real when spoken out loud.



6. Reward yourself for every little accomplishment. If your intention is to lose weight and you lose one pound a week, pamper yourself with a massage, a new book, or a trip to the movies (not a tub of ice cream).



FOR THE BODY

THE STARTING LINE: Adding these suggestions one at a time is a great way to get started. Slow and steady wins the race—truly.



HYDRATE

Get off to a good start by drinking a glass of plain ole' water before you get out of bed (you can also add lemon juice for its detoxification properties). Hydration is key, to energize your muscles, and make your skin feel better; plus, when we're hydrated, it can be easier to make healthy food choices. Carry around a water bottle and be aware of how much water you are drinking during the day.

GO GREEN

The more colorful your plate is, the more nutrients you are getting. A smoothie or a simple green juice is an easy way to add more greens into your everyday diet. Aim for a veggie or green per meal.



PACK SNACKS

We're really busy and we can't always plan out every little detail. Having healthy food around will help you make healthy choices. Don't wait until you are starving. Make sure your diaper bag is always packed with a snack for you! Seasonal fruits, trail mix, seaweed, carrots, are some of our favorites.

EAT AT HOME

The more often you prepare your meals, the cleaner you will be able to eat. This step alone will change the way you feel. When cooking in high heat use coconut oil, avocado oil, or ghee.



EXERCISE

Physical activity helps regulate our metabolism, promotes better sleep, and keeps us on track with healthy eating. Regular exercise helps us make wise food choices for the long haul.



SMOOTHIE 101

Smoothies are the greatest fast-food. All you need is a blender and you can throw together a powerhouse of nutrition in no time at all. These make an amazing breakfast, as they contain all the protein, fiber, and good fats we need to feel balanced, satiated, and energized. Smoothies are an awesome way to get an abundance of raw goodies into our bodies in a highly-digestible form. If you are like me and don't feel full after drinking a smoothie, try eating it with a spoon: it will slow you down and make you feel more satiated.

This guide will help you build your own in no time.

STEP

1

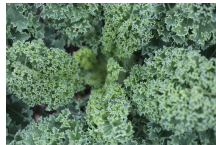


Liquid 1 cup

Almond Milk, Cashew Milk, Rice Milk, Coconut Water, Water...

STEP

2



Leafy Greens 1 to 2 cups

Kale, Collard Greens, Spinach, Romaine...

STEP

3



Fruit or Sweet Vegetable 1 to 1 ½ cups

Banana, Apple, Pear, Sweet Potato, Mango, Pineapple *If you are using fresh add ice.

STEP

4



Good Fat

Avocado (1/4- ½), Coconut Oil (1 Tbsp), Almond Butter (1 Tbsp), Peanut Butter (1 Tbsp)

STEP

5



Sweeten (You can always skip this step)

Stevia, Honey, Dates.

STEP

6



Add Ons

Chia, Flaxseed, Protein Powder, Spirulina, Maca, Ginger, Turmeric, Cinnamon, Goji Berries



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