

Pullum resistance bands are made from high quality latex rubber. We currently offer them in a range of strengths and 3 different lengths ( 41", 19" and 13"). These options offer you a low cost and flexible addition to your training programme.

Developed originally for variable load free weight training they are now also used for:

- Speed and Agility Training • Jumping • Plyometrics • Aerobics • Stretching
- Flexibility Exercises • General conditioning • Prehabilitation • Rehabilitation.

Latex is an organic material, which will degrade over time. Sharp edges will cut into the material and once weakened they will break easily. Overstretching all, or part of the band by applying too much load will weaken the material and once that happens they will break more easily.

To help avoid injury and prolong the life of your bands . . .

## ALWAYS . . .

**CHECK** the bands for any signs of excessive wear or damage. Never use a band that has frayed edges or small tears.



**ATTACH** the bands appropriately for their intended use, insuring they are safely secured away from edges.



**STORE** the bands out of direct sunlight, away from chemicals or sharp objects and not under tension.



## NEVER . . .

**WRAP** the bands around any body part, as this may lead to a serious injury.



**ATTACH** the bands where they may become damaged or are exposed to excessive wear.



**OVERLOAD** the bands beyond their recommended capacity (see chart).



### Resistance Bands - Maximum Recommended Loads

	41"	19"	13"
<b>Mini</b>	20lbs / 9kg	20lbs / 9kg	18lbs / 8kg
<b>Super-Mini</b>	50lbs / 23kg	30lbs / 14kg	26lbs / 12kg
<b>Small</b>	80lbs / 36kg	45lbs / 20kg	40lbs / 18kg
<b>Medium</b>	120lbs / 55kg	60lbs / 27kg	
<b>Large</b>	150lbs / 68kg	75lbs / 34kg	
<b>XLarge</b>	175lbs / 80kg		
<b>Monster</b>	200lbs / 91kg		

Resistance bands are becoming an increasingly popular exercise tool due to their extremely varied uses and benefits.

*They can be combined with conventional free weight exercises to add extra resistance and constant tension throughout the entire exercise. This results in a completely new challenge for the muscles.*

*Bands are ideal for home use or any travel based workout. Their simplicity and light weight means they are extremely portable and can provide a varied program for you or your clients.*

*Bands are an excellent flexibility tool to enhance joint mobility and muscle flexibility.*

*They speed up your metabolism by creating challenging strength / cardio circuits, maximising calorie burning and post-workout after burn.*

We have great confidence in the quality of the material used in the Pullum resistance band range. However, we recognize that bands will wear out and break. We recommend you check your bands before use and replace them as soon as you see frayed edges or small tears. In the interest of safety, you should consider changing frequently used bands annually.

We warranty our bands against defects in material and manufacture for 12 months. Abuse and normal wear and tear are not covered.

For more information regarding resistance bands, or to purchase resistance bands and tubes, please contact us:

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*The elastic nature of bands teaches the body how to stabilize on demand. This trains the muscles how to handle accelerating gravity, momentum and ground reaction forces.*

*Bands are a great tool for training groups as the transition time between groups is less.*

*Bands compliment other tools like dumbbells, kettlebells or medicine balls, effectively turning all your training tools into reactively challenging experiences.*

*When used correctly, resistance bands provide a flexible lightweight and low cost exercise tool.*

Our customers are constantly informing us of new and interesting exercises using bands. Some of the more common ones include:

Bench Press,  
Deadlift, Good Morning, Bicep Curl, Tricep Extension,  
Upright Row, Press-Up, Squats, Calf Raises, Twists and Woodchops.



Back Squat using Pullum Resistance Bands



Bicep Curl using Pullum Resistance Tubes



Band assisted dip using Pullum Resistance Bands