



# TRAVEL KIT

WORLD'S SMALLEST BAND  
TRAINING SYSTEM

# DISCLAIMER

Please note that the information and exercises provided in this guide are for educational and informational purposes only. By choosing to participate in the workout program, you assume full responsibility for any harm or injury that may occur. Stride Gym and its affiliated partners cannot be held liable for any negative consequences resulting from the use of this guide.

Before beginning any exercise program, it is crucial to consult with a doctor or physician to ensure that you are in good health. If you experience any symptoms such as dizziness, discomfort, pain, headache, nausea, fatigue, or any other physical or mental issue during the program, it is important to stop and seek medical attention immediately.

It is also important to thoroughly inspect the product and read all instructions before use. If any damage or breakage is detected, it is best to discontinue use for your own safety.

# ABOUT STRIDE GYM

Stride Gym was founded by Champion Coach, Marine Corps veteran, and Seven Summiteer, Ruben Payan Jr. His vision was to build a lifestyle fitness brand that truly embraced the motto, "Fitness is never boring."

Mission accomplished.

Our company is a blend of our passion for fitness, innovative ideas, life, and professional experience. Each of our tools was created with attention to detail, quality, elegance, and purpose. Because we know the importance of the "journey," we have dedicated our energy to developing state-of-the-art, travel-sized fitness equipment, so you never miss a workout! Consistency brings success, and having Stride Gym with you makes it much easier to keep your body ready. Combined with knowledge, a strong mindset, and a proper game plan, there is no mountain you can't conquer.

Climb Something Big,

Stride Gym

## Travel Kit

### Small in Size, Big in Results!

The Stride Gym Travel Kit is the ultimate functional training tool for anyone working out at home, in an office, in a hotel, or on the go. It's the perfect travel companion! Whether you're a beginner, fitness enthusiast, or athlete, this portable gym gives you everything you need to keep your body in shape. It's compact, the design weighs less than 1 pound, and it provides up to 75 lbs of resistance. Its versatility gives you the freedom to target individual muscles or train the body as a whole. The days of the bulky, hard-to-pack, space-consuming fitness equipment are over. With the Stride Gym Travel Kit, you'll find everything you need right in the palm of your hand!

This manual will cover the top 10 band and bodyweight core exercises. When combined, they'll serve as the building blocks for developing a strong and functional body.

#### Travel Kit Includes:

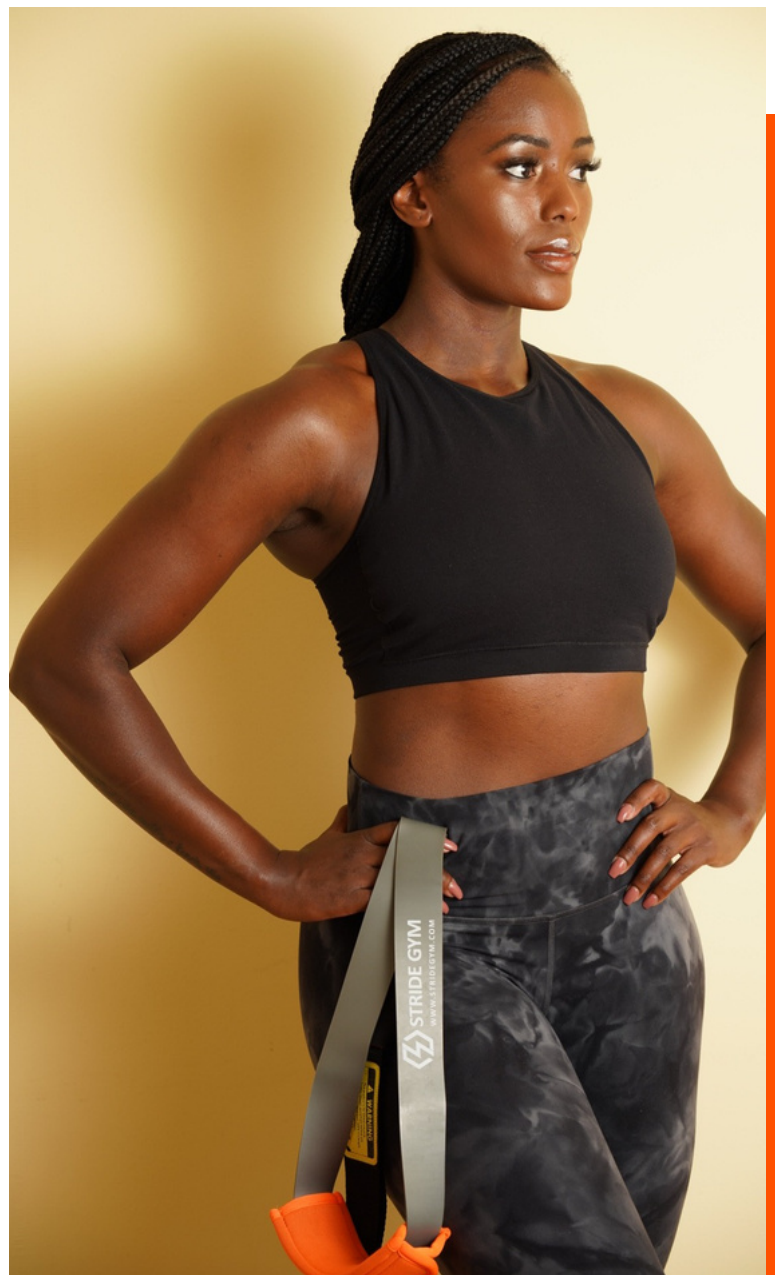
- 4 levels of resistance
- 1 G forged aluminum carabiner
- 1 soft grip fitness handle
- 1 carrying pocket tote
- Training guide





## Core Training

The core plays a crucial role in the body as it connects the upper and lower body, protects sensitive organs and the spinal column, and transfers forces from the ground to the rest of the body. A strong and functional core improves overall body function by enabling better distribution of forces, making everyday activities easier to perform. The Stride Gym Travel is an effective tool for strengthening the core, providing a complete workout to enhance its functionality.



## Benefits of Core Training

The Stride Gym Travel Band provides numerous benefits including:

- **Improved posture:** Develops the endurance needed to maintain proper positions for extended periods of time.
- **Pain reduction:** Enhances inter-muscular stability, reducing lower back fatigue.
- **Optimal force distribution:** Helps prevent muscle imbalances throughout the body.
- **Enhanced balance and stability:** Improves the body's ability to react and maneuver in challenging environments.
- **Functional strength:** Improves movements involving pushing, pulling, lifting, and carrying.
- **Improved locomotion:** Boosts performance for bi-pedal movements like walking, running, skipping, and shuffling.
- **Increased protection:** Safeguards the spinal column and underlying organs like the liver, kidney, spleen, etc.



## Functional Core Muscles

- **Rectus Abdominis:** This muscle, commonly referred to as the "six-pack muscle," runs vertically along the front of the abdomen.
- **Transverse Abdominis:** This muscle is located deep within the abdomen and helps to support the spine and maintain proper posture.
- **External Obliques:** These muscles are located on the sides of the abdomen and help with rotation and lateral flexion of the trunk.
- **Internal Obliques:** Like the external obliques, these muscles also aid in rotation and lateral flexion of the trunk.
- **Erector Spinae:** This group of muscles runs along the spine and helps to maintain proper posture and stability.
- **Multifidus:** This muscle group is located deep within the back and helps to support the spine and maintain proper posture.
- **Glutes:** The muscles of the buttocks, including the gluteus maximus, medius, and minimus, play a crucial role in maintaining stability and proper posture.
- **Hip Flexors:** The group of muscles responsible for hip flexion, including the iliopsoas, rectus femoris, and sartorius.

## What is Unilateral Training?

The Stride Gym Travel Kit is designed as a tool for unilateral fitness training, allowing for single-arm and single-leg exercises. This type of training helps balance muscle strength, reducing the risk of overuse from dominant limbs. It's widely used in professional programs for rehabilitation and elite sports performance. Juan Carlos Santana's book "Functional Training" emphasizes using the band for rotational stiffness development by performing one-arm push and pull exercises. This strengthens the diagonal systems of the core and improves power transfer from the ground to the extremities. Unilateral training with the Travel Kit Band is an effective way to improve core strength and overall body function.



## Getting Started

### SAFETY FIRST

The following safety and instructional sections will explain the equipment on your Stride Gym Travel Kit, instructions on how to safely assemble and anchor the travel kit, and the optimal range of motion when working out with the travel kit. Read the following information before your first workout:

### Band Safety

- DO NOT stretch the band more than 200% of its length. See Training Zone diagram
- Consult your doctor before starting any exercise program.
- Always inspect bands and equipment before use.
- Do not use if it is torn, cut, cracked, or damaged.
- Keep young children under the age of 12 out of reach.
- Keep it in a cool, dry place away from direct sunlight.
- Replace bands as needed. (Recommended once every 12 months.)
- If you are allergic to latex, do not use it.
- Do not stretch band closer to your face.





## Train Safe Train Smart

The Travel Kit Band is designed for small-space training. **DO NOT STRETCH THE BAND PAST 200% IN LENGTH.** For the safest and most optimal training range, stay between 100% and 150% of the band's resting length to prevent injury and maintain the healthiness of the band.



## Training Zone



Perform all exercises within 4 feet from the anchor point.



## Level of Resistance



Xtra Light

5LBS

Light

10LBS

Medium

25LBS

Heavy

30LBS



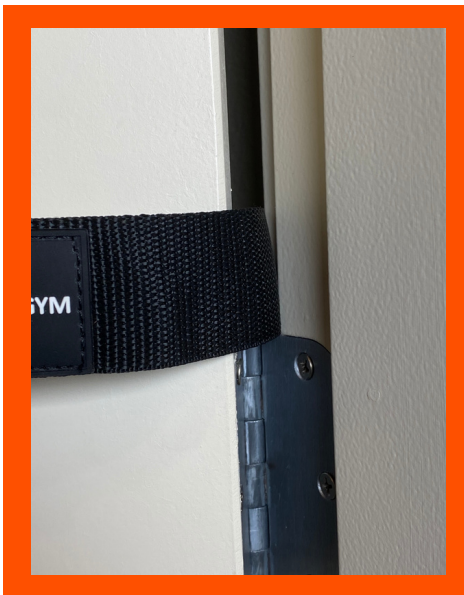
Xtra Heavy

55LBS (see stacking)

## Assembly & Anchoring

- Please select the appropriate resistance band and place it inside the G carabiner.
- Attach the Soft Grip handle to the opposite side of the resistance band from the G carabiner.
- Open the door and insert the anchor into the hinge side of the door. Choose a high, mid, or low anchor point based on exercise selection.
- Close the door and lock it. Pull the neoprene over the carabiner to prevent any possible scratching of the door or glass.
- Pull on the G anchor to ensure it is securely in place within the door hinge.
- Choose your exercises and begin your workout..

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4





## Attention

- Inspect the bands before use. Do not use it if any part of the system is cracked, torn, damaged, or broken.
- Inspect the door frame before anchoring. Do not use it if any part of the door structure is damaged, cracked, or fragile.
- Attach the nylon anchor point on the hinge side of the door. This is the strongest side of the door frame. Place the nylon above or below the mental hinge for high and low ancho point exercises.
- If the door opens inward towards you, ensure it is locked to prevent it from accidentally opening.
- Train 4 feet away from the anchor point. DO NOT stretch the bands beyond the recommended distance.



## Stacking ( XTRA HEAVY )

Place the gray band on top of the black band to add resistance beyond Level 4 (black band) to your workouts, then secure them in the carabiner and Soft Grip handle. **This is only recommended for advanced fitness users.**

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# TOP 10

## Travel Kit Exercises

### 1. Isometric Band Hold ( Anti-rotation )

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Grab the handle with both hands and stand with the band on the right side of the body.
- Take a half step away from the anchor point and position your feet shoulder-width apart. (See training zone range.)
- Press the handle away from the body and lock the arms, hips, and shoulders in place.
- Hold the position for the desired time and perform the movement on the opposite side.

### Target Areas

- Abdominals
- Serratus Anterior
- External Obliques
- Internal Obliques
- Latissimus
- Glutes
- Hamstrings



## 2. Staggered Stance Isometric Press

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Stand in the staggered stance position with your left leg forward and your right leg back. Raise the heel up on the back leg.
- Hold the band handle in your right hand. Squeeze the glute on the back leg and keep the core stable.
- Maintaining a straight posture with your head and body. Push the band away from the body, maintaining core stability. (Stay within the training zone.)
- Hold the position for the desired time and perform the movement on the opposite side.

### Target Areas

- Pectoralis
- Serratus Anterior
- External Obliques
- Internal Obliques
- Hip Flexors



### 3. Staggered Stance Press

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Stand in the staggered stance position with your left leg forward and your right leg back. Raise the heel up on the back leg.
- Hold the band handle in your right hand. Squeeze the glute on the back leg and keep the core stable.
- Maintaining a straight posture with your head and body. Press the band away from the body, maintaining core stability. (Stay within the training zone.)
- Press for the desired rep count and perform the movements on the opposite side.

### Target Areas

- Pectoralis
- Serratus Anterior
- External Obliques
- Internal Obliques
- Hip Flexors



## 4. One Arm Fly

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Grab the handle with your right hand and stand with the band on the right side of your body.
- Take a half step away from the anchor point and position your feet shoulder-width apart. (See training zone range.)
- Press the handle across the body with the elbow slightly bent, keeping the hips stable.
- Perform the movement on the opposite side for a set number of reps or times.

## Target Areas

- Pectoralis
- Serratus Anterior
- Internal Obliques
- External Obliques
- Hip Flexors





## 5. Staggered Stance Row

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Stand facing towards the anchor point in the staggered stance position with your left leg forward and your right leg back. Raise the heel up on the back leg.
- Hold the band handle in your right hand. Squeeze the glute on the back leg and keep the core stable.
- Maintaining a straight posture with your head and body. Pull the band towards the body, maintaining core stability. (Stay within the training zone.)
- Pull for the desired reps or time and perform the movements on the opposite side

### Target Areas

- Latissimus
- Glutes
- Hamstrings
- Calves





## 6. Staggered Stance Bent Over Lat Pull

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Grab the handle with your right hand and stand facing toward the anchor point.
- Get into the staggered stance position with your left leg forward and right leg back. Raise the heel of your back leg. Hinge at the hips, keeping your back flat and your head in a neutral position. Brace the core.
- Maintain core stability while pulling the band towards the body and squeezing your lats (stay within the training zone).
- Pull for the desired reps or time and perform the movements on the opposite side.

### Target Areas

- Latissimus
- Glutes
- Hamstrings
- Calves



## 7. Shoulder Press

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Grab the band in your right hand, and stand in the parallel stance facing away from the anchor point.
- Hinge at the hips keeping your back flat and head in the neutral position.
- Press the band away from the body maintaining core stability. (Stay within the training zone.)
- Press for the desired reps time and perform the movements on the opposite side.

### Target Areas

- Deltoids
- Serratus Anterior
- External Obliques



## 8. High to Low Chops

- Select the appropriate band resistance.
- Attach your Travel Band at the high-anchor point.
- Grab the handle with both hands and stand with the band on the upper right side of the body.
- Take a half step away from the anchor point and position your feet shoulder-width apart. (See training zone range.)
- Move the band diagonally (high right to low left) across the body, maintaining hip stability.
- Perform the movement on the opposite side for a set number of reps or times. (high left to low right.)

### Target Areas

- Abdominals
- Serratus Anterior
- External Obliques
- Internal Obliques
- Hip Flexors.



## 9. Mid Chops

- Select the appropriate band resistance.
- Attach your Travel Band at the mid-anchor point.
- Grab the handle with both hands and stand with the band on the right side of the body.
- Take a half step away from the anchor point and position your feet shoulder-width apart. (See training zone range.)
- Move the band handle across the body (Right to Left), maintaining hip stability.
- Complete for a set number of reps or times, then perform the movement on the opposite side. (Left to Right)

### Target Areas

- Abdominals
- Serratus Anterior
- External Obliques
- Internal Obliques
- Latissimus
- Glutes
- Hamstrings





## 10. Low to High Chops

- Select the appropriate band resistance.
- Attach your Travel Band at the low-anchor point. (Under lowest door hinge)
- Grab the handle with both hands and stand with the band on the lower right side of the body.
- Take a half step away from the anchor point and position your feet shoulder-width apart. (See training zone range.)
- Move the band diagonally (low right to high left) across the body, maintaining hip stability.
- Perform the movement on the opposite side for a set number of reps or times. (From low left to high right)

### Target Areas

- Latissimus
- Glutes
- Hamstrings
- Calves





# TOP 10

## Body Weight Core Exercises

### 1. Hardstyle Plank

- Lie face down in the low plank position on your forearms and toes. Clinch your hands into fists with forearms parallel to one another, and ensure your shoulders and elbows are aligned with your back flat.
- Position your feet inside of hip width.
- Pull your shoulders down, engage your lats, and rotate your shoulder slightly forward and externally.
- Flex your quads (pull knee caps) and squeeze your glutes, keeping your back, hips, and neck in a neutral position.
- Finally, pulling your elbows and toes toward each other creates full-body tension.
- Hold the position for the desired time.

### Target Areas

- Abdominals
- Obliques
- Hips
- Glutes
- Shoulders(Core Stability)

The more muscles you can engage, the more effective this movement will be.



## 2. Side Planks

- Lie on the right side of your body with straight legs and feet stacked on top of each other.
- Place your left hand on the floor directly beneath your left shoulder.
- Contract your abdominal muscles and glutes, lift your hips and knees off the floor, and ensure your body is aligned from head to ankles.
- Hold the position for the desired time and return to the starting position.
- Exercise on the opposite side of the body is recommended.

## Target Areas

- Abdominals
- Obliques
- Hips
- Arms



### 3. Shoulder Taps

- Position your body in the high plank position on your hands and toes. Feet are hip-width apart.
- Engage your abdominals, squeeze your glutes, and keep your back and neck in a neutral position.
- Touch your left shoulder with your right hand and return to the starting position; then, touch your right shoulder with your left hand. Avoid excessive rotation of the hips.
- Alternate sides for a set number of reps or times.

### Target Areas

- Abdominals
- Obliques
- Hip
- Shoulders



## 4. T-Rolls

- Position your body in the high plank position on your hands and toes. Feet hip width apart.
- Engage your abdominals and glutes, maintaining alignment from head to ankles.
- Rotate your body as one unit to the right side (right side plank) so that your head, shoulders, hips, legs, and feet all rotate together. The left arm will be straight and pointing upward.
- Hold the right-side plank position for 1–2 seconds, keeping your core and glutes engaged with wrist, elbow, and shoulder alignment.
- Return to the starting position (high plank), then repeat on the other side.
- Alternate from side to side for a set number of reps or time.

## Target Areas

- Abdominals
- Obliques
- Hip Stability
- Shoulders



## 5. Floor Bridges

- Lie on your back with your legs flexed and your heels directly under your knees.
- Position your arms at 45 degrees to the side of the body with palms up, and retract the shoulders.
- Push your feet into the floor and squeeze your glutes. Raise your hips upward, creating a straight line between your thighs and shoulders. Exhale.
- Hold in the top position for a 1-2 second pause.
- Inhale and return to the starting position.
- Perform a movement for a certain number of reps or for a certain amount of time.

### Target Areas

- Hamstrings
- Glutes
- Lower Back





## 6. Mountain Climbers

- Lying face down on the floor in the high plank position on hands and toes, place your hands nearly shoulder width apart.
- Ensure your back is straight and your shoulders are stable.
- Squeeze your abdominal muscles and raise your right knee to your chest.
- Return this knee, then raise the left knee.
- Alternate the sides and repeat for the desired number of reps or times.

### Target Areas

- Abdominals
- Obliques
- Hip Flexors
- Shoulders
- Thighs



## 7. (Supine) Y Ups

- Lie flat on your back with your arms extended overhead and your feet hip-width apart.
- Keep your lower back pushed against the mat and your head in a neutral position.
- Raise your arms and right leg up at the same time, intersecting at the center of your body.
- Squeeze your abdominals (exhale).
- Return to the starting position (inhale), and perform the movement with your left leg.
- Alternate sides and repeat for the desired number of reps or times.

### Target Areas

- Latisimuss Dorsi
- Serratus Anterior
- Abdominals
- Internal & External Obliques
- Hip Flexors



## 8. X Ups

- Lie flat on your back on the mat.
- Form an X with your body by stretching your arms and legs at a 45-degree angle. Toes outward.
- Raise your right arm and your left leg upward towards the center of your body. Touch your left foot with your right hand. Then return to the starting position.
- Repeat on the other side of the body. (The left hand touched the right foot.)
- Alternate from side to side for a set number of reps or times.

## Target Areas

- Serratus Anterior
- Abdominals
- Internal & External Obliques
- Hip Flexors



## 9. Crunches

- Lie on your back on the floor. Bend your knees and place your hands behind your head.
- Squeeze your abdominal muscles and crunch forward. Inhale deeply and bring your chest as close to your pelvis as possible.
- Hold for 1-2 seconds. Breathe out and return to the starting position.
- Repeat for the required number of times or repetitions.

## Target Areas

- Abdominals





## 10. Reverse Crunches

- Lie on your back with your arms at your sides on the floor. Raise your legs approximately 1 foot above the floor.
- Squeeze the abdominal muscles. Inhale deeply and bring your knees as close to your chest as possible.
- Hold for 1-2 seconds. Return to the raised-leg stance while exhaling.
- Continue to repeat for the required repetitions.

### Target Areas

- Lower Abdominals





# Workouts



## Start Here

**Complete the following steps prior to beginning your workout.**

1. Read the Stride Gym Travel Kit training manual.
2. Watch all the exercise and workout videos.
3. Practice each movement to perfect your form.
4. Select your appropriate fitness level.
5. Begin your workout!

## Questions

**How many sets should I do per workout?**

Select the appropriate number of sets per workout based on your personal fitness ability.

- Beginner: 1-2 sets per workout
- Intermediate: 2-3 sets per workout
- Advanced: 3-5 sets per workout

**How much rest should I take between exercises and sets?**

Rest for 15 seconds between exercises and 0-2 minutes between sets.

**What do you recommend for reps/time per each exercise?**

Perform each exercise for 15-30 seconds or 10-20 reps.

**Where can I watch all the exercises and workout videos?**

Scan here to view all Travel Kit exercise and workout videos.



## Circuits

1

1. Staggered Stance Band Row R
2. Staggered Stance Band Row L
3. Staggered Stance ISO Press Hold R
4. Staggered Stance ISO Press Hold L
5. Floor Bridges
6. ISO Rotation Hold R
7. ISO Rotation Hold L

2

1. Staggered Stance Band Press R
2. Staggered Stance Band Press L
3. Bent- Over Lat Pull R
4. Bent- Over Lat Pull L
5. Mountain Climbers
6. Mid- Chop Rotation R
7. Mid-Chop Rotation L

3

1. Bent Over Lat Pull R
2. Bent Over Lat Pull L
3. T-Rolls
4. High to Low Chop R
5. High to Low Chop L
6. X-Ups

4

1. Bent Over Band Press R
2. Bent Over Band Press L
3. One Arm Fly R
4. One Arm Fly L
5. Y-Up
6. Reverse Crunches

5

1. Hardstyle Plank (Start this exercise with 15 seconds then increase weekly)
2. Low to High Chop R
3. Low to High Chop L
4. Shoulder Taps
5. Crunches

## Follow Us

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This is just the beginning of what you can do with your Stride Gym Travel Kit. To learn more exercises and workouts, follow us at:

@stridgymofficial



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## References

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Institute of Human Performance – [www.ihpfit.com](http://www.ihpfit.com)

Gray Institute – [www.grayinstitute.com](http://www.grayinstitute.com)

Dragon Door – [www.dragondoor.com](http://www.dragondoor.com)

National Academy of Sports Medicine – [www.nasm.org](http://www.nasm.org)

## Ruben Payan Jr.

Motivating athletes, coaches, and top business professionals to reach their full potential, Ruben Payan Jr. is a fitness professional and Marine Corps veteran who leverages his experience climbing the Seven Summits of the World to inspire others to pursue their dreams, take action, and live life to the fullest.

In 2007, Ruben founded Human In Motion, the first functional training performance center in Beijing, China. With his expertise, he quickly became one of the country's leading fitness educators, working with renowned brands such as The Institute of Human Performance, The Westin, Nike, The North Face, GQ, and Men's Health magazine. In 2019, he reached a new professional milestone by coaching Mixed Martial Arts fighter Zhang Weili to become the first UFC female champion in Asia.

Today, Ruben is the CEO of Stride Gym USA, where he continues to help others reach their personal fitness goals. He remains committed to using his skills and knowledge to empower individuals to lead their best lives.

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