

ZEN PLACE

RESISTANCE LOOP BANDS

MOVE WITH CONTROL

Twelve guided exercises for lower-body strength, mobility and total-body training.

CHOOSE A CONTROLLED RESISTANCE

- LIGHT

10-20 LB
- MEDIUM

20-40 LB
- HEAVY

40-50 LB

Guide colors are not product colors. Tension varies with stretch and material.

1 Pull Apart

LIGHT



Hold at chest height. Keep the ribs stacked and pull outward without shrugging.

10-15 REPS

2 Lateral Walk

MEDIUM



Stay in a shallow squat. Step sideways with control while keeping steady tension on the band.

8-12 / SIDE

3 Banded Squat

MEDIUM



Sit the hips back and track the knees over the toes. Press gently outward throughout.

10-15 REPS

4 Standing Hip Abduction

LIGHT



Stand tall and move one leg out to the side without leaning or turning the toes outward.

10-15 / SIDE

5 Bridge Abduction

MEDIUM



Lift through the hips, then press the knees outward slightly. Keep the ribs relaxed.

10-15 REPS

6 Clamshell

LIGHT



Keep the feet together and hips stacked. Open the top knee without rolling backward.

10-15 / SIDE

7 Donkey Kick

MEDIUM



Brace the core and press one bent leg back and up. Keep the pelvis level.

10-15 / SIDE

8 Quadruped Hip Abduction

MEDIUM



From all fours, lift one leg out to the side while keeping the torso steady.

10-15 / SIDE

9 Seated Hip Abduction

HEAVY



Sit tall with feet grounded. Press the knees outward slowly, then return with control.

12-20 REPS

10 Biceps Curl

LIGHT



Secure the loop under one foot. Keep elbows close and curl without swinging.

10-15 REPS

11 Overhead Pull-Apart

LIGHT



Reach overhead with soft elbows. Pull gently outward without arching the low back.

8-12 REPS

12 Seated Row

MEDIUM



Loop around both feet. Sit tall and draw the elbows toward the ribs; release slowly.

10-15 REPS

CARE

Wipe with mild soap and a damp cloth. Air dry fully. Avoid sharp objects, oils, sunlight and high heat.

BAND CHOICE

TPE resistance bands are recommended for pull-aparts, curls, overhead work and rows. Silicone or TPE resistance bands work well for lower-body exercises.

MOVE SAFELY

Inspect before use. Start light and move slowly. Stop for slipping, tearing, pain or loss of control.

AI-GENERATED ILLUSTRATIONS