BODYLASTICS
Resistance Bands

Continuous Dipped Malaysian Latex
Woven Super Strong Inner Cord
Resistance Exercises For Men

There are so many exercises for men that can be performed with this system, it’s amazing! Every major muscle group; Chest, legs, arms, back, shoulders, abs...we’ve got you covered!!
Resistance Exercises for Women

There are so many exercises that you can perform with the Bodylastics system, it's amazing! You will be able to work all of your problem areas anywhere, anytime!

Buttocks, back of the legs, front of the legs, front of the arms, back of the arms, stomach, back, shoulders... we've got you covered! Fight for Fitness Bands works all of the same muscles as the most popular home gyms but for 1/20th of the price.
## AB EXERCISES

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Muscles worked</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ab Exercise #1: Stability Ball/Chair Ab Crunch</strong></td>
<td></td>
<td><img src="image1.jpg" alt="Image" /></td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong> Weighted Stomach Crunch Machine</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Area Targeted:</strong> Middle Abs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Ab Exercise #2: High Low Wood Chop** | | ![Image](image2.jpg) |
| **Gym Equivalent:** Cable machine high low chop | | |
| **Area Targeted:** Middle Abs | | |

| **Ab Exercise #3: Resisted Side Bends** | | ![Image](image3.jpg) |
| **Gym Equivalent:** Dumbbell Side Bend | | |
| **Area Targeted:** Outer Abs | | |

| **Ab Exercise #4: Kneeling Ab Crunch (Ankle Straps)** | | ![Image](image4.jpg) |
| **Gym Equivalent:** Kneeling Cable Machine Ab Crunch | | |
| **Area Targeted:** Middle Abs | | |
Ab Exercise #5: Standing Ab Twist

Gym Equivalent: Standing Cable Machine Ab Twist

Area Targeted:
Outer Abs

Ab Exercise #6: Seated Ab Twist

Gym Equivalent: Seated Cable Machine Ab Twist

Area Targeted:
Outer Abs

Ab Exercise #7: Seated Ball/Chair Ab Twist

Gym Equivalent: Seated Cable Machine Ab Twist

Area Targeted:
Outer Abs

Ab Exercise #8: Laying Resisted Ab Roll

Gym Equivalent: Laying Cable Machine Ab Roll

Area Targeted:
Outer Abs
Ab Exercise #9: Kneeling Ab Crunch (Handles)

Gym Equivalent: Kneeling Cable Machine Ab Crunch

Area Targeted:

Middle Abs

ARM EXERCISES

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Muscles worked</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Exercise #1: Standing Biceps Curl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym Equivalent: Standing Dumbbell/Cable Machine Curls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Area Targeted:</td>
<td>Front of Arms</td>
<td></td>
</tr>
<tr>
<td>Arm Exercise #2: Standing One Arm Forward Biceps Curl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym Equivalent: Standing Forward One Arm Dumbbell/Cable Machine Biceps Curl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Area Targeted:</td>
<td>Front of Arms</td>
<td></td>
</tr>
<tr>
<td>Arm Exercise #3: Cross Body Triceps Extension (high)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym Equivalent: Cable Machine Cross Body Triceps Extension (high)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Area Targeted:</td>
<td>Back of Arms</td>
<td></td>
</tr>
</tbody>
</table>
Arm Exercise #4: Cross Body Triceps Extension (low)

Gym Equivalent:
Cable Machine Cross Body Triceps Extension (low)

Area Targeted: Back of Arms

Arm Exercise #5: Laying Face Up Triceps Extension

Gym Equivalent: Laying Face Up Cable Machine Triceps Extension

Area Targeted: Back of Arms

Details for this exercise including equipment set-up, starting position, movement and points to remember can be found in the Bodylastics User Manual and Online University

Arm Exercise #6: Overhead Triceps Extension

Gym Equivalent: Cable Machine Overhead Triceps Extension

Area Targeted: Back of Arms

Arm Exercise #7: Stability Ball Biceps Curl (high)

Gym Equivalent: Seated Cable Machine Biceps Curl (high)

Area Targeted:
Front of Arms
Arm Exercise #8: Stability Ball Triceps Extension

Gym Equivalent: Seated Cable Machine Triceps Extension

Area Targeted:
Back of Arms

Arm Exercise #9: Chest Down Bench Triceps Extension

Gym Equivalent: Chest Down Bench Cable Machine Triceps Extension

Area Targeted:
Back of Arms

Arm Exercise #10: Chest Up Bench Triceps Extension

Gym Equivalent: Chest Up Bench Cable Machine Triceps Extension

Area Targeted:
Back of Arms

Arm Exercise #11: Laying Face Up Biceps Curl

Gym Equivalent:
Laying Face Up Cable Machine Curls

Area Targeted:
Front of Arms
Arm Exercise #12: Standing Alternating Biceps Curl

Gym Equivalent: Standing Dumbbell/Cable Machine Biceps Curl

Area Targeted:
Front of Arms

Arm Exercise #13: Stability Ball Reverse One Arm Triceps Extension

Gym Equivalent: Seated Reverse Cable Machine One Arm Triceps Extension

Area Targeted:
Back of Arms

Arm Exercise #14: Kneeling Reverse Triceps Extension

Gym Equivalent: Kneeling Cable Reverse Triceps Extension

Area Targeted: Back of Arms

Arm Exercise #15: Two Arm Triceps Kickback (handles)

Gym Equivalent: Dumbbell/Cable Two Arm Triceps Kickback

Area Targeted:
Back of Arms
Arm Exercise #16: Standing Reverse Wide Biceps Curl

Gym Equivalent:
Dumbbell/ Cable Machine Standing Reverse Wide Biceps Curl

Area Targeted:
Front of Arms

Arm Exercise #17: Seated Forearm Curl

Gym Equivalent: Seated Cable Machine Forearm Curl

Area Targeted: Forearms

BACK EXERCISES

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Muscles worked</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Exercise #1: Alternating One Arm Back Row</td>
<td>Large middle/outer back muscle (Latissimus)</td>
<td></td>
</tr>
<tr>
<td>Gym Equivalent: Cable/Stationary Machine Alternating One Arm Back Row</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Back Exercise #2: Good Mornings

**Gym Equivalent:** Dumbbell/ Cable Machine Good Mornings

**Area Targeted:** Middle Back Spinal Muscles

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Back Exercise #3: Side Lat Extension

**Gym Equivalent:** Cable Machine Side Lat Extension

**Area Targeted:** Large middle/outer back muscle (Latissimus)

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Back Exercise #4: Standing Forward Lat Extension

**Gym Equivalent:** Cable Machine Standing Forward Lat Extension

**Area Targeted:** Large middle/outer back muscle (Latissimus)
**Back Exercise #5: One Arm Kneeling Lat Pull**

**Gym Equivalent:** One Arm Kneeling Cable Machine Lat Pull

**Area Targeted:**
Large middle/outer back muscle (Latissimus)

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**Back Exercise #6: Seated Floor Back Row**

**Gym Equivalent:** Cable/Stationary Machine Back Row

**Area Targeted:**
Large middle/outer back muscle (Latissimus)

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**Back Exercise #7: Stability Ball/Seated Reverse Lat Extension**

**Gym Equivalent:** Seated Cable Machine Reverse Lat Extension

**Area Targeted:**
Large middle/outer back muscle (Latissimus)
**Back Exercise #8: Laying On Floor Back Row**

*Gym Equivalent:* Cable Machine Laying On Floor Back Row

*Area Targeted:* Large middle/outer back muscle (Latissimus)

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**Back Exercise #9: Seated Floor Back Extension**

*Gym Equivalent:* Cable Machine Seated Floor Back Extension

*Area Targeted:* Middle Back Spinal Muscles

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**Back Exercise #10: Standing Upper Back Row**

*Gym Equivalent:* Cable Machine Standing Upper Back Row

*Area Targeted:* Large middle/outer back muscle (Latissimus)
<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td><strong>Chest Exercise #1: Resisted Pushup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong> Bench Press</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Area Targeted:</strong> Entire Chest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chest Exercise #2: One Arm Chest Press</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong> Cable Machine One Arm Chest Press</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Area Targeted:</strong> Entire Chest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chest Exercise #3: Standing Two Arm Chest Press (low)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong> Cable/Stationary Machine Two Arm Chest Press</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Area Targeted:</strong> Entire Chest/Upper Chest</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Chest Exercise #4: Stability Ball/Seated Two Arm Chest Press**

**Gym Equivalent:** Cable/Stationary Machine Seated Two Arm Chest Press

**Area Targeted:**
Entire Chest

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**Chest Exercise #5: Seated Two Arm Chest Fly**

**Gym Equivalent:** Cable Machine Two Arm Chest Fly

**Area Targeted:**
Entire Chest

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**Chest Exercise #6: One Arm Standing Chest Fly**

**Gym Equivalent:** Cable/Stationary Machine One Arm Chest Fly

**Area Targeted:**
Entire Chest
Chest Exercise #7: Standing Two Arm Chest Press (high)

**Gym Equivalent:** Cable Machine standing 2 arm chest press

**Area Targeted:** Entire Chest/Lower Chest

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**Leg Exercises**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Muscles worked</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Exercise #1: Squats</td>
<td></td>
<td>![Squat Image]</td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong></td>
<td>Barbell / Dumbbell / Machine Squats</td>
<td>![Squat Image]</td>
</tr>
<tr>
<td><strong>Area Targeted:</strong></td>
<td>Thighs/Front Of Legs</td>
<td>![Squat Image]</td>
</tr>
</tbody>
</table>

| Leg Exercise #2: Lunges |                              | ![Lunge Image] |
| **Gym Equivalent:** | Barbell / Dumbbell / Machine Lunges | ![Lunge Image] |
| **Area Targeted:** | Thighs/Front Of Legs | ![Lunge Image] |
Leg Exercise #3: Laying Hamstrings Curl

Gym Equivalent: Machine Laying Hamstrings Curl

Area Targeted: Back Of Legs

Leg Exercise #4: Standing Leg Adduction

Gym Equivalent: Cable / Stationary Machine Standing Leg Adduction

Area Targeted: Inner Thigh

Leg Exercise #5: Calf raise

Gym Equivalent: Stationary Machine Standing calf Raise

Area Targeted: Calves
Leg Exercise #6: Seated Leg Adduction

**Gym Equivalent:** Cable / Stationary Machine Seated Leg Adduction

**Area Targeted:** Inner Thigh

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Leg Exercise #7: Seated Leg Abduction

**Gym Equivalent:** Cable / Stationary Machine Seated Leg Abduction

**Area Targeted:** Outer Thigh

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Leg Exercise #8: Seated Leg Extension

**Gym Equivalent:**

Seated Stationary Machine Leg Extension

**Area Targeted:**

Thighs/Front Of Legs
Leg Exercise #9: Standing Hip Extension

**Gym Equivalent:** Cable / Stationary Machine Standing Hip Extension

**Area Targeted:** Butt

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Leg Exercise #10: Standing Leg Abduction

**Gym Equivalent:** Cable / Stationary Machine Standing Leg Abduction

**Area Targeted:**

Outer Thigh

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## Shoulder Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Muscles worked</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Shoulder Exercise #1: Lateral Raise</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gym Equivalent:</strong> Dumbbell Stationary Machine Lateral Raise</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Area Targeted:</strong> Middle Shoulder</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Shoulder Exercise #2: Standing Forward Shoulder Press

**Gym Equivalent:** Barbell / Dumbbell / Stationary/ Cable Machine Front Shoulder Press

**Area Targeted:** Front Shoulders

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Shoulder Exercise #3: Shrugs

**Gym Equivalent:** Dumbbell / Barbell/ Cable Machine Shrugs

**Area Targeted:** Top Of Shoulders

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Shoulder Exercise #4: Standing Front Shoulder Raise

**Gym Equivalent:** Dumbbell / Cable Machine Front Shoulder Raise

**Area Targeted:** Front Shoulder
Shoulder Exercise #5: Bench Internal Rotation

**Gym Equivalent:** Stationary, Cable Machine Internal Rotation

**Area Targeted:** Rotator Cuff

Shoulder Exercise #6: Seated Shoulder Press

**Gym Equivalent:** Stationary / Cable Machine/ Barbell / Dumbbell Seated Shoulder Press

**Area Targeted:** Front Shoulder

Shoulder Exercise #7: Seated Front Shoulder Raise

**Gym Equivalent:** Cable Machine / Dumbbell Front Shoulder Raise

**Area Targeted:** Front Shoulder
Shoulder Exercise #8: Standing Upright Rows

**Gym Equivalent:** Cable Machine / Dumbbell / Barbell Upright Rows

**Area Targeted:** Front Shoulder

Shoulder Exercise #9: Seated Rear Shoulder Pull

**Gym Equivalent:** Cable / Stationary Machine Seated Rear Shoulder Pull

**Area Targeted:** Rear Shoulder

Shoulder Exercise #10: Rotator Cuff Side Pull

**Gym Equivalent:** Cable / Stationary Machine Rotator Cuff Side Pull

**Area Targeted:** Rotator Cuff