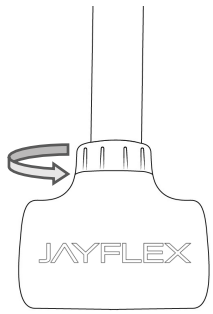
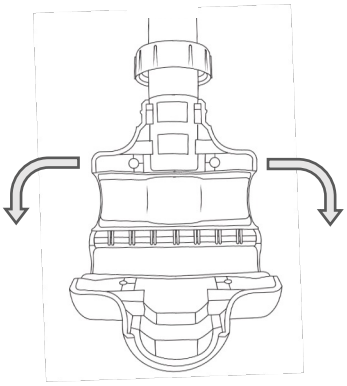
HYPERBELL BANDS

JAYFLEX

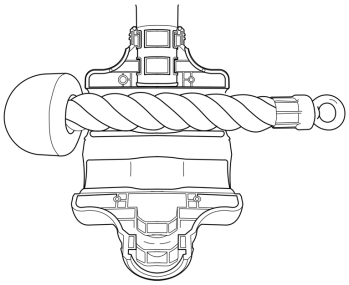
BANDS SETUP



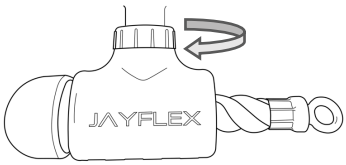
1. Twist collar off clamp.



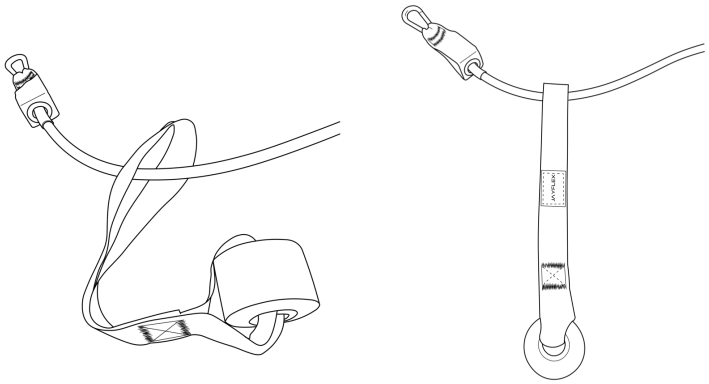
2. Open clamp.



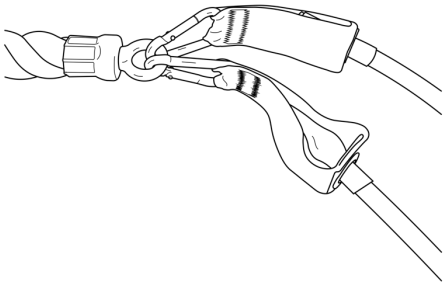
3. Insert rope, close clamp.



4. Twist collar to lock clamp.



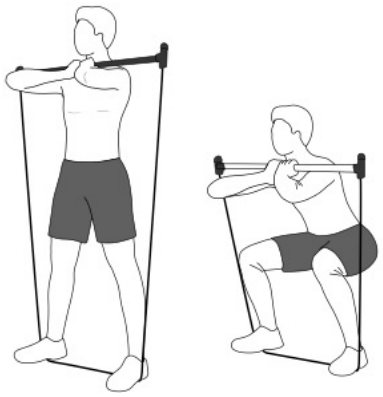
5. If using door anchor, thread one end of band(s) through anchor loop.



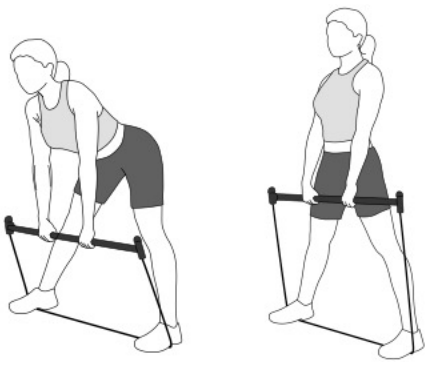
6. Attach desired band(s) to rope.

HYPERBELL BANDS WORKOUTS

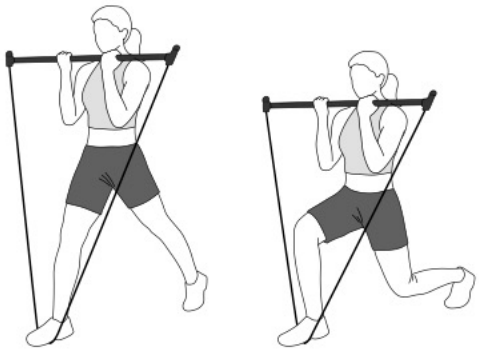
LOWER BODY WORKOUTS



Squats



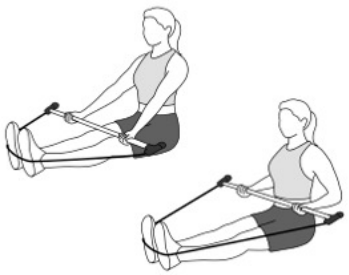
Deadlifts



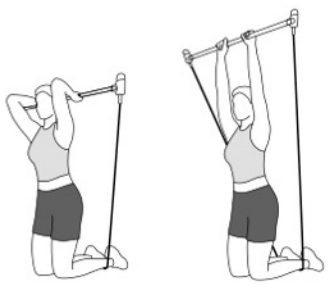
Stationary Lunge

HYPERBELL BANDS WORKOUTS

UPPER BODY WORKOUTS



Seated Reverse Grip Row



Triceps Extension

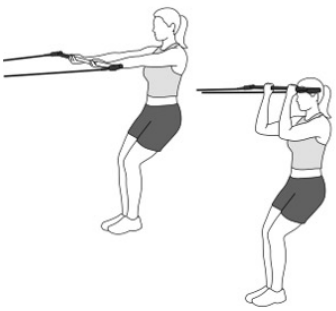
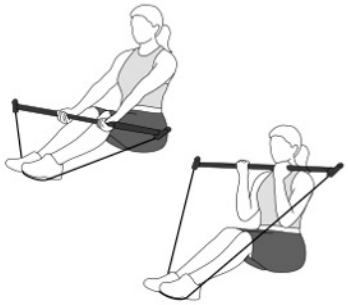
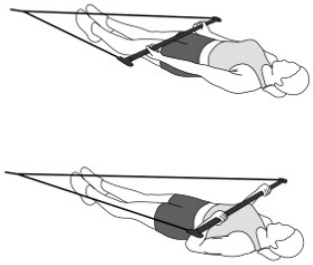


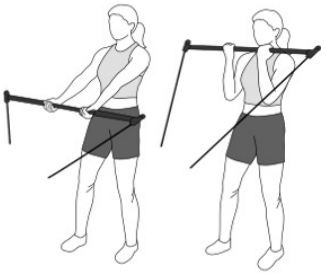
Table Top Curl



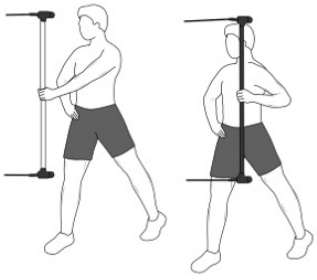
Seated Bicep Curl



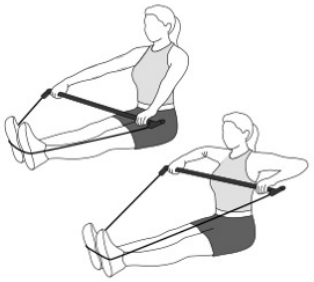
Lying Bicep Curl



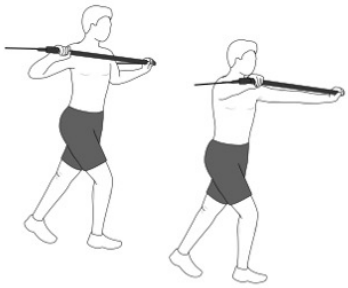
Standing Curl



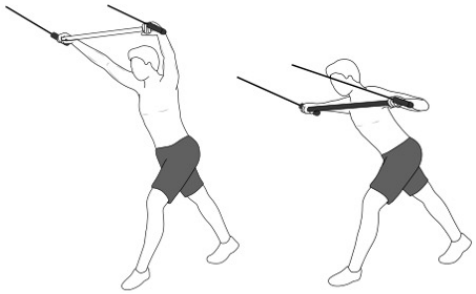
Row



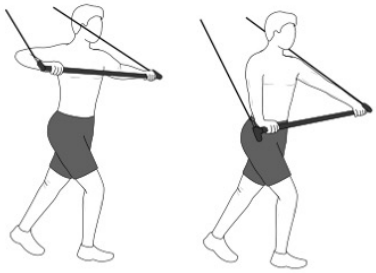
Seated Row



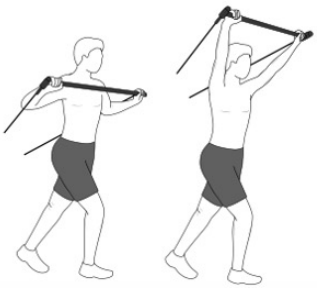
Chest Press



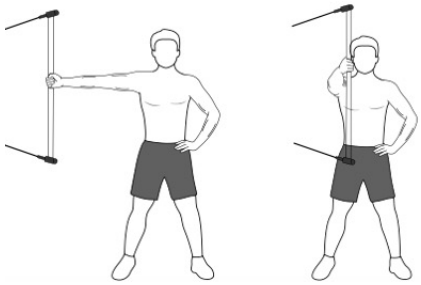
Lat Pulldown



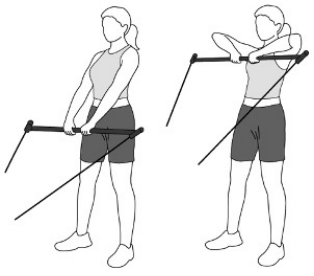
Decline Chest Press



Incline Chest Press



Unilateral Arm Fly



Upright Row

Warnings: Each HYPERBELL clamp has a 100 lb weight limit. This means the bar can hold up to 200 lbs. Multiple bands can be attached, but do not exceed weight limit. | Do not overstretch the bands by 3 times its resting length. | Always confirm that the collar is locked and the clamps are secure. | HYPERBELL is not intended to be used as a sledgehammer. | Use HYPERBELL and HYPERBELL Bands at your own risk. | Jayflex is not responsible for any damage or injury that may occur. | Consult a physician before beginning any exercise program. Properly rehydrate and stretch before physical activity. If you experience any feeling of dizziness while exercising, please stop immediately.