



TNT PRO SERIES

Welcome Quick Start Exercise Guide

for Resistance Loop Bands



TNT Pro Series Loop Band Welcome Quick Start Exercise Guide

Dear Friend,

Thank you for your purchase! I am very appreciative of this opportunity to serve and support you towards the fulfillment of your personal health and wellness goals, and believe me when say it; this responsibility will not be taken lightly!

What's in this Guide?

Section 1 How to contact us: Whether its good news, or not so good news, compliments or complaints...we want to hear about it! All feedback is welcomed and encouraged.

Section 2 About us/Who we are: A brief history on who we are and also an important warning for parents.

Section 3 Explanation of our Guarantee: No fine print, no hidden return shipping costs or restocking fees of any kind. Read about our simple no-nonsense guarantee in this section.

Section 4 Exercise Quick Start Guide: Have you received your loop bands but are not sure where to begin? Start here, with these four simple yet very effective loop band exercises!

Section 5 Loop Band Exercise Videos: There are a lot of great resources and exercise video clips available on how to use loop bands for exercise. In this section you'll find the best loop band exercise videos, all in one place, so you can spend less time searching and more time exercising!

Section 6 Frequently Asked Questions: In this section, we briefly cover the answers to the most common questions we encounter.

Bonus Section: A Special Gift for being you!

Section 1

How to Contact Us

Here at TNT Pro Series, our number one priority is to provide top quality and effective products with amazing long term support so you can get the most out of your purchase. A person can find themselves in possession of the most incredible, life-changing tool that ever existed but if you don't know how to use this tool, it will be very difficult to use it to its full potential and henceforth, reach your full potential.

I hope the following pages will help you avoid the above scenario.

My goal in creating this guide was to give you a better understanding of what the TNT Pro Series Brand is all about, and more importantly provide you with some cool resources and helpful tips on how you can begin receiving value from your bands right out of the box.

If you should need to contact us for anything, and I mean ANYTHING, please do not hesitate for a second to do so.

I can always be reached at my personal email address here: tim@tntproseries.com.

Section 2

Who we are!

The TNT Pro Series brand was created with one goal in mind; to create amazing fitness products that help to improve the quality of the people's lives who use them. As a personal trainer of 15 years and a fitness enthusiast for much longer, I've used a vast array of resistance bands with my clients and myself over the years. In that time, I was able (with the help of my clients and colleagues) to become aware of seemingly minor changes one could make to the actual design of the band, when once implemented, resulted in a number of advantages to the end user.

So, we made these changes, designed our own loop band, and the results have been truly incredible.

Someone asked me the other day, why the name TNT Pro Series? Well, the story behind the name may not be very cutting edge or exciting but my father insisted on giving me the initials "TNT" when I was born. He envisioned his son running in the winning score for the championship football game while the announcers shouted, "TNT for the touchdown". Hey, I told you it wasn't that exciting!

While I never got to fulfill that fantasy of my father's, I did want to somehow give tribute to him for the bold stance he took against my mother that day. Oh yea, she wasn't as enthusiastic about the initials as my dad was, lol. Still, my mother allowed it anyway and while my Dad has passed on long ago, I still like to think about how much he would have enjoyed seeing the nickname he chose for me used in a way which helps fulfill my purpose of helping as

many people as possible improve the quality of their lives.

If you couldn't tell from that last story, I like to think of TNT Pro Series as a family oriented company and brand. While we were testing and seeking to identify the limitations of the current loop band products on the market, I also happen to discover that the best research and development team I could ever hope to find was right under my nose the entire time!



Research and Development Team – Kaela and Danny

WARNING FOR PARENTS: While I still find myself smiling when I look at this picture in all seriousness, I do want to point out one specific aspect in this image that should act as a warning to other parents with young children. At one point I must have had close to 40 different band sets lying around the house. Early on, I found my 1 and 3 year old (Danny and Kaela) wearing them like head bands and at one point I saw one around their necks. This got my attention and I hope it will get yours as well.

I would strongly suggest to not leave your bands around the house where children can get their hands on them.

While these bands are very thin, they are also very durable and take hundred and hundreds of pounds of pressure to break or tear. To sum up my concerned parent rant, please be aware these bands are a choking hazard for small children so keep them away from the kids when you are not using them.

Section 3

Explanation of our Guarantee

“LIFETIME FREE REPLACEMENT, NO QUESTIONS ASKED,
100% MONEY BACK GUARANTEE”

If you can't honestly state this product isn't the best set of loop bands that you've ever owned, then we don't deserve to keep your money. You have every right to ask for a full, no- questions-asked, on-the-spot 100% refund anytime you decide.

Regardless of the reason, if you were to ever need a replacement, we'll be glad to send you a new set at no additional cost, or if its a refund you prefer, a FULL REFUND is what you'll receive.

No hidden return shipping costs or restocking fees of any kind!

Just email me at my personal address and whatever the issue, I'll personally make sure it gets resolved to your satisfaction.

Section 4

Exercise Quick Start Guide

These four exercises work all of the major muscle groups when completed in unison. If you want to get started using your loop bands right away but are not sure exactly where to start, these exercises are a great place to begin.

Exercise #1: Leg Extension

Step 1: Sit down on the floor, place the band underneath the foot of non exercising leg and around the ankle of the leg you want to exercise.

Step 2: Bend your legs, lean back, and support your upper body with your elbows, Put your forearms on the floor and tighten your stomach muscles while pulling your shoulder blades together.

Step 3: Straighten and lift the exercising leg upward and point your toes toward body while keeping the foot of the non-exercising leg in position on the floor. Hold the position for 1-2 seconds and then slowly return to the starting position.

Exercise #2: Leg Curl

Step 1: Sit down on the floor, put the band around the foot of the non exercising leg and around the ankle of the leg you want to work out. Start by lying on your stomach with your legs straight and feet around hip-width apart.

Step 2: Fold your arms and rest your forehead on the backs of your hands while pressing your hips into the floor.

Step 3: End by bending the exercising leg and pull your heel toward the buttock while keeping the upper leg still and the toes of non-exercising leg in position on the floor. Hold this position for 1-2 seconds before returning to the starting position.

Exercise #3: Glute Bridge

Step 1: Place the loop band around your legs right above your knees. Lie down with your feet slightly apart on the floor with your knees at a 90 degree angle.

Step 2: Rise up with your hips until your shoulders, hips, and knees align while tightening your glutes throughout the motion. Slowly come back down and repeat for a total of 15-20 times.

Exercise #4: Upper-body Workout

Step 1: Take your hands and put the loop band around your wrists. Stand and make sure your shoulders are behind your back and remain reaching back throughout the exercise while you also reach forward with your arms.

Step 2: Keep your knees bent in order to prevent them from locking. Simply take your arms and push the band out and back in while keeping your fingertips pointed away from your body.

This will work your triceps, back muscles, abdominal muscles, as well as help your cardiovascular system.

Disclaimer to Cover My Butt: Always consult your physician before beginning any exercise or weight-loss program. The general information displayed here is not intended to substitute for or replace your healthcare professional. We make no representations or warranties concerning any usage of the information offered here and will not be liable for any direct, indirect, consequential, special, exemplary or other losses or damages that may result.

Section 5

Workout Videos

I always enjoy sending my clients and friends cool videos and helpful tips as I come across them. The internet is a truly amazing resource but with so much information, sometimes the highest quality content can be overlooked. Organized below are my favorite loop band exercise videos I've ever come across and collected over the years.

Enjoy!

Video #1 [Awesome Lower Body Workout Series](#)

Video #2 [Excellent Shoulder & Core Workout](#)

Video #3 [Quick and Effective Arm Workout](#)

Video # 4 [10 Minute Full Body Workout](#)

Video # 5 [Advanced Loop Band Workout](#)

(Click on underlined text to view videos)

Section 6

Frequently Asked Questions

Q. How should I decide which band I should use?

A. Choosing a right resistance level will make your exercise routine a lot more effective. Usually, if you feel very strong resistance when you stretch the band twice its length, it's the right band for you. You'll also want to be sure you can perform the exercise in its full range of motion so if find yourself not being able to complete proper exercise form, this could be sign to lower the resistance level.

Q. How far can I stretch the band without breaking them?

A. Our bands have great elasticity and durability. They can be stretched up to three times their length. Over stretching the bands may cause them to wear more quickly or in some cases break. If this were to ever happen, just shoot me an email and I'll get you out a fresh set the next day.

Q. How should I care for my loop bands?

A. Sunlight and high temperatures will shorten the bands' lifespan so it is best to keep them indoors, at room temperature. As I mentioned earlier, you'll also want to keep them out of the reach of any small children since they could become dangerous if a child begins thinking its a toy and wrapping it around his or her neck.

Q. How do I return these bands/request a refund?

A. For product replacement or order refund, just send me an email at tim@tntproseries.com or shoot me a message on Amazon.com.

We have a simple and straight forward no questions asked return/refund policy. While we won't ever require a detailed explanation, I always enjoy listening to the feedback of our customers, good or bad. So if you find yourself in this situation, feel free (but not obligated!) to let me know what's going on and what I can do to make things right.

THANK YOU

Thanks again for your business! Should you ever need anything at all, please do not hesitate to let me know. Your email comes to me personally and I'll always take good care of you!

Sincerely,

Tim N. Tierney (...and Kaela & Danny)
Personal Email: tim@tntproseries.com

