

# SYNERGEE®

## Resistance Bow Exercise Manual



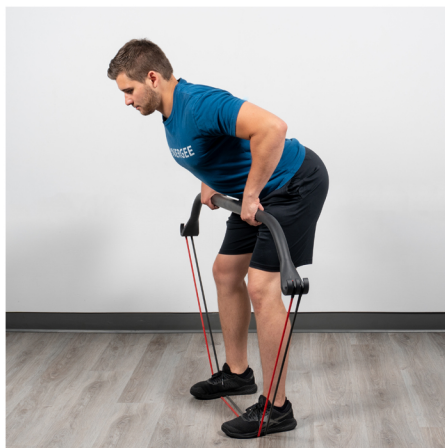
### PRESSES

Stand with your feet set between hip- and shoulder-width apart. Stand inside the bow, with the bands across your back and your arms at shoulder width, in front of your chest, and holding the handles of Bow. Keep your core tight and shoulders pinched back as you push your hands forward against the handle of the Bow and complete a press as you extend your arms fully. Return to start.



### ROWS

Stand with your feet in shoulder-width position and set on the resistance bands, anchoring it on the ground. Keep a slight bend in your knee, a straight back, and bend your hips for your shoulders to come forward slightly. Grip the handles of the bow with extended arms. Perform a row by pulling up and pinching your shoulders back, maintaining a tight core and squeeze your butt throughout. Bring your elbows up and back. Then return to start.



### DEADLIFTS

Stand up straight with feet shoulder-distanced apart, anchoring the bands on the ground under your feet. With your arms extended downward and in front of your body, grip the bow outside your hips. Maintaining a straight back, bend at your hips and then your knees to lower the bow towards the ground, stopping at mid- to high-shin. Stand up by pressing your feet into the ground, pull up on the bow, and extend your knees and then your hips.



### GLUTE BRIDGES

Lay on your back with your knees bent and feet flat on the ground. Put the resistance band across your hips and the bow under your feet to anchor it in place. Raise your hips, pushing against the resistance bands, until your knees to shoulders becomes a straight line. Slowly lower your hips to start.



### FRONT SQUATS

Stand up straight with feet shoulder-distance apart, anchoring the bands on the ground under your feet. Pull up on the Bow to place it across your shoulders in front of your body. Drive your elbow up and in front of you. Keeping your back upright, perform squats, pushing up hard on the bow as you ascend to standing again.



### BICEP CURLS

Stand up straight with feet shoulder-distance apart, anchoring the bands on the ground under your feet. With your arms extended downward and in front of your body, grip the bow outside your hips with your palms facing OUTWARDS. Maintain a straight back, bend slightly at your knees, and then pull the bow towards your chest to complete a bicep curl. Return slowly and controlled back to start.

