FITNESS GUIDE

UltaBand combines resistance band training and rhythms to deliver the ultimate cardio and toning workout.

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MEET YOUR TRAINER:
RACHEL HALL

Fitness industry veteran, Rachel Hall is an international master teacher, manager, and professional consultant.

Just like the founders of Body FX, Rachel has an extensive background in dance. After being sidelined with a hip injury and subsequent total hip replacement, she used her own fusion of fitness and yoga to rehab and recover. And it was from this journey of healing that Rachel realized she wants to devote herself to helping others regain their mobility, strength, and sense of independence through her own proven methods.

You can try Rachel's fitness system for yourself in the workout, UltaBand, which combines resistance band training and rhythms to deliver the ultimate cardio and toning workout.

WHAT IS ULTABAND?

UltaBand is resistance training like you have never seen before.

This program combines resistance bands with rhythms for the ultimate cardio and toning workout.

How's that different from other Body FX workouts?

UltaBand is unique in that it utilizes strength training movements you would normally perform with dumbbells or kettlebells and adapts them to the bands. This provides you with a variety of resistance exercises that come together for a super effective full-body workout.

This program also incorporates the best Pilates drills to develop a strong core while focusing on control, precision, alignment, and fluidity of movement.

UltaBand gets you moving to the rhythms within the music, and while you're having fun, you'll also burn more calories, build lean and toned muscle, and feel great!

WHAT MAKES TRAINING WITH ULTABAND SO AMAZING?

It is the perfect combination of cardio and toning!

Your muscles are under constant tension, working in both the lifting and lowering phases of your movements. Even better, this workout elevates your heart rate while improving lean muscle mass, so that you can increase your body's fat burning capacity for ultimate results.

It's also a low-impact cardio workout that is safe on your joints.

RESISTANCE BAND TRAINING HAS PROVEN BENEFITS INCLUDING:

- Improved joint stability
- Ability to work in multiple planes and full ranges of motion
- Activates both large muscle groups and smaller stabilizing muscles
- Promotes lean muscle development
- Increases caloric expenditure
- Boosts strength levels

The UltaBand allows you to hit different angles and positions in the body, providing feedback and results you can see and feel faster.

This program is perfect for everyone from beginners to athletes and it can be adapted to all fitness levels.

WHAT CAN I EXPECT WITH ULTABAND WORKOUTS?

UltaBand is the first of its kind with targeted workouts designed to sculpt and transform your physique.

This workout series is made up of five unique programs that will improve functional strength, stability, power, and endurance. This type of training promotes good form and posture while combining toning and cardio into every workout for the ultimate full body burn.

With UltaBand workouts, constant tension is placed on the muscles as the band is anchored by the body versus an external anchor point.

LOW-IMPACT (SAFE FOR JOINTS)

The low-impact nature of resistance bands makes them a safe alternative to weightlifting while still delivering functional strength and core stability to support your everyday movement.

CONVENIENT

UltaBand doesn't require a gym, expensive equipment, or a ton of space so it's the perfect workout at home or on the go.

EASY TO MODIFY

Intensity is easily adjusted to accommodate all fitness levels. Modifications are offered for every exercise so that you can follow along and progressively build strength with confidence.

GETTING STARTED WITH ULTABAND

UltaBand is the ultimate training system that will have you coming back again and again!

STEP 1 ULTABAND INTRO

It is recommended that you start with UltaBand Intro so that you can learn how to safely use these bands in your workout.

STEP 2 ULTABAND BASICS

It is recommended that you start with UltaBand Intro so that you can learn how to safely use these bands in your workout.

HOW OFTEN SHOULD YOU WORK OUT?

These workouts deliver the best results when repeated often. Start by incorporating them into your weekly schedule two to four times per week.

Are you ready to build strong, lean muscle while burning fat and sculpting your physique? Then let's get toned with UltaBand!

ULTABAND WORKOUTS

ULTABAND INTRO

New to UltaBand? Start here! This video will break down everything you need to know about resistance bands and how to safely use these bands in all of the UltaBand workouts. Aside from learning about what a resistance band is and how it can help you achieve your fitness goals, you'll learn how to increase resistance, common positions, looping techniques, and much more! As always, we provide you with appropriate substitute movements that match your fitness ability and experience.

EQUIPMENT NEEDED:
Yellow Band

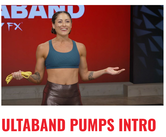
RUN TIME: 4m 32s

ULTABAND BASICS

Once you've learned how to use resistance bands in UltaBand Intro, you can move on the Basics. In this workout, you'll learn and master the foundational moves of the UltaBand series. Each exercise is broken down step-by-step by master trainer, Rachel. By the end of this workout, you'll feel confident in performing exercises like the squat to press, deadlift, and wood chop (you'll also be sweating). Rachel provides appropriate substitution exercises if you aren't quite ready for these movements.

EQUIPMENT NEEDED:
Yellow Band

RUN TIME: 16m 4s



ULTABAND PUMPS INTRO

Your coach Rachel explains how to use the UltaBand Pump Workouts for added benefit!

EQUIPMENT NEEDED:
Red and Yellow Bands

RUN TIME: 41s

ULTABAND WARM UP PUMP

Use this quick full body warm up on its own or to get pumped before any workout!

EQUIPMENT NEEDED: None

RUN TIME: 3m 33s

ULTABAND ABS PUMP

This standing program will give your abs a quick pump to trim the waist and create definition in your muscles. Just under 10 minutes, you can use this on its own or also as an additional workout for your main UltaBand programs. Like an extra fat burn accelerator!

EQUIPMENT NEEDED:
UltaBand optional

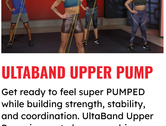
RUN TIME: 9m 15s

ULTABAND GLUTES PUMP

Glutes Pump is the perfect program to develop a strong foundation for all the UltaBand workouts. Practice signature moves with lots of repetitions to master squats, deadlifts, and sumos using your UltaBand or only your own body weight. In less than 10 minutes you will be moving, grooving, and sweating to the rhythms!

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 8m 27s



ULTABAND UPPER PUMP

Get ready to feel super PUMPED while building strength, stability, and coordination. UltaBand Upper Pump is sure to have your biceps, triceps, and shoulders burning in the best way! All you need is 10 minutes and either your UltaBand or own body weight to start creating beautiful, sleek muscle definition in your upper body.

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 7m 14s

ULTABAND LOWER PUMP

Short and spicy, Lower Pump targets all your favorite lower body muscles including the quads, glutes, hammies, and core! Grab your UltaBand or follow along with your own body weight, make sure you add this to your current fitness routine. This workout is especially perfect for the days when you are short on time but still want to fit in a quick sweat.

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 7m 21s

ULTABAND COOL DOWN PUMP

Quick and easy to follow cool down stretch, perfect after any workout!

EQUIPMENT NEEDED: None
RUN TIME: 4m 2s

ULTABAND LEGS

UltaBand Legs is guaranteed to hit everything in the lower body from the quads and hamstrings to glutes and even core! This program uses a superset format, pairing 2 moves back-to-back and adding in some fun rhythms. UltaBand training is low impact, easy to modify, and safe on joints. Plus, it's such a fun way to work out and get fit with rhythms. Follow along with your UltaBand or simply your own bodyweight.

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 31m

ULTABAND BOOTY

Take your bodyweight training to the next level by adding your UltaBand to tone and firm your backside. Booty is a super fun workout designed to build a strong core and glutes for a functional body that moves with greater ease. Join your UltaBand team and get ready to feel the burn while having a blast!

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 28m

ULTABAND STANDING CORE

UltaBand Standing Core is designed to tighten and tone your midsection using resistance training while strengthening every inch of your core. This program is a super fun way to work up a sweat, improve your posture, and move to the rhythm of the music. The best part is that you can always follow along with only your own bodyweight to create a strong foundation before adding in the UltaBand.

EQUIPMENT NEEDED:
UltaBand optional

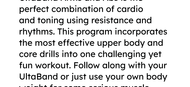
RUN TIME: 35m

ULTABAND ARMS & ABS

UltaBand Arms and Abs is the perfect combination of cardio and toning using resistance and rhythms. This program incorporates the most effective upper body and core drills into one challenging yet fun workout. Follow along with your UltaBand or just use your own body weight for some serious muscle burn. You'll not only get a sleek upper body and tight core, but you will also throw faster, push harder and walk, run, and dance better!

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 33m



ULTABAND TOTAL BODY

Join Rachel and your team for a fun full body workout using resistance training that moves to the rhythm. UltaBand Total Body is guaranteed to target everything from your chest, back, and shoulders to your arms, legs, and abs! This program will make you balance better, lift stronger, and give you lots of energy for the rest of your day. Use your UltaBand or follow along with body weight modifications.

EQUIPMENT NEEDED:
UltaBand optional

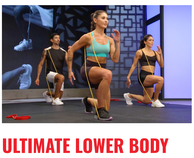
RUN TIME: 30m

ULTABAND STRETCH

UltaBand Stretch is great for recovery, flexibility, and helps you relieve the stress of the day. This program is the perfect addition to your UltaBand workouts or on its own as a daily stretch. Join the team any time your body needs a little love and experience improved range of motion and a calm mood.

EQUIPMENT NEEDED:
UltaBand optional

RUN TIME: 40m



ULTIMATE LOWER BODY

You're feeling confident with the signature moves of UltaBand and now you want to get a lean and toned lower body. UltaBand: Ultimate Lower Body is a low-impact workout that targets all of the muscles of the lower body including your glutes, quads, hamstrings, and calves. Rachel is going to take you through a challenging but fun workout that will improve your functional strength, stability, power, and endurance! Best of all, you'll burn a ton of calories in the process. Modifications are provided for all exercises. Get ready for a great lower body burn!

EQUIPMENT NEEDED:
Red and Yellow Bands

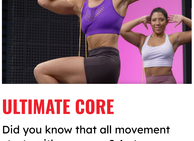
RUN TIME: 34m 35s

ULTIMATE UPPER BODY

UltaBand: Ultimate Upper Body is a unique combination of low-impact strength training and cardio with resistance bands! All exercises are set to fun rhythms, challenging your endurance and coordination. Get ready to sweat as Rachel takes you through an intense, effective, and fun workout that will transform your upper body. If you want to get rid of belly fat and sculpt your shoulders, arms, and back, this is the workout for you! Modifications are provided for all exercises, making this workout perfect for all fitness levels.

EQUIPMENT NEEDED:
Red and Yellow Bands

RUN TIME: 35m



ULTIMATE CORE

Did you know that all movement starts with your core? A strong core can improve your balance, stability, and posture while reducing lower back pain. That means if you want to optimize your health and longevity, you need a strong core. UltaBand: Ultimate Core combines the best core exercises from Pilates, yoga, and fitness with resistance bands and fun cardiovascular exercise. Get ready to do a combination of floor-based and standing core exercises including planks, pikes, and pushups. This workout will build strength and stability while you also burn belly fat! Modifications are provided for all exercises.

EQUIPMENT NEEDED:
Yellow Band

RUN TIME: 34m

ULTIMATE FULL BODY

UltaBand: Ultimate Full Body is a total body workout that uses resistance bands to sculpt and tone everything from your calves to your shoulders and everything in between. From strength to cardio, this low-impact functional workout paired with rhythms gives you the best of all worlds! Rachel guides you through each major muscle group, helping you to get stronger and leaner while supporting your posture, stability, and balance. As always, modifications are provided for all exercises.

EQUIPMENT NEEDED:
Yellow Band

RUN TIME: 33m 23s

SIGNATURE MOVES OF ULTABAND

1. BOW AND ARROW

TARGET MUSCLES:
Back, shoulders, arms, obliques

SET UP:
Loop band one time around both feet and bring other end into front rack position.

ACTION:

- Step right leg back and bring torso into a slight forward lean in your runner's lunge position.
- Punch right arm towards floor while pulling left elbow back like a row.
- Step forward onto the right foot into a split stance with both legs straight.
- Use your obliques to rotate your torso to the right, pulling the right elbow back and extending the left arm straight forward into your bow and arrow.Repeat other side.

TIP: Start with a slow tempo and gradually build up to a faster pace.

2. CURTSY LUNGE PRESS

TARGET MUSCLES:
Quadriceps, glutes, core, calves, shoulders, arms

SET UP:
Loop band one time around left foot. Take hold of the other end with your right hand in a fist, lifted into an isometric biceps curl position.

ACTION:

- Start standing with feet hip width apart
- Step right leg back into a curtsy lunge, crossing right knee behind left heel.
- Press band straight up into an overhead position. Push off back foot to step forward out of your lunge into a calf raise balance. Maintain overhead press.

TIP: Go slow to find your balance. Make sure arm tracks straight up and straight down on the press.

3. DECK SQUAT

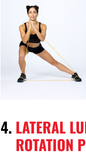
TARGET MUSCLES:
Core, quadriceps, glutes, hamstrings

SET UP:
Loop band one time around both feet and bring hands into goblet position, together in front of chest.

ACTION:

- Start in a seated position with your knees bent and feet flat on floor.
- Rock back to your shoulders, keeping your core tight, and extend your legs straight up to the ceiling.
- Roll down your spine as you rock forward, using momentum to move through a deep squat and push to stand all the way up.

TIP: Modify first and break this movement down into smaller pieces before putting it all together.



4. LATERAL LUNGE TO ROTATION PRESS

TARGET MUSCLES:
Quadriceps, glutes, inner thighs, obliques, shoulders, arms

SET UP:
Loop band one time around both feet with a wide stance. Take hold of the other end with your right hand in a fist, lifted into an isometric biceps curl position.

ACTION:

- Bend your right knee and push hips back into a lateral lunge position, keeping the left leg straight.
- Push to straighten your right leg, at the same time activating your obliques to rotate your torso to the left and press your right arm straight up into an overhead position.

TIP: Use the power in the legs to assist with the overhead press. Make sure you press the arm straight up and not forward on a diagonal.

5. REVERSE LUNGE WITH LATERAL RAISE

TARGET MUSCLES:
Quadriceps, glutes, hamstrings, core, shoulders, back

SET UP:
Open band into large loop and step right foot on so that the band is underneath the arch of the foot. Start standing with feet hip width distance. Take the opposite ends of the band and open arms wider than hips to create a triangle shape.

ACTION:

- Step your left leg back into a reverse lunge position while raising arms laterally to the side.
- Legs should be 90 degrees on the lunge with front knee stacked over ankle and back knee underneath the hip.
- Spine is tall, shoulders back and down.
- Arms lift to the sides with palms down on the lateral raise.

TIP: Keep tension on the band throughout this movement. Modify by taking a shallow lunge with the legs or keeping the arms lower for less tension.

6. PUSH-UP

TARGET MUSCLES:
Chest, shoulders, triceps, back, core, glutes

SET UP:
Loop band one time around both feet. From a kneeling position hook thumbs into opposite end of band, palms flat, and step feet back into a high plank position.

ACTION:

- Lower the body in one solid piece into a low plank position.
- Elbows positioned 45 degrees from body.
- Squeeze legs, glutes, and core.
- Push with back and chest to return to starting position.

TIP: Focus on good form and alignment. Modify by lowering both knees to the floor.

7. SINGLE-LEG DEADLIFT

TARGET MUSCLES:
(Posterior chain) Hamstrings, glutes, core, back

SET UP:
Open band into large loop and step right foot on so that the band is underneath the arch of the foot. Bend both knees and round spine forward so you can take the band overhead to rest behind shoulders. Come into a standing position with hands holding band at ribcage in backpack position.

ACTION:

- Start with feet hip width apart, spine tall, shoulders packed, and core tight.
- Hinge from your hips as your torso comes forward and your left leg lifts up behind you.
- Aim to make a capital letter T shape with the body.
- Shoulders and hips stay squared to the floor.
- Back leg is straight with heel up and toes facing the floor.
- Engage the hamstrings and glutes. Lengthen the spine and lift to return.

TIP: Make sure the hinge of the hips initiates the movement and core is on at all times. Modify by keeping your back ball of the foot down in a kickstand.

8. SQUAT JACKS

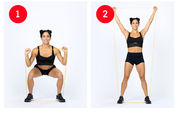
TARGET MUSCLES: (Plyometric movement) Quadriceps, glutes, hamstrings, calves.

SET UP:
Open band and step into loop. Place band to rest on hips from the back. Cross band in front to create Figure 8 shape and step feet onto lower loop.

ACTION:

- Start in a narrow quarter squat with feet hip width apart, knees bent, hips back.
- Jump up and out with the feet to land in a wider stance squat.
- Continue hopping the feet out and in.

TIP: Focus on the landing mechanics of your squat jack with knees tracking 2nd and 3rd toes and landing soft. Modify by taking a lateral tap out to the side and alternate.



9. SQUAT TO PRESS

TARGET MUSCLES:
Quadriceps, glutes, hamstrings, core, shoulders, arms

SET UP:
Open band into large loop and step both feet on so that the band is underneath the arches of the feet. Start standing with feet shoulder width distance, toes facing forward. Take the opposite ends of the band and bring arms up into a front rack position with hands in front of the shoulders, elbows in tight.

ACTION:

- >> Lower into a squat by bending your knees and pushing your hips back and down.
- >> Keep spine long, core tight, and knees tracking the second and third toes.
- >> Push through the feet and activate legs and glutes to return to standing.
- >> Complete the movement by pressing both arms overhead with wrists, elbows, and shoulders stacked.

TIP: Option to turn your toes out slightly for external rotation in your hips to squat. Modify by keeping your squat shallow.

10. SINGLE LEG STRETCH

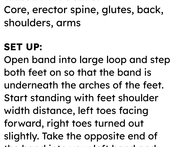
TARGET MUSCLES: Core

SET UP:
From a seated position, loop band one time around both feet. Take opposite end into hands and open to create a square shape. Lower down onto your back with arms extended to ceiling.

ACTION:

- >> Bring both legs to tabletop with knees stacked on top of hips.
- >> Take an inhale to prepare and exhale to peel head and shoulders off the floor into C-curve.
- >> Low back presses into floor, abs pull in and up.
- >> Arms extend back, biceps next to ears.
- >> Keep the right leg in tabletop as you extend the left leg forward.
- >> Return to tabletop to switch sides and repeat.

TIP: Option to turn your toes out slightly for external rotation in your hips to squat. Modify by keeping your squat shallow.



11. WINDMILL

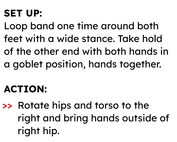
TARGET MUSCLES:
Core, erector spine, glutes, back, shoulders, arms

SET UP:
Open band into large loop and step both feet on so that the band is underneath the arches of the feet. Start standing with feet shoulder width distance, left toes facing forward, right toes turned out slightly. Take the opposite end of the band into your left hand and press into the overhead position. Right arm will extend down by your side.

ACTION:

- >> Kick the hips side and back as you bend into your right knee, bringing your torso side and down.
- >> Left leg remains straight.
- >> Right arm will track to the inside of the right leg.
- >> Shoulders stack with left fist reaching up to ceiling.
- >> Squeeze core and glutes to lift torso back up and straighten right leg.

TIP: Start with a smaller range of motion and focus on the overhead shoulder stability.



12. REVERSE WOOD CHOP

TARGET MUSCLES:
Core, back, shoulders, arms, chest, legs, glutes.

SET UP:
Loop band one time around both feet with a wide stance. Take hold of the other end with both hands in a goblet position, hands together.

ACTION:

- >> Rotate hips and torso to the right and bring hands outside of right hip.
- >> Pivot on feet and allow hips to turn.
- >> Use the core to pull band up and across body as you pivot to the left and draw band over your left shoulder.
- >> Move diagonally from low to high, like you're drawing a sword.

TIP: Start with a smaller range of motion and focus on the overhead shoulder stability.

MEASURE YOUR SUCCESS

LET'S GET THOSE PHOTOS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

1 CLOTHES

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bar and shorts or a bikini so that your waist, belly, and thighs are visible.

2 BACKDROP

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

3 ANGLES

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both arms at your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

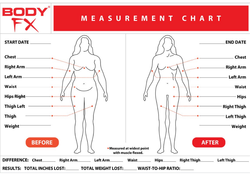
4 POSE

You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you become with UltaBand.

5 SUCCESS

Take photos in the same clothes, poses, and circumstances, using the same background, every 30 days, to see your great progress and success! Once you have made it to the end, go ahead and take your incredible "after" photos in which you will want to mimic the poses you did in your "before" photos to get the best comparison possible.

MEASURE YOUR SUCCESS



BODY FX

MEASUREMENT CHART

START DATE _____ END DATE

Chest ..... Chest
Right Arm ..... Right Arm
Left Arm ..... Left Arm
Waist ..... Waist
Hips Right ..... Hips
Thigh Left ..... Right Thigh
Thigh ..... Left Thigh
Weight ..... Weight

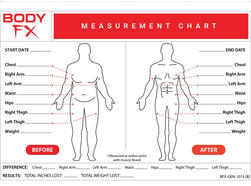
BEFORE

*Measured at widest point with muscle flexed

AFTER

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____

RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____ WAIST-TO-HIP RATIO: _____



BODY FX

MEASUREMENT CHART

START DATE _____ END DATE

Chest ..... Chest
Right Arm ..... Right Arm
Left Arm ..... Left Arm
Waist ..... Waist
Hips ..... Hips
Right Thigh ..... Right Thigh
Left Thigh ..... Left Thigh
Weight ..... Weight

BEFORE

*Measured at widest point with muscle flexed

AFTER

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____

RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____

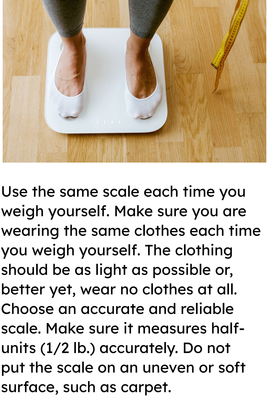
BFX-GEN-1013 (B)

Don't forget that you are going to want to see a calculated result as well. We have included our Measurement History card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your photos. Likewise, write down your "after" measurements the same day you take your "after" photos.

SHARE YOUR INCREDIBLE STORY!

Send in your "before" and "after" pictures to support@bodyfx.com, along with your stats, to be considered for cash and prizes!

MEASURING YOUR WEIGHT



Use the same scale each time you weigh yourself. Make sure you are wearing the same clothes each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all. Choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

WHEN SHOULD YOU WEIGH?

Ideally, you should record your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their period. Put off weighing yourself until after your period.

HOW OFTEN SHOULD YOU WEIGH?

Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is denser than fat tissue, so it weighs more. But that's okay – you want more muscle and less fat! That's the reason it's important to also measure your body in inches.

MEASURE YOUR INCHES

All you need is a measuring tape and a friend who is familiar with the directions below:

1 BICEPS (RIGHT AND LEFT ARM) MEASUREMENT

Flex the biceps muscles and measure exactly as the peak (the spot halfway between the shoulder and elbow)

2 CHEST MEASUREMENT

Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.

3 WAIST MEASUREMENT

Measure your waist by placing the measuring tape exactly across the belly button (including the love handles) or at the narrowest point of the waist, below the rib cage, and above the top of the hip bones. Make sure the tape is flat to your body and perpendicular to the floor.

4 HIP MEASUREMENT

Stand with feet close together. Measure the widest part of your butt and keep the tape flat to your body and perpendicular to the floor.

5 THIGH (RIGHT AND LEFT) MEASUREMENT

Stand with feet shoulder-width apart and your weight evenly distributed. Measure the middle part of your thigh (spot ½ way between the inseam and the knee).

6 CALF (RIGHT AND LEFT) MEASUREMENT

Stand with feet shoulder-width apart and your weight evenly distributed. Measure at the peak of the calf (largest part between ankle and knee).

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

STRATEGIES FOR SUCCESS

STRATEGIES FOR SUCCESS

How many times have you started an exercise program and then just quit? Well, you're not alone! Many people start with great intentions but soon lose motivation and end up quitting altogether. We want to see you succeed every step of the way, so we have put together eight tips that we found useful for starting and sticking with the UltaBand plan.

ULTABAND INTRO AND BASICS

If you are new to UltaBand, make sure you view UltaBand Intro so you can learn how to safely use these bands in your workouts. Next check out UltaBand Basics where Rachel will break down the important beginner signature moves that you need to master in order to get the most out of the programs. Initially, it might feel a little overwhelming, but these tools will help set you up for success.

MODIFY IF NEEDED

In each one of the UltaBand workouts there is someone performing the modifications, making the workout easier on your joints and decreasing the range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with. It is a great option for beginners. Consider it a building block to work up to the level of the group. Remember, slow and steady wins the race!

MAINTAIN YOUR FORM

It is important to maintain proper form to achieve the best results possible. Pay close attention to the instructions during the workout. You will be guided on how to properly breathe and maintain correct posture while performing the UltaBand moves. You will not only maximize your core strength and endurance, but also accelerate your fat burn – tenfold!

WEAR GOOD SHOES

Be sure to wear a good, supportive pair of well-fitting cross-training shoes that provide support and allow you to move and jump.

SLEEP WELL

Get at least eight hours of sleep each night. Sleep not only increases your calcium retention to help maintain your bone mass, but it also promotes fat loss, reduces fat storage, supports your immune system, and keeps your organs operating smoothly. When you sleep, you also produce most of your growth hormone which helps regulate body composition, muscle growth, and metabolism.

DRINK LOTS OF WATER

Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite. Adding a pinch of Himalayan pink sea salt can help the body stay hydrated while reducing fluid retention.

TRACK YOUR RESULTS

Your body will start showing positive improvements from the day you begin UltaBand, so capture your transformation immediately. On Day 1, take a "before" photo of yourself and document your starting measurements and weight on the measurement tracker. Continue weighing, measuring, and taking progress photos every 30 days to see your transformation. This way, you will stay motivated to reach your fitness goals!

Also, be sure to pay attention to inches, photos, and other non-scale victories. Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one-pound brick are not the same, your body composition will not always be the same. As you lose body fat and gain lean muscle mass, it will prove difficult to use the scale as a tool to properly assess your progress. The scale paired with body fat testing will prove to be far more effective in determining results.

TRACK YOUR EXERCISE

Track your exercise progress by keeping a working journal. This can make or break your fat loss progress! Think of the journal as a road map. It's going to show you the route, help you avoid becoming sidetracked, and keep your final destination in focus. If you lose direction, consult your journal. If you lose your purpose, consult your journal. Seeing your progress in your journal will help you to be more successful in achieving your dream body.

BECOME A LEADER

The absolute best way to ensure your success with UltaBand is to become the leader of a group. Find co-workers, friends, neighbors, or family members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet every day or every other day to share your achievements and challenges. This way your sense of responsibility for the goals that you desire is at its highest.

TAKE SMALL STEPS

Make this UltaBand journey small and temporary in the beginning. Don't look at a diet change and a new exercise routine as something you need to commit to for six months, much less the rest of your life. Look at it as a test drive of just eight short weeks.

It is important to proceed with caution. While it may be tempting to reduce caloric intake even further, thinking you will achieve even greater results, don't do it. Attempting to eat less food while doing these high-impact workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.

Congratulations on taking this next step in your fitness journey! Now it's time for you to get started. Let's get toned with UltaBand!"