

CIRCUBAND

STRENGTH | PERFORMANCE | VERSATILITY

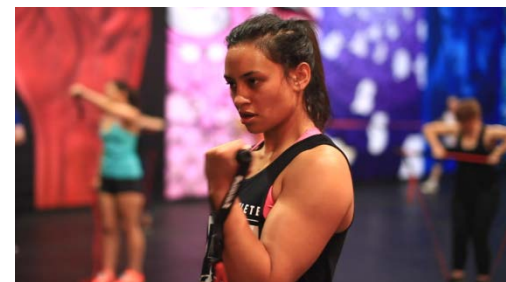
Thank you for purchasing your Circuband. To ensure that you get the most out of your Circuband please read this user guide front to back.

For workout videos, the latest news and more information on how to use the System you can check out circuband.com. You can also follow us on social media for daily updates.



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Safety

- 1) Do not store the latex bands in direct sunlight. Extreme heat can damage the latex and reduce the bands structural integrity.
- 2) Ensure band is placed through buckle correctly before applying tension. If this is done wrong then it may cause injury.
- 3) Examine your Circuband for cracking, cuts or tears prior to any workout or stretch routine. If there are any defects such as ripping or tearing, discontinue use until a replacement part is sought. Ensure all parts are connected properly prior to use. We recommend using them on a smooth surface as rough surfaces can shorten the bands life span or break the components .
- 4) The bands should not be stretched three times their length at any given section of the band.
- 5) Be careful not to allow the Circuband flat resistance bands to slide off of a surface and snap back at you.
- 6) Use Circuband only as directed. Please see our instructional guides and videos for further exercise details. More information can be found on www.circuband.com or you can always contact us.
- (7) If you are using the bands for sprint training (where you are running against the band) then your weight and speed will determine the force placed on the band. If you do this type of training, please do not stretch the band more than 3 x it's length as the combination of the excess force and instability will cause the band and/or buckle to break causing injury.
If you need more resistance, use the Circuband Waistbelt accessory and attach more bands.
- 8) Circuband always recommends the use of Eye Protection when you are using Circuband. This is especially important when the anchor point, person or otherwise, is inline with your head or face.
- (9) Please Use Circuband in a safe place where the anchor points are secure and smooth and that you are on a non-slip surface. Place yourself in a position where if the bands do break you will remain stable and safe and there is no risk to yourself or others around you.
- 10) If you are allergic to Natural Latex please avoid using our natural latex resistance bands in conjunction with the Circuband system.

Did you Know?

Circuband started as a way to reduce DVT on long haul flights.

The first Circubands were made in 2014 from pieces from broken gym equipment and buckles from a local sewing shop.

The colours represent our favourite rugby teams: The New Zealand rugby team (black), the Canterbury rugby team (red) and Christchurch Boys High School (Blue). In the future colours will be to the customers preference.

The Velcro loops were never part of the original design. They were developed 5 months after the first shipment but became the most useful attachment as they could be used in many ways.

The name Circuband was made up out of 'Circulation' and 'Band'. This was lucky because as we evolved the name still remained relevant. 'Circuit' can still fit with exercise as well as tech/app integration.



Components

An example of a Circuband workout

This workout consists of six exercises in total and is broken down in to three pairs of exercises. Each pair of exercises will done three times before moving onto the next pair.

For this workout you will need the Circuband and the Circuband handle attachments. You will also need a solid and smooth anchor point from which to carry out some exercises. The door anchor provided will also work.

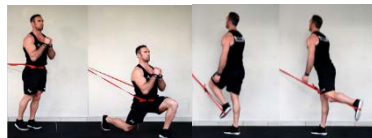
There will be 16-20 repetitions in total for each set (three sets total) meaning you will do 48-60 repetitions of each exercise. Between sets you may take a rest of up to one minute. However, it is important that the exercises are performed correctly and a high level of intensity is maintained throughout the workout in order to achieve the best results.

Bicep Curl | Rest | }
Upright Row | Rest | } Three sets



Rest

Lunge | Rest | }
Kickback | Rest | } Three sets



Rest

Flys | Rest | }
Lateral Raise | Rest | } Three sets



The Band

The band is comprised of a resilient stretch of material made of 100% natural latex. Each band has a set length of 208cm and thickness of 4.5mm. The change in resistance of these types of bands comes from the bands width.

The Buckles

Each band and set of attachments come with matching and adjoining plastic, side-release buckles. The buckles allow the length of band to form a closed loop, connect attachments and adjust the length of the band. They have a tensile strength above 60 kilograms and are very tough.

The Handles:

Circuband handles are very strong and can fold up and be ultra-portable. They are threaded with a high density strap that passes through the handle and is fastened to the buckle. These can be utilised in several ways such as a skipping rope handle, a door anchor or an exercise handle.

Velcro Straps:

The Velcro straps are constructed using a layer of high-density strap with foam padding and velcro with an internally stitched plastic buckle. Because of its durability, the loops can be made to fit around ankles, wrists, bar bells, bumper plates, rugby posts and an array of sporting equipment. This allows the user to complete suspension training, strengthen sports specific movement patterns, add variable load to weights (symmetrical and asymmetrical) as well as other functional movements.

You can find more information about other attachments at www.circuband.com

Please ensure you consult and exercise or medical professional about how and what exercises you should be doing before following any Circuband plan.

Frequently Asked Questions

How long do Circubands last for?

Circuband components are very strong and should last at least 12 months. However, they will last far longer if you take good care of them. Dropping weights on them for example won't do them any favours. The rubber bands used within the system should last at least 6 months. However, the life of the bands will vary depending on the type of use and the surfaces it comes into contact with.

Can the band snap?

If Circuband is stretched more than 3 times its length then the risk of the band snapping is increased. If you require more tension i.e. for sprinting drills, we recommend that you use the Circuband Waistbelts with 2 or more bands at a time.

Does Circuband build muscle?

Yes, Circubands are able to be adjusted in length to increase load. The Hirez Band alone can generate forces up to 50kg(120lbs) which will encourage muscle growth. However, the Circuband can also be incorporated easily into free weights. To read more on this please visit the information tab on the website.

How many exercises can I do with Circuband?

Because of Circubands adjustable nature you can literally to hundreds of exercises. If you can't find what you are looking for on the website or in this userguide we have exercises ready to view on Facebook, YouTube, Instagram and Vimeo.

Exercises

Anchor Point

Chest Press

Recommended Attachment: Velcro Straps, Broomstick

Area: Upper Arms/Chest/Upper Back

Anchor point: Door, Pole

Optional Attachments: Handles



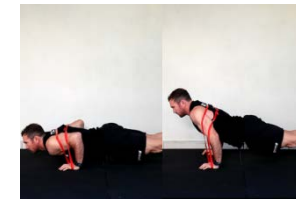
Press Up

Recommended Attachment: Closed Loop

Area: Upper Arms/Shoulders/Pecs

Anchor point: Hands

Optional Attachments: Handles



Bicep Curl

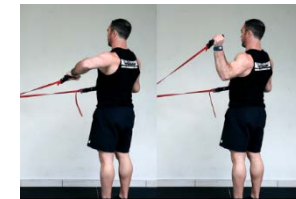
Recommended Attachment: Handles

Area: Upper Arms/Shoulders/Upper Back

Anchor point: Door Anchor, Pole

Optional Attachments: Closed Loop

Broomstick with Velcro Straps



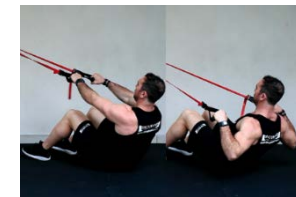
Sitting Row

Recommended Attachment: Handles

Area: Upper Arms/Shoulders/Upper Back

Anchor point: Door Handle, Pole

Optional Attachments: Broomstick with Velcro Straps



Exercises

Free Standing

Squat

Recommended Attachment: Velcro Straps, Broomstick

Area: Legs/Glutes

Anchor point: Feet

Optional Attachments: Closed Loop



Flys

Recommended Attachment: Handles

Area: Upper Arms/Shoulders/Pecs

Anchor point: Feet.

Optional Attachments: Broomstick with Velcro Straps.



Bicep Curl

Recommended Attachment: Handles

Area: Upper Arms/Shoulders/Upper Back

Anchor point: Feet.

Optional Attachments: Closed Loop



Band Pull-Aparts

Recommended Attachment: Closed Loop

Area: Upper Arms, Pecs

Anchor point: None

Optional Attachments: Velcro Straps



What makes Circuband Great?

A Circuband consists of a combination of key components that come together and work in unison. This allows Circuband to be used for resistance training at any given time or place and in a way that is unrivalled by competitors in terms of its versatility and overall function

1. Made from strong, safe and quality components
Initially designed for mid-flight exercise, thus, Circuband can be taken anywhere.
2. Circuband has the benefit of being able to resist loads of up to 50kg (120lbs) per attachment and weighs as little as 400grams (1.5lbs)
3. Crank up the intensity! Circuband uses a heavy duty, double adjustable buckle that lets you adjust your resistance for any exercise between 1 and 50kg.
4. With Circuband you can switch between a number of attachments to train the way you want to.
5. Click Circuband into a loop for your assisted pull-ups or resisted press-ups. You can also use the band to exercise when you are sitting for long periods. Simply click the band around your waist while you sit then place your feet into the band. From here you can do a selection of lower limb exercises to encourage blood circulation.

Set up

The Circuband works by using a uniquely configured side locking buckle system. This allows the band to be set up and used in a variety of ways to suit the preferences of the user. (See exercises)

The Circuband will arrive already assembled and will be ready for immediate use. It can be made into a loop by simply removing the attachments and connecting the buckles.

All buckles used within the HiRez, LoRez and EziRez system are the same. Likewise, the buckles used in the attachments are also the same. This means that all the Circuband gear that you have bought will correspond.

After you have selected your preferred configuration, you can shorten or lengthen the band to change the tension. You can do this by simply using the adjusters situated on the buckle. Please ensure there is at least an inch of band pulled through the buckle on each side to avoid it wiggling its way out. Please ensure also that the band is placed through the buckle like in the pictures below otherwise it will slide out and/or be very hard to adjust.

The Diagram below will show the correct way to thread the band through the buckle. Sometimes adjusting the band can be difficult but there is a trick. Always manoeuvre the live end first (the section of band between the buckles) as it passes through the wider gap in the buckle. Once this is loose adjusting the band is very easy. Always ensure at least an inch of band remains pulled through the buckle.



Exercises

Free Standing

Shoulder Press

Recommended Attachment: Handles
Area: Upper Arms/Shoulders/Upper Back
Anchor point: Feet.
Optional Attachments: Broomstick with Velcro Straps.



Front Raise

Recommended Attachment: Handles
Area: Upper Arms/Shoulders/Upper Back
Anchor point: Feet.
Optional Attachments: Broomstick with Velcro Straps.



Bicep Curl

Recommended Attachment: Closed Loop
Area: Upper Arms/Shoulders/Upper Back
Anchor point: Feet.
Optional Attachments: Broomstick with Velcro Straps, Handles



Tricep Extension

Recommended Attachment: Handles
Area: Upper Arms/Shoulders/Upper Back
Anchor point: Feet.
Optional Attachments: Broomstick with Velcro Straps, Closed Loop.



Exercises

Anchor Point

Lunge

Recommended Attachment: Closed Loop

Area: Upper Leg, Glutes

Anchor point: Door Anchor, Pole

Optional Attachments: Broomstick with Velcro Straps, Handles.



Kick Backs

Recommended Attachment: Closed Loop

Area: Glutes

Anchor point: Door Anchor, Pole

Optional Attachments: Velcro Straps.



Knee Raises

Recommended Attachment: Closed Loop

Upper Legs, Core

Anchor point: Door Anchor, Pole

Optional Attachments: Velcro Straps



Standing Row

Recommended Attachment: Handles

Area: Upper Arms/Shoulders/Upper Back

Anchor point: Door Handle, Pole

Optional Attachments: Broomstick with Velcro Straps



Door Anchor Setup

The Circuband Door Anchor is one of Circubands most valued attachments. One of the biggest concerns for people is that they don't have any anchor points around the home to conduct their exercises from. The Door Anchor will fit into almost any door and can be used on the top, the side or the bottom.

Simply place the foam piece on the other side of the door from where you are exercising and close the door. Make sure the door is firmly shut. You may want to give the door anchor a few test pulls to be certain.



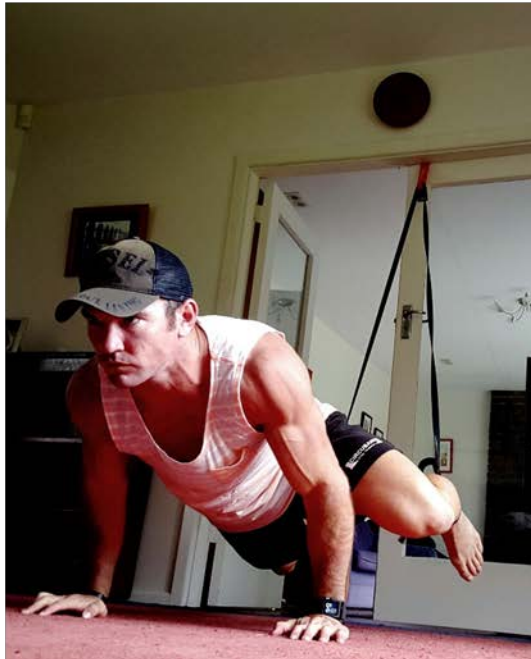
Suspension Training

Build superior strength and performance by using Circuband as a great suspension training tool.

Quick and easy to set up, you can use this method just about anywhere to throw variation into your workouts.

Unlike using traditional fixed line suspension training equipment, Circubands elastic nature forces your body to stay in control at all times. This greatly improves your body's balance, strength and stability. It also allows the body to perform exercises with increased range of motion as the band stretches during the exercise.

It is recommended that only the HiRez Circuband is used while performing suspension training and other assisted/resisted bodyweight exercises. Ensure the band is adjusted at the buckle to provide enough tension to keep the body suspended so exercises can be performed correctly



Using with weights equipment

The benefits of combining resistance bands and weights are undisputable and widely published. The variable resistance that is added to traditional weights through elastic bands optimises muscle growth by increasing time under tension. This means that adding Circuband to your lifts will work you harder in both the eccentric and concentric phases of a lift as well as accommodating for the muscles strengths and weaknesses found throughout any given range of motion.

