



# Strength Training Series Manual

Resistance Band Solutions for Structured Strength Training

**Applicable Products:** Pull Up Resistance Bands · Resistance Tubes with Handles · Loop Resistance Bands

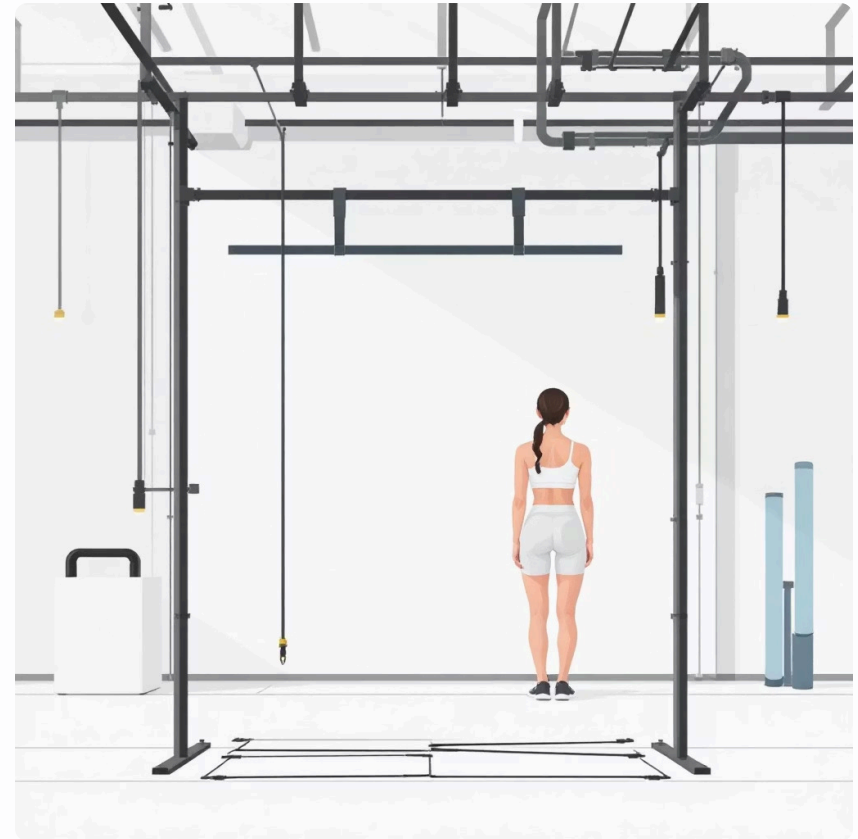
Manufactured by YRX Fitness

# 1. Introduction

## Strength Training with Resistance Systems

Strength training with resistance bands offers a scalable, space-efficient, and versatile solution for modern fitness programs. Compared to traditional free weights, resistance bands provide continuous tension, controlled resistance, and broad application across different training levels.

The YRX Fitness Strength Training Series is designed as a modular system, allowing trainers, brands, and facilities to combine different resistance tools into complete, structured strength programs.



## 2. Product System Overview

### Components of the Strength Training Series



#### Pull Up Resistance Bands

Designed for high-tension strength training, assisted pull-ups, and compound movements. Suitable for progressive overload and advanced training applications.



#### Resistance Tubes with Handles

Provide controlled resistance for pushing and pulling exercises. Ergonomic handles improve grip comfort and movement stability.



#### Loop Resistance Bands

Closed-loop design for lower body training, activation drills, and auxiliary strength exercises.

Together, these products form a flexible strength training system adaptable to different users and training environments.

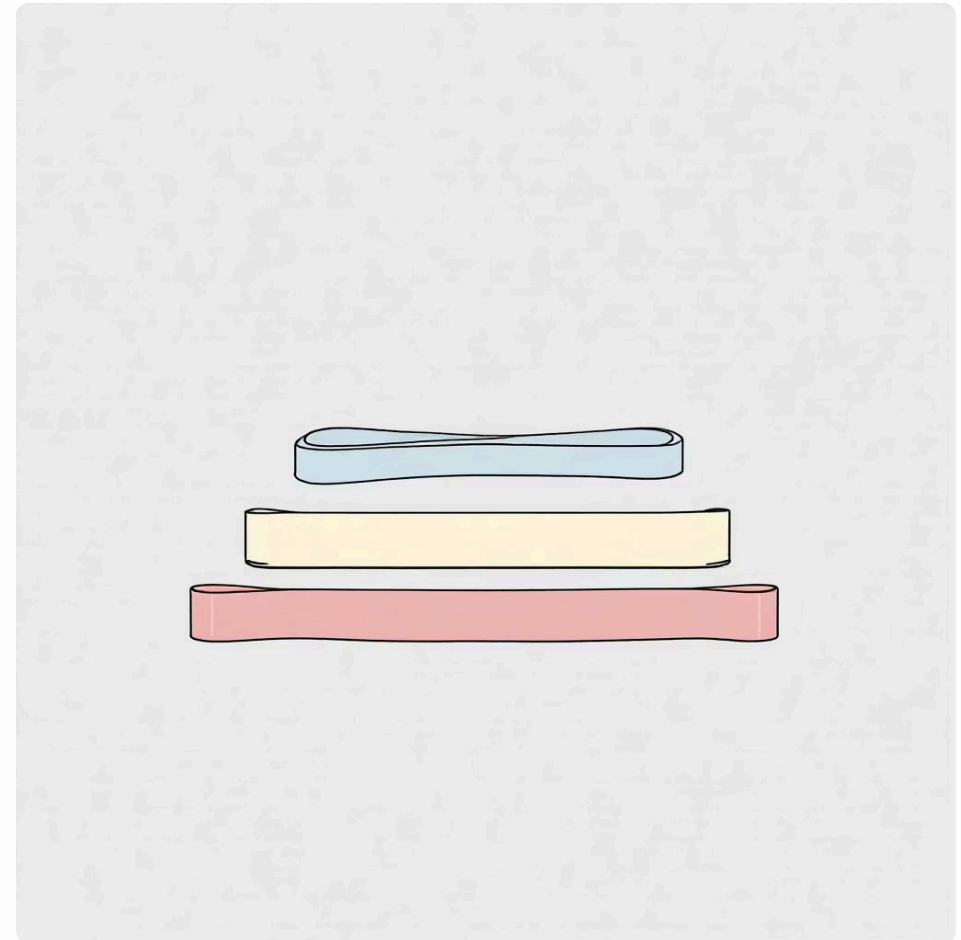
# 3. Resistance Level System

## Progressive Strength Development

Progressive resistance is essential for effective strength development. By gradually increasing resistance levels, users can build strength safely while maintaining proper movement patterns.

The Strength Training Series uses color-coded resistance levels to simplify resistance selection for beginners, intermediate users, and advanced athletes.

This system allows trainers to standardize training intensity across individual sessions and group programs.



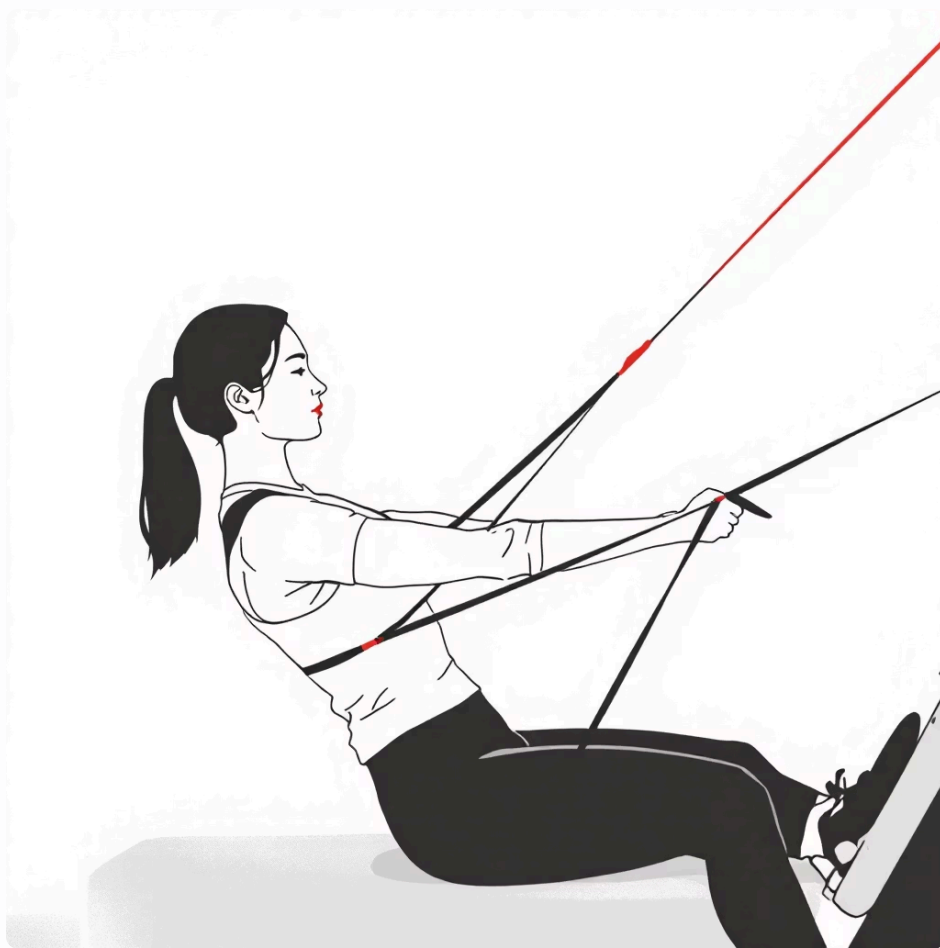
# 4. Upper Body Strength Training

## Push and Pull Movements

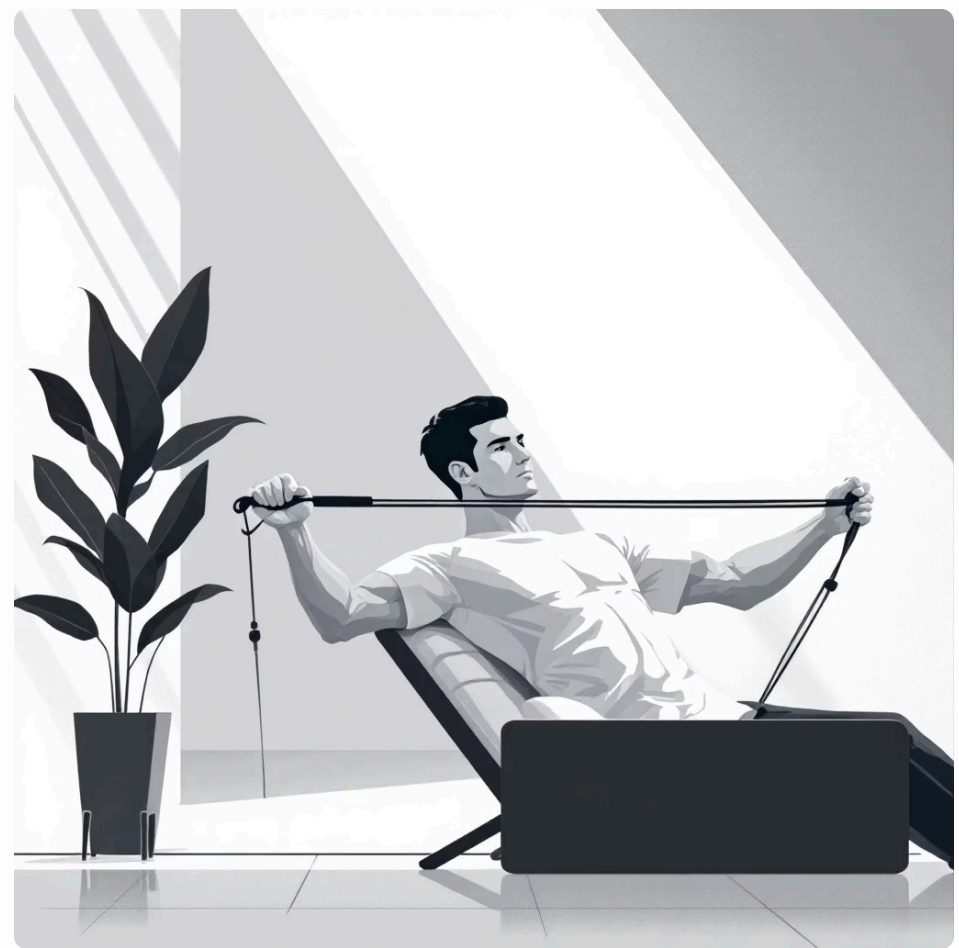
Resistance bands are highly effective for upper body strength training due to their constant tension throughout each movement.

Common upper body applications include pulling movements for the back and arms, as well as pushing movements targeting the chest and shoulders. Resistance tubes with handles offer controlled motion, while pull up bands support higher resistance demands.

These tools help improve muscular strength while reducing joint stress.



**Pull Movement** - Row or assisted pull-up



**Push Movement** - Chest or shoulder press

# 5. Lower Body Strength Training

## Legs and Glutes Activation



Lower body training with resistance bands enhances muscle activation and joint stability. Loop resistance bands are commonly used to increase resistance during squats, lunges, lateral walks, and glute-focused movements.

By positioning the bands around the thighs, knees, or ankles, trainers can target specific muscle groups while maintaining controlled resistance.

- Squats
- Lunges
- Lateral Walks
- Glute-Focused Movements

# 6. Full-Body Functional Training

## Integrated Strength Movements

Functional strength training integrates upper and lower body movements to improve coordination, balance, and real-world strength.

Resistance bands allow smooth transitions between exercises, making them ideal for circuit training, group workouts, and athletic conditioning programs.

This approach supports both strength development and overall movement efficiency.

# 7. Training Scenarios

## Application Environments

The Strength Training Series is widely used across different training scenarios:



### Commercial Gyms

Commercial gyms and fitness centers



### Home Training

Home and online strength training programs



### Group Fitness

Group fitness and functional training classes



### Branded Kits

Branded fitness kits and training solutions

Its modular design allows easy adaptation to various spaces, user levels, and program structures.



# 8. Safety and Proper Use

## Training and Maintenance Guidelines

To ensure safe and effective training, resistance bands should be inspected before each use. Users should avoid overstretching and keep bands away from sharp edges or abrasive surfaces.

After training, bands should be cleaned and stored in a cool, dry environment. Proper care helps maintain elasticity and extends product lifespan, especially in shared training settings.

### Inspect Before Use

Check for wear, tears, or damage

### Avoid Overstretching

Keep away from sharp edges

### Clean and Store Properly

Cool, dry environment



# 9. OEM & Custom Training Solutions

## Strength Training Kits for Brands

YRX Fitness provides OEM and bulk manufacturing support for customized strength training kits. Clients can select resistance combinations, packaging formats, and branding elements based on their market needs.

This allows brands and training providers to deliver complete strength training solutions rather than individual products.

### Your Strength Training Solution Partner

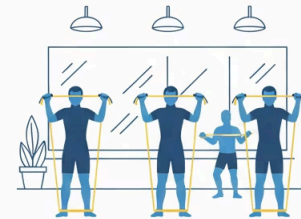
The YRX Fitness Strength Training Series is designed to support structured, scalable strength training across global markets. From individual resistance products to complete training systems, we help brands and organizations turn training concepts into reliable, production-ready solutions.



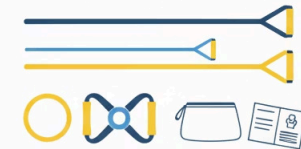
Gym



Home Workout Space



Group Fitness Class



Bundled Product Kit