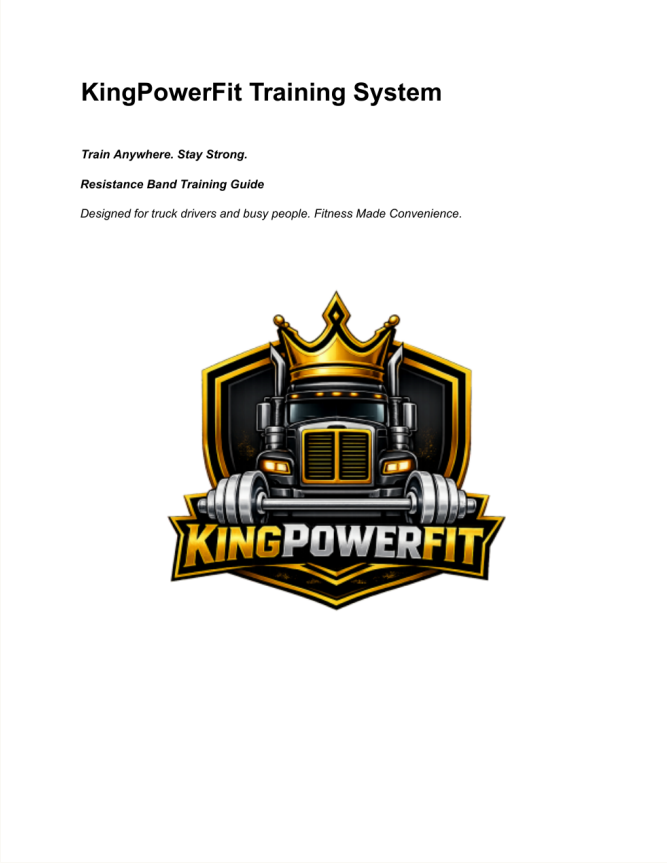
KingPowerFit Training System

Train Anywhere. Stay Strong.

Resistance Band Training Guide

Designed for truck drivers and busy people.
Fitness Made Convenient.



Welcome to the KingPowerFit Resistance Bands Training Guide

Thank you for choosing KingPowerFit.

This guide was created to make training simple, convenient and accessible - whether you're a truck driver working long hours, a busy worker with limited time, travelling, training at home or simply looking for a more flexible way to stay active.

Resistance bands are lightweight, portable and incredibly versatile, allowing you to train almost anywhere without needing a full gym setup.

Inside this guide, you'll find practical training tips, exercise demonstrations and workouts designed to help you build strength, improve fitness and stay consistent wherever life takes you.

KEEP PUSHING FORWARD.

KingPowerFit
Fitness Made Convenient for Truck Drivers and Busy Workers.

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Safety Guidelines

Please read before using your KingPowerFit Resistance Bands.

Inspect Your Bands
Check for tears, cracks or damage before each workout. Do not use damaged bands.

Use Secure Anchor Points
Only attach bands to strong, stable anchor points. Test with light tension first.

Start Light
Choose a resistance you can control with good technique before progressing to heavier bands.

Stay in Control
Perform each repetition slowly and never allow the band to snap back.

Train Within Your Limits
Stop immediately if you experience sharp pain, dizziness or unusual discomfort.

Protect Your Bands
Keep bands away from sharp or rough surfaces, excessive heat and direct sunlight.

MEDICAL DISCLAIMER

This guide is for general fitness and educational purposes only and is not a substitute for professional medical advice. If you have an injury, medical condition or concerns about exercising, consult a qualified healthcare professional before starting.

Choosing the Right Resistance Band

Choose a resistance you can control with good technique.

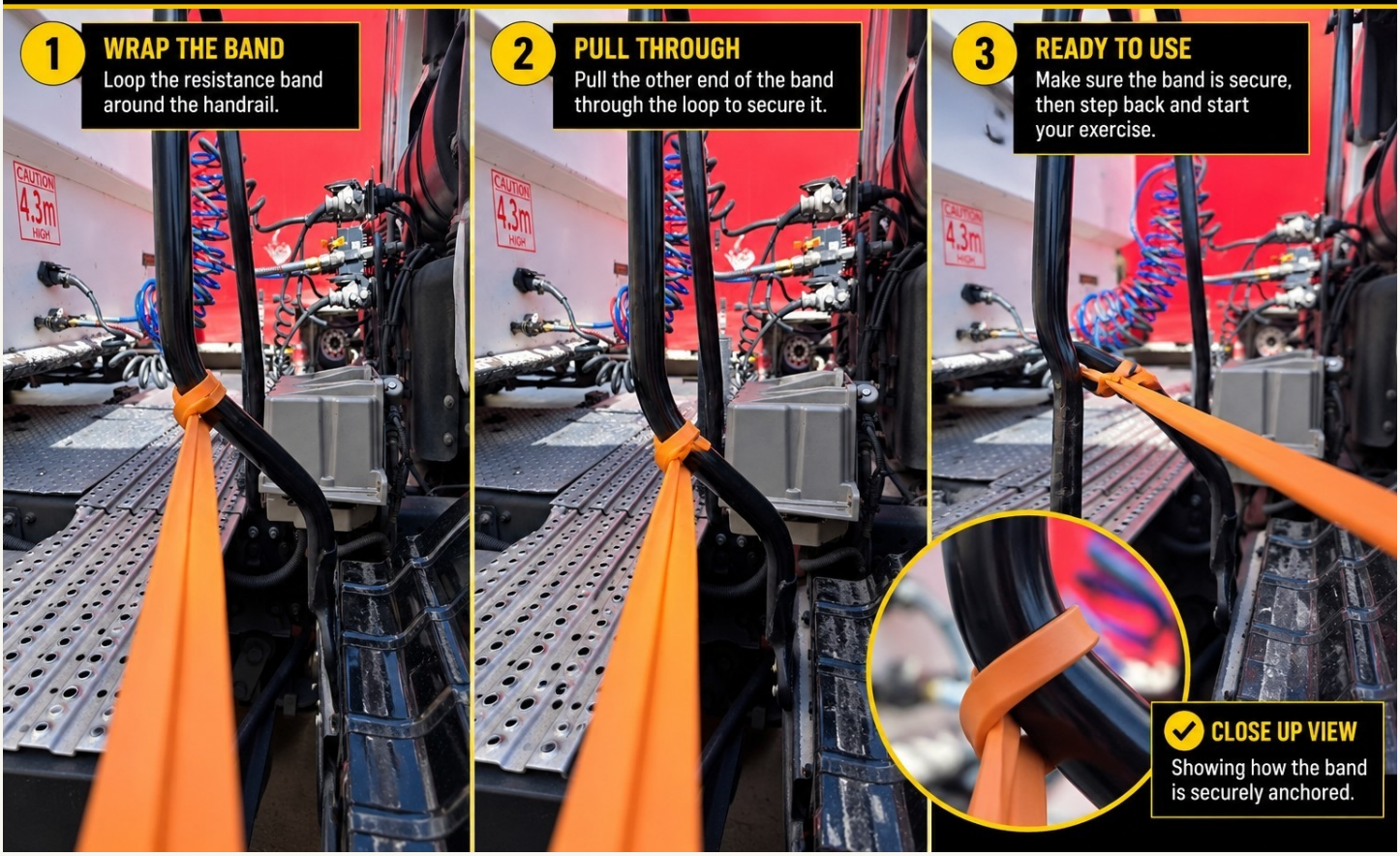
	**RED - LIGHT** Warm-ups, mobility and lighter exercises.
	**BLACK - MEDIUM** Upper-body and general strength exercises.
	**BLUE - HEAVY** Full-body and stronger movements.
	**GREEN - EXTRA HEAVY** Lower-body and advanced exercises.

How to Use Your Resistance Bands

Resistance bands are simple, portable and effective. Follow these basics to get the most from your training.

1	**Choose the Right Resistance** Use a band that challenges you while still allowing good technique.
2	**Control Every Rep** Move slowly and stay in control. Never allow the band to snap back.
3	**Breathe Naturally** Keep breathing throughout the movement and avoid holding your breath.
4	**Progress Gradually** As you get stronger, increase the resistance, repetitions or sets.

HOW TO ANCHOR



Workout 1 - In-Cab Workout

Train Without Leaving Your Truck

A quick upper-body workout designed for trucks and vehicles with suitable secure anchor points.

TIME	EQUIPMENT
15-20 minutes	KingPowerFit Resistance Bands

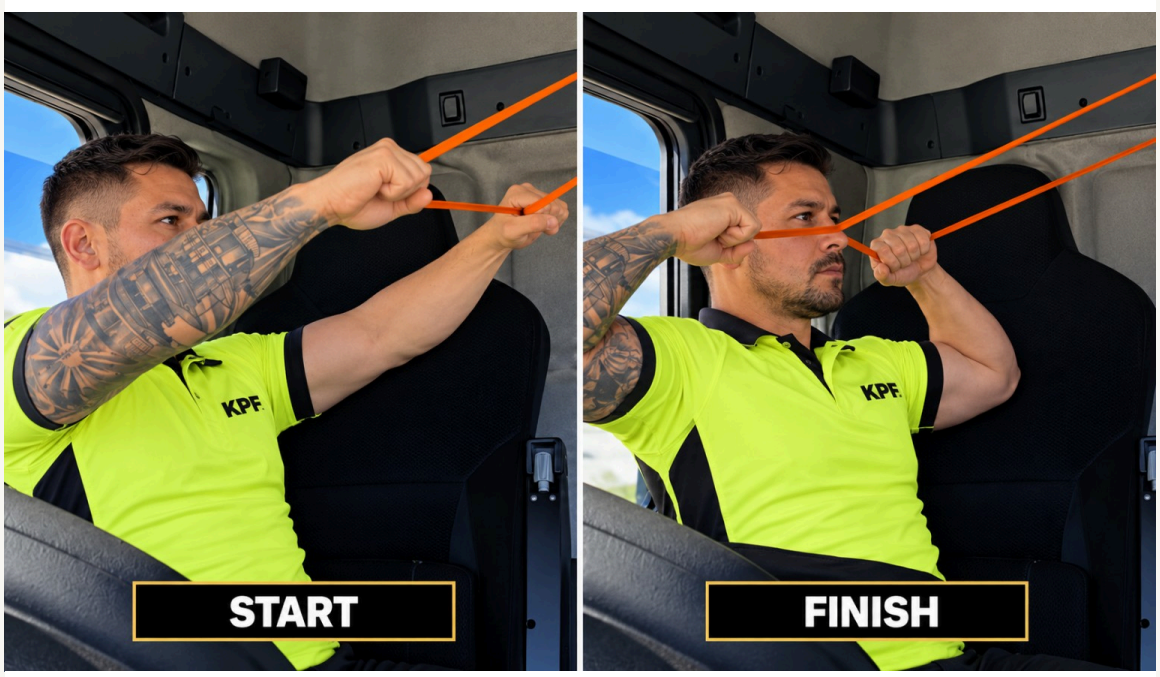
ANCHOR POINTS

Use only strong, fixed anchor points. Check the point with light tension before training.



1. Face Pulls

RESISTANCE	MUSCLES	SETS	REPS
Light-Medium	Rear shoulders & upper back	2-3	12-15

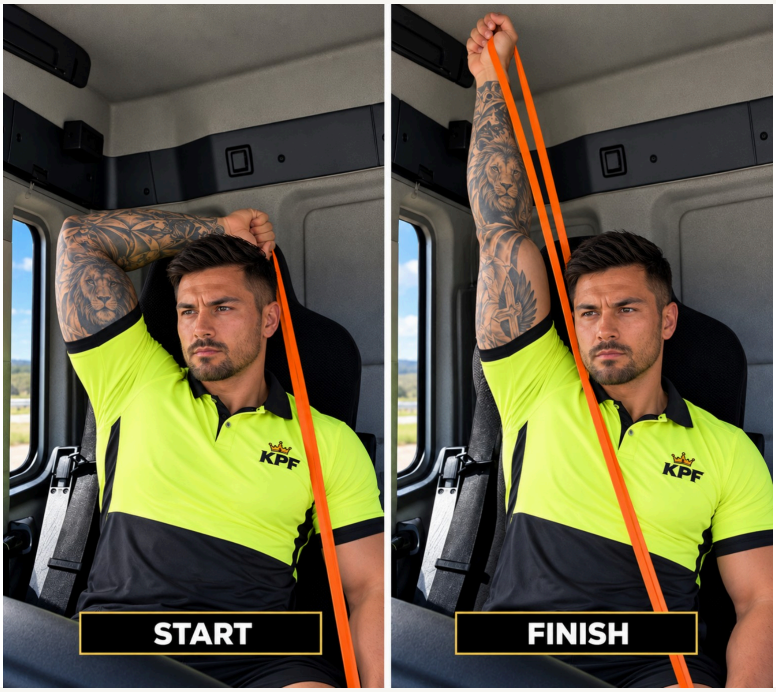


HOW TO PERFORM

- Use a secure anchor around face height.
- Begin with arms extended and light tension on the band.
- Pull toward your face, driving your elbows out and back.
- Squeeze your shoulder blades, then return under control.

2. Single-Arm Overhead Tricep Extension

RESISTANCE	MUSCLES	SETS	REPS
Light to Medium	Triceps	2-3 each arm	10-15

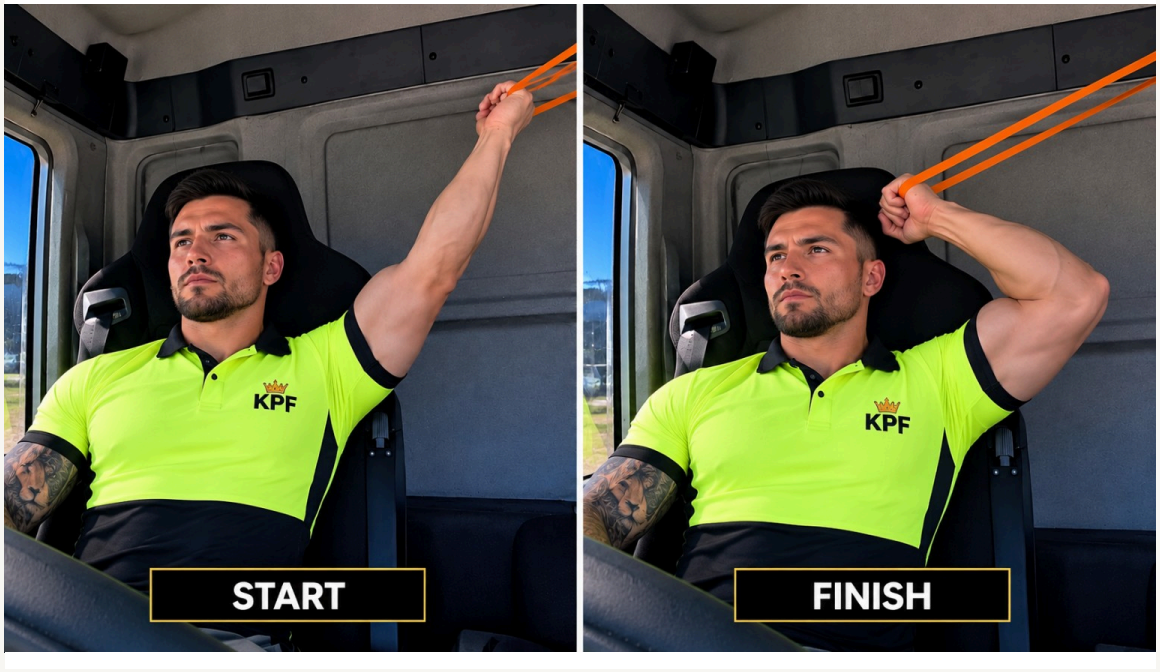


HOW TO PERFORM

- Keep your upper arm close to your head.
- Begin with the elbow bent and the band under tension.
- Extend your arm overhead until straight.
- Slowly bend the elbow and return to the start.

3. Overhead Bicep Curl

RESISTANCE	MUSCLES	SETS	REPS
Light to Medium	Biceps	2-3 each arm	10-15

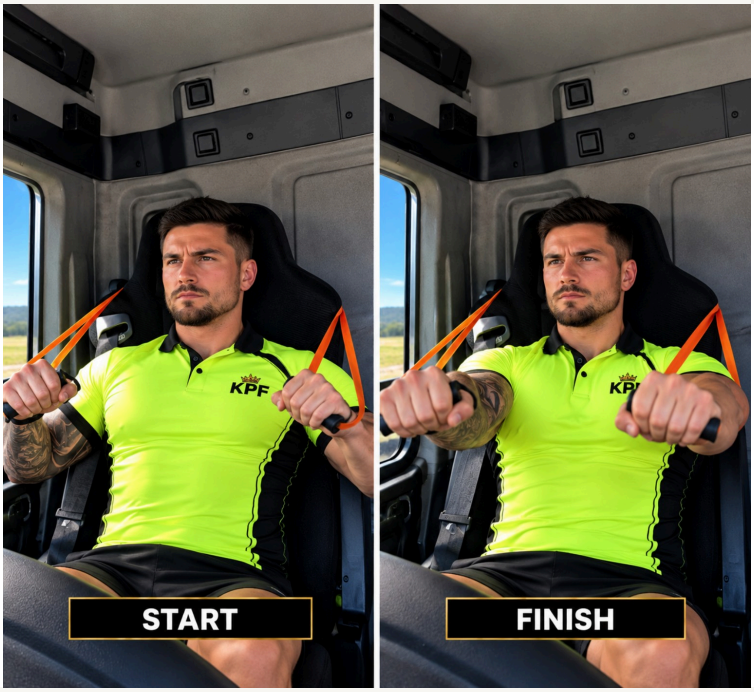


HOW TO PERFORM

- Keep your upper arm raised and steady.
- Start with the working arm extended and the band under tension.
- Curl your hand toward your head without moving the upper arm.
- Slowly extend back to the starting position.

4. Seated Chest Press Flies

RESISTANCE	MUSCLES	SETS	REPS
Medium	Chest, shoulders & triceps	3	10-15



HOW TO PERFORM

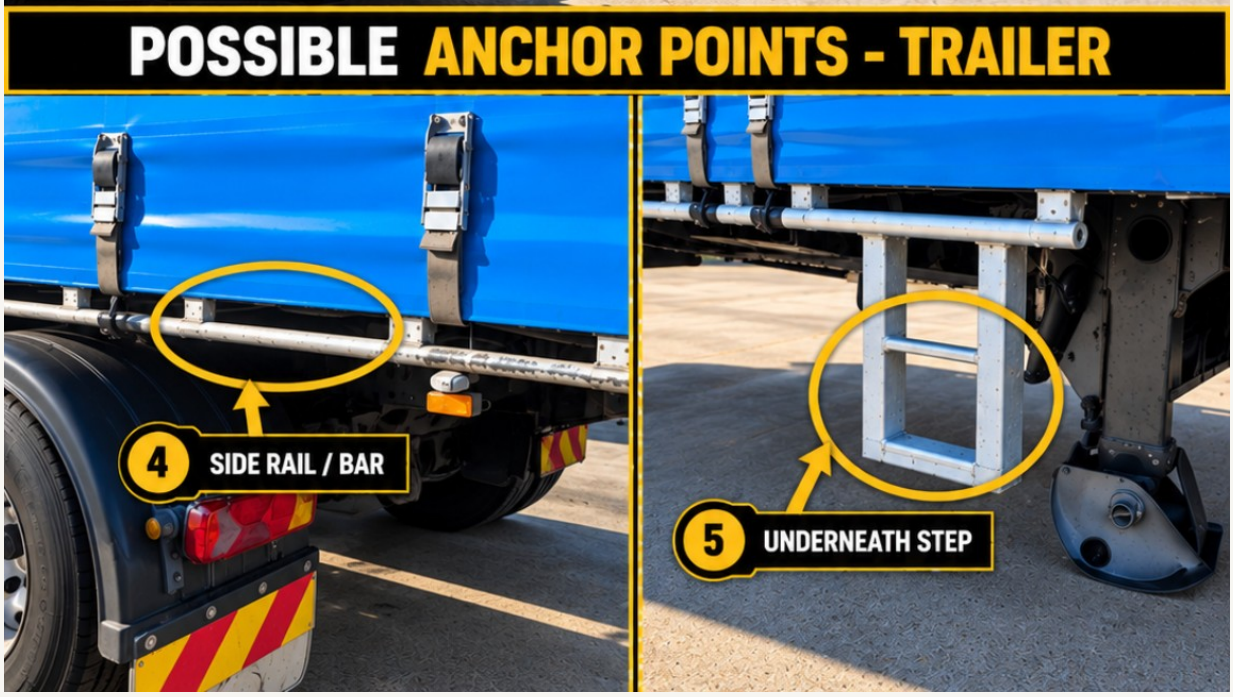
- Position the band securely behind the seat and sit tall.
- Start with elbows bent and hands beside your chest.
- Press both hands forward until your arms are extended.
- Return slowly while keeping tension on the band.

Workout 2 - Truck & Trailer Anchor Workouts

Train Anywhere Your Truck Takes You

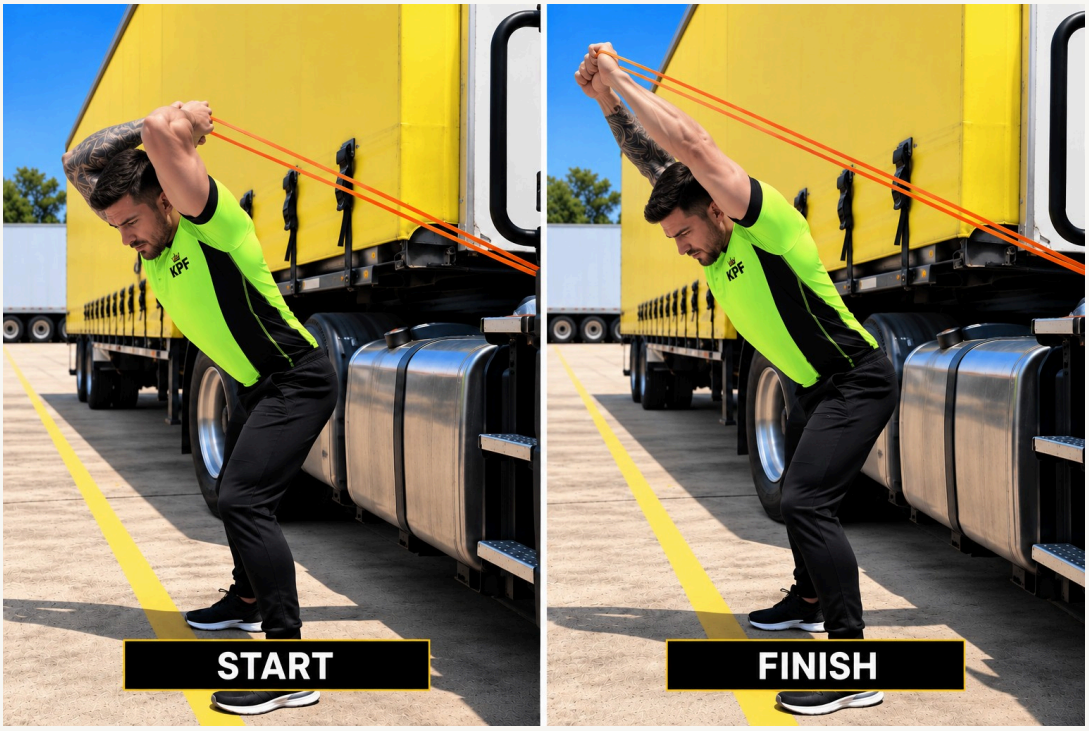
Use only strong, secure anchor points and inspect the area and band before every set.





1. Overhead Tricep Extension

RESISTANCE	MUSCLES	SETS	REPS
Light to Medium	Triceps	2-3	10-15



HOW TO PERFORM

- Secure the band to a strong anchor point behind you.
- Take a staggered stance and lean slightly forward with your core braced.
- Keep your upper arms close to your head and elbows pointing forward.
- Extend your elbows until your arms are straight, then return slowly.

2. Standing Chest Press

RESISTANCE	MUSCLES	SETS	REPS
Medium-Heavy	Chest, Shoulders & Triceps	3	10-15



HOW TO PERFORM

- Secure the band behind you at about chest height.
- Stand tall with a stable stance and keep your core braced.
- Start with elbows bent and hands beside your chest.
- Press forward until your arms are extended, then return under control.

3. Single-Arm Side Lateral Raise

RESISTANCE	MUSCLES	SETS	REPS
Light	Side Deltoids	2-3 each arm	12-15



HOW TO PERFORM

- Secure the band to a low, strong anchor point.
- Stand side-on to the anchor and keep your torso still.
- Raise the working arm out to the side to about shoulder height.
- Lower slowly while maintaining tension on the band.

4. Bent-Over Rows

RESISTANCE	MUSCLES	SETS	REPS
Medium-Heavy	Back & Biceps	3	10-15



HOW TO PERFORM

- Secure the band to a low, strong anchor point.
- Hinge at the hips, keep your back neutral and brace your core.
- Pull your elbows back toward your hips and squeeze your shoulder blades.
- Return slowly until your arms are extended.

Workout 3 - On-the-Go Full Body Workout

No Anchor Needed

Simply step on the bands and use this workout anywhere, anytime. No anchor needed.

EQUIPMENT	REST
KingPowerFit Resistance Bands	45-60 seconds between sets

1. Overhead Press Squat

RESISTANCE	MUSCLES	SETS	REPS
Choose controllable resistance	Legs, glutes, shoulders & core	3	10-15



HOW TO PERFORM

- Stand securely on the band with a wide, stable stance.
- Hold the band overhead with your arms extended.
- Lower into a controlled squat while keeping your chest up.
- Drive through your feet to stand tall while maintaining overhead tension.

2. Romanian Deadlift (RDL)

RESISTANCE	MUSCLES	SETS	REPS
Choose controllable resistance	Hamstrings & glutes	3	10-15



HOW TO PERFORM

- Stand on the band and hold the handles with your arms straight.
- Push your hips back while keeping your back neutral and knees slightly bent.
- Lower under control until you feel tension through the hamstrings.
- Drive your hips forward and stand tall.

3. Single-Leg Split Squat

RESISTANCE	MUSCLES	SETS	REPS
Choose controllable resistance	Quads, glutes & hamstrings	3	8-12 each leg



HOW TO PERFORM

- Place your front foot securely on the band and step the other foot back.
- Hold the handles by your sides and keep your torso tall.
- Lower the back knee toward the floor under control.
- Drive through the front foot to return to the standing split stance.

4. Military Shoulder Press

RESISTANCE	MUSCLES	SETS	REPS
Choose controllable resistance	Shoulders & triceps	3	10-12



HOW TO PERFORM

- Stand securely on the band with the handles at shoulder height.
- Brace your core and keep your chest tall.
- Press both handles overhead until your arms are extended.
- Lower the handles back to shoulder height under control.

Progressing with Resistance Bands

Progress gradually while keeping every repetition controlled.

Increase Repetitions Add reps within the recommended range before making the movement harder.
Increase Resistance Move to a stronger band once you can complete your sets with good technique.
Add Sets Add an extra set when appropriate for your training level.
Slow the Tempo Use a slower controlled return to increase time under tension.

Recovery & Mobility Routine

Use light resistance and controlled movements. Recovery work should feel comfortable, not painful.

DURATION	INTENSITY	FOCUS
5-10 minutes	Light	Mobility + recovery

Suggested focus areas

- Shoulder mobility
- Upper-back movement
- Gentle chest opening
- Hip mobility
- Hamstring mobility
- Controlled breathing

Support & More Resources

Use the QR codes included with your KingPowerFit products to access:

- Additional workout programs
- Recovery and mobility guides
- Training articles
- Product updates
- Helpful resources for truck drivers and busy workers

Website
www.kingpowerfit.com

Email
info@kingpowerfit.com

KEEP PUSHING FORWARD.

Fitness Made Convenient for Truck Drivers and Busy Workers.

MORE MOBILITY & RECOVERY TIPS

Visit kingpowerfit.com for extra tips and articles on mobility and recovery.