



Booty Bands: Instructions and Care

Vergali fabric resistance bands, set of four.

How it works

A Booty Band is a closed loop of woven fabric with elastic. Worn around both legs, it resists when you move your legs apart. That resistance makes the muscles of the hips, glutes and thighs work harder during squats, walks, kicks and bridges.

- **Made for the lower body.** The bands are short, wide loops designed to be worn around the legs. They are not designed for arm or shoulder exercises, or to be tied or stretched like a long rubber band.
- **Fabric, not rubber.** A fabric band is firmer and stretches less than a thin rubber band. It is intended for short, controlled movements with the band above the knees.
- **Four levels.** Light, Medium, Strong and Heroic. All four bands are the same length. The resistance level is printed on each band's label.

Specifications

In the box	4 bands, a drawstring carry bag and a printed training guide
Resistance levels	Light (14 to 25 lb), Medium (25 to 35 lb), Strong (35 to 45 lb), Heroic (45 to 60 lb)
Band size	About 13.6 inches long laid flat (a loop of about 27 inches) and 3.15 inches wide. All four bands are the same size.
Material	Fabric, a cotton and latex blend, non-slip
Contains latex	Yes
Colorways	Original (aqua, pink, grey, black), Grey, Purple

The bands contain latex. Do not use them if you have a latex allergy.

Instructions

- 1 **Choose a band.** Start with Light if you are new to resistance bands, returning from an injury or using the bands for mobility work.
- 2 **Put it on.** Sit down, step both feet into the loop and slide the band up your legs. It is easier than stepping in while standing.
- 3 **Position it.** For most exercises the band sits just above your knees, lying flat, with the label facing out. A band placed lower on the leg (at the ankles) makes the exercise harder.
- 4 **Set your stance.** Stand with your feet about hip width apart so there is light tension in the band before you start.

- 5 **Move with control.** Push your knees out against the band and keep your weight in your heels. Breathe out on the effort.
- 6 **Progress.** Move up to the next band when the last few repetitions of a set feel easy.

The full routine, with written steps for each exercise, is on the Workouts and Guides page. It needs no sign-up.

Care

- Wash by hand in warm soapy water.
- Air dry only. Do not put the bands in a dryer.
- Do not bleach. Do not iron.
- Store in a cool, dry place.

Safety

- Check each band before use. Do not use a band that is frayed, torn or has lost its stretch.
- Stop if you feel pain, numbness or tingling. A band should feel snug, not painfully tight.
- Wear the band over leggings or shorts if it is uncomfortable on bare skin.
- Check with your doctor before starting a new exercise routine.

FAQ and troubleshooting

The bands feel too tight or too small for my legs. What can I do?

All four bands are the same length, a loop of about 27 inches, and they are designed to fit snugly above the knees. Sit down to put the band on, and start with the Light band, which has the lowest resistance. If the bands do not fit you comfortably, contact us with your Amazon order ID.

Even the Light band feels too strong. Is that normal?

Fabric bands are firmer than thin rubber bands, so the Light band gives more resistance than many people expect. Use it for small, controlled movements such as side steps and seated hip abductions, and build up gradually. If the set is not right for you, contact us.

The band does not stretch very far. Is it faulty?

No. A fabric band is made for short movements with the band above the knees and has a shorter stretch than a rubber band. If you need a longer stretch for an exercise, use the Light band.

Can I use the bands for arms, shoulders or physical therapy?

The bands are designed to be worn around the legs for lower body exercise. They are not long enough for most arm and shoulder exercises. For physical therapy, follow your therapist's advice on whether this type of band is suitable.

The band rolls up or slides down. How do I stop it?

Make sure the band lies flat, and wear it just above the knees rather than on the thigh. Keep light tension in the band by keeping your feet hip width apart. Worn at the ankles, a band can slip when your legs come together.

The band rubs or irritates my skin. What should I do?

Wear the band over leggings or shorts. If you notice a rash or itching, stop using the bands. They contain latex. If a seam is rough or a band is damaged, contact us for a replacement.

My set arrived with a band missing, or with two of the same strength. What should I do?

Each set has four different bands: Light, Medium, Strong and Heroic. If yours does not, contact us with your Amazon order ID and we will send the missing band or replace the set.

How do I tell the bands apart?

The resistance level is printed on the label of each band, and each level has its own color.

A band has frayed, torn or lost its stretch. What should I do?

Stop using the band and contact us with your Amazon order ID. We will replace it.

The bands have a smell when new. Will it go away?

If your bands have a smell when new, wash them by hand in warm soapy water and let them air dry. If the smell remains, contact us.

How do I wash the bands?

Wash by hand in warm soapy water and air dry. Do not use a dryer, bleach or an iron.

The QR code or the video page did not work for me. Where are the workouts?

The workouts are on the Workouts and Guides page of this site. It is open to everyone with no sign-up. The training guide is also available under Downloads below.

My set arrived opened or looks used. What should I do?

Contact us with your Amazon order ID and we will put it right.