

# Complete **User Guide** for **Dopa** Resistance Band

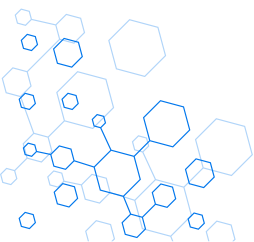
Setup | Exercises & Workouts | Maintenance



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# Dopamineo+ Account

Build any muscle and practice a variety of sports with unlimited tutorial videos.

Anyone who purchased a Dopa Band or Bundle on Dopamineo.com automatically receives a Dopamineo+ All-Access account. Even if you're not aware of it, you should have an account.

Use your phone to scan this QR code to access the Dopamineo+ training videos.

Or navigate to: [Dopamineo.com](https://Dopamineo.com) > [Training](#)



- 300+ exercise and technique tutorial videos
- Full-body workouts suitable for all fitness levels
- Expert guidance from experienced trainers



You've been emailed your username and password, but if you can't find them, you can reset them or use our [Login Without Password feature](#) on the [Dopamineo+](#) page.

# Setting Up Dopa Band

How to attach a Dopa Band everywhere

**The tying method** is the same for attaching Dopa to posts, trees, and doors everywhere.

Scan the QR code to [watch the video](#).

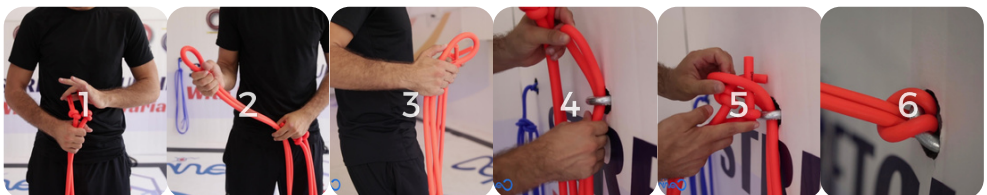


## Before attaching Dopa, consider:

- The recommended height for the anchor point should be at waist level, where you do most exercises.
- Do not attach a Dopa band to a sharp-edged object.
- Ensure both sides are even.

## Anchoring Instruction

1. Create a loop by folding the Dopa in half.
2. Wrap the looped side around and through the anchor point.
3. Thread the free end through the loop you made.
4. Make sure the sides are even. If not, the weight distribution will be uneven.
5. Fix an uneven side before tightening.
6. To secure the Dopa, tighten it to the anchor point.



# Anchoring Setups Instances

Watch how it should look

Gym



Marina



Tree



Athletic Club



Park



Beach



EVERYWHERE

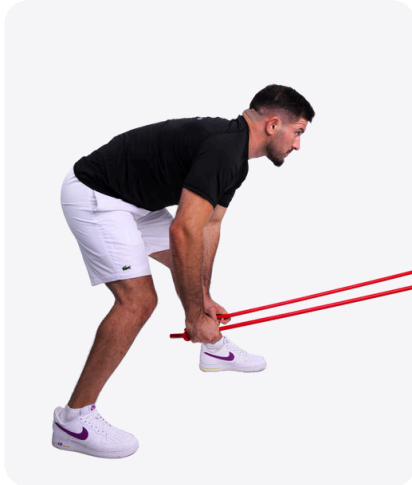
# Dopa Training Fundamentals

Learn the basic principles of Dopa training

1. **Don't stop between repetitions** like people do at the gym. Dopa offers a functional approach to improving your physical fitness. Instead, maintain a consistent workout rhythm.
2. **Don't isolate muscles;** engage your entire body to generate force in every movement, rather than isolating specific muscles. If your aim is to increase muscle mass, focus on specific muscle groups.
3. **Don't stop the workout,** even when you feel like you can't go on anymore. Instead, try reducing the resistance by moving closer to the anchor point. That's how we significantly improve strength and endurance.
4. **Dynamic resistance adjustment:** While exercising, if you feel pulling Dopa is too easy, move farther away from the anchor point to create more resistance. If you feel that it is too hard, get closer to the anchor point.

# Must Know Exercises

If you know these exercises, you're good to go.



## #1 Snap Down

This drill is derived from the world of wrestling and is highly effective for **improving power, conditioning, and muscle development.**

**Targeted muscles:** Full-body

**Level of Intensity:** Moderate

[Learn with a tutorial video](#)



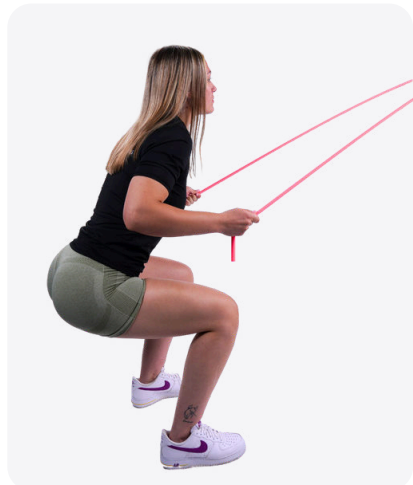
## #2 Waves in Squat

This whole-body exercise requires mental focus and coordination, making you sweat quickly. **Ideal for cardio, core, aerobic, and cognitive benefits.**

**Targeted muscles:** full-body

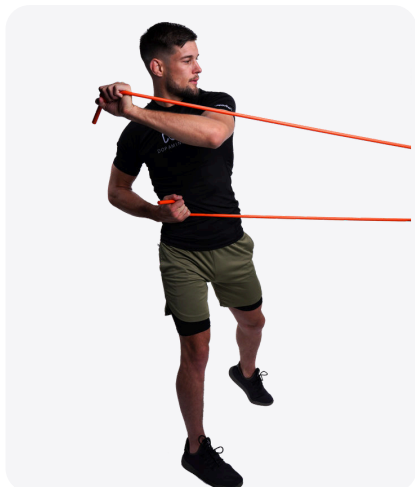
**Level of Intensity:** Moderate to High

[Learn with a tutorial video](#)



# Must Know Exercises

If you know these exercises, you're good to go.



## #3 Diagonal Waves

This drill is designed to help you improve your arm endurance, build upper-body strength, and enhance your overall conditioning performance.

**Targeted muscles:** Upper-body

**Level of Intensity:** Low to Moderate

[Watch all exercise tutorials.](#)



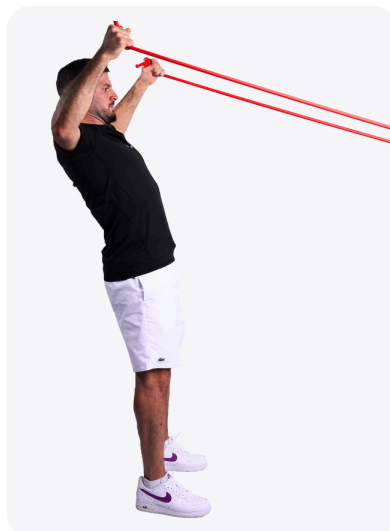
## #4 Butterfly Jerks

Stimulating exercise involving full-body explosive movements, perfect for enhancing your back muscles, explosive power, and overall body functionality.

**Targeted muscles:** Upper-body

**Level of Intensity:** High

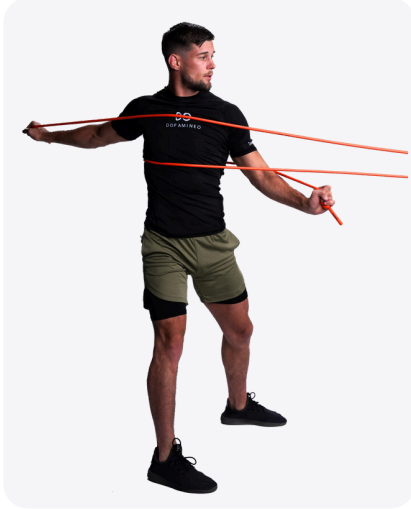
[Watch all exercise tutorials.](#)





# Must Know Exercises

If you know these exercises, you're good to go.



## #5 The Propeller

This full-body exercise can significantly enhance your performance. It is great for improving conditioning, coordination, and functional movement for any athlete.

**Targeted muscles:** Full-body

**Level of Intensity:** High

[Watch all exercise tutorials.](#)



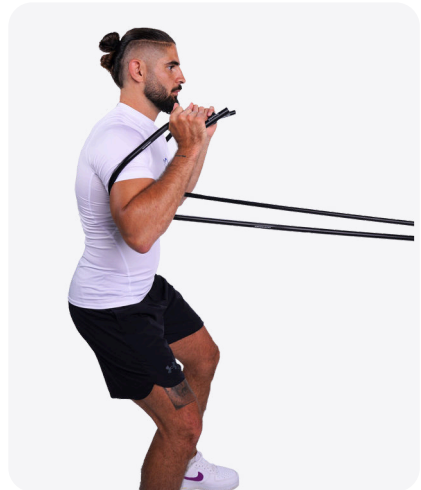
## #6 Uppercut Squat

An ideal full-body exercise that effectively enhances overall physical fitness, conditioning, core strength, muscle flexibility, and athletic ability.

**Targeted muscles:** Full-body

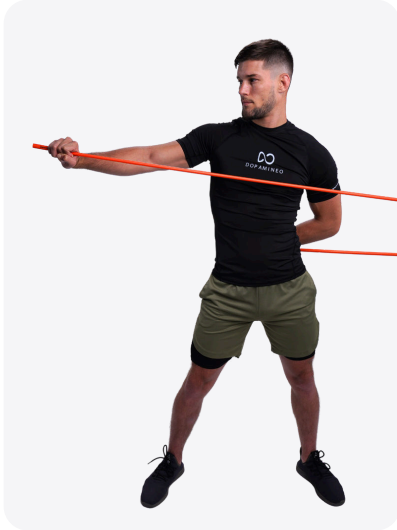
**Level of Intensity:** High

[Watch all exercise tutorials.](#)



# Must Know Exercises

If you know these exercises, you're good to go.



## #7 One Arm Triceps Extension

An excellent, simple exercise to incorporate into your training session, particularly when it feels overly challenging. Ideal for triceps and explosive power.

**Targeted muscles:** Triceps

**Level of Intensity:** Low

[Watch all exercise tutorials.](#)



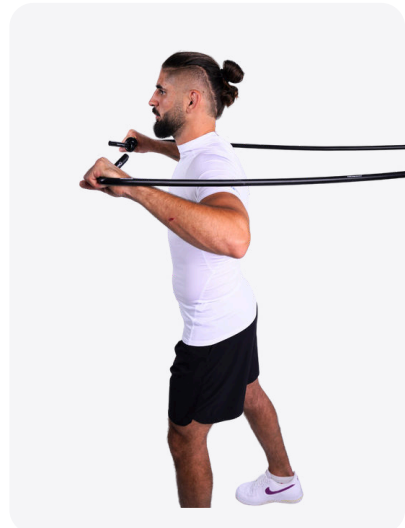
## #8 Chest Press

This drill replicates a chest press exercise, but with elastic resistance instead of weights, resulting in a distinct sensation. Great for muscle growth and strength.

**Targeted muscles:** Chest

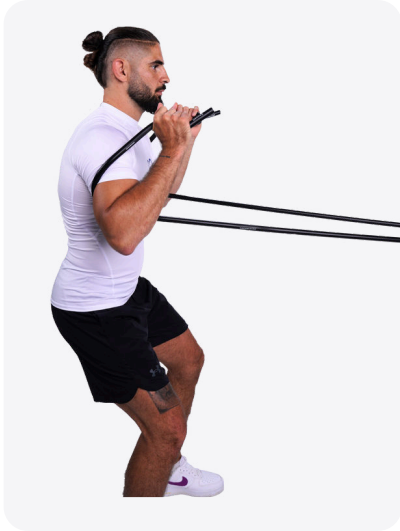
**Level of Intensity:** High

[Watch all exercise tutorials.](#)



# Must Know Exercises

If you know these exercises, you're good to go.



## #9 Overhead Triceps Extension

Develop your triceps and shoulders; it's also excellent for building arm endurance. It can be added to your workout routine as a gentler exercise option.

**Targeted muscles:** Triceps

**Level of Intensity:** Low

[Watch all exercise tutorials.](#)



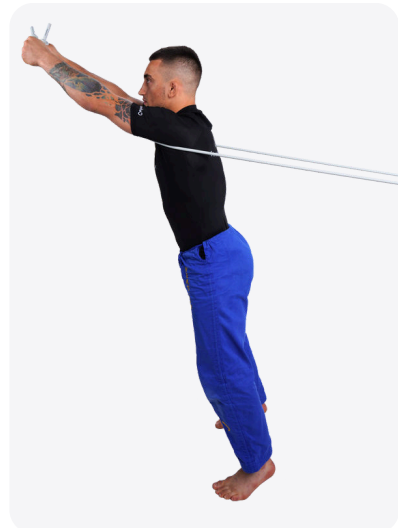
## #10 Ski

This exercise targets and strengthens your body, especially your core, which improves the way your body moves and teaches you how to generate explosive force.

**Targeted muscles:** Core, Upper

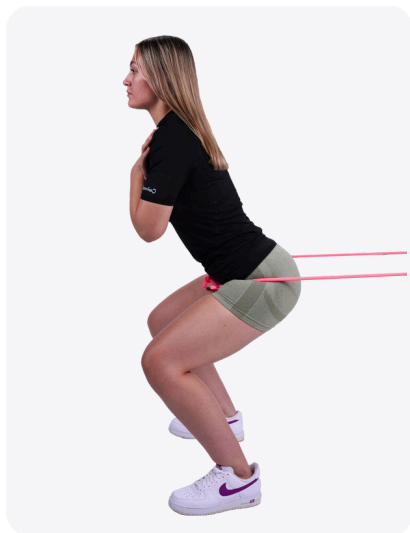
**Level of Intensity:** High

[Watch all exercise tutorials.](#)



# Must Know Exercises

If you know these exercises, you're good to go.



## #11 Resistant Squat

The simple squat gains extra effectiveness by incorporating Dopa's elastic resistance. Depending on your goal, you can perform it with front or rear resistance.

**Targeted muscles:** Legs

**Level of Intensity:** High

[Watch all exercise tutorials.](#)



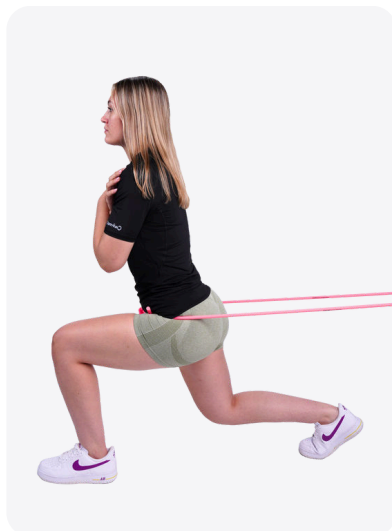
## #12 Resistant Lunge

The basic lunge becomes more effective by using Dopa's elastic resistance. Based on your goal, you can do it with front or rear resistance.

**Targeted muscles:** Lower-body

**Level of Intensity:** High

[Watch all exercise tutorials.](#)



# Workout With Dopa

Learn the Dopamineo Training Methodology

1. **Don't stop between repetitions** like people do at the gym. Dopa offers a functional approach to improving your physical fitness. Instead, maintain a consistent workout rhythm.
2. **Don't isolate muscles;** engage your entire body to generate force in every movement, rather than isolating specific muscles. If your aim is to increase muscle mass, then it would be reasonable to focus on specific muscle groups.
3. **Don't stop your workout,** even when you feel exhausted. Instead, try reducing the resistance by moving closer to the anchor point. That's how we significantly improve strength and endurance.
4. **Dynamic resistance adjustment:** While exercising, if you feel pulling Dopa is too easy, move far away from the anchor point to create more resistance. If you feel that it is too hard, get closer to the anchor point.

# Dopa Full Workouts

Learn how to workout with Dopamineo

## Classic Dopa Set

Classic Dopa is used in most Dopa workouts, thus it's essential to learn it.

**Training Approach:** Perform each exercise until muscle failure and then move to the next exercise. Complete as many rounds as possible at a predetermined time (5-30 minutes).

**Workout Objective:** Select 6–8 exercises and a time that meet your specific goal. If you're looking to improve your fitness and increase muscle mass, opt for exercises that target the muscles you want to strengthen. When planning a wrestling workout, choose wrestling drills. If you're looking for a warm-up, limit it to 5 minutes with easy exercises, and so forth.

## Classic Dopa Set

Our favorite and most recommended classic set

Exercise	Time	Exercise	Time
1) Squatted Waves	Till muscle fatigue	6) Lateral Biceps Extension (both)	Till muscle fatigue
2) Pull to Chest	Till muscle fatigue	7) Overhead Biceps Extension	Till muscle fatigue
3) Propeller	Till muscle fatigue	8) Chest Pulley	Till muscle fatigue
4) Diagonal Jerks	Till muscle fatigue	9) Jump Ski	Till muscle fatigue
5) Butterfly Jerks	Till muscle fatigue	10) Resistant Squat	Till muscle fatigue

Complete As Many Round As Possible in Up to 15 Minutes

WATCH ALL WORKOUT VIDEOS



# Classic Dopa Set

The Classic Set is used in most Dopa workouts, so it's essential to learn it.

**Training Approach:** Perform each exercise until muscle failure and then move to the next exercise. Complete as many rounds as possible at a predetermined time (5-30 minutes).

**Workout Objective:** Select 8–10 exercises and a time that meet your specific goal. If you're looking to improve your fitness and increase muscle mass, opt for exercises that target the muscles you want to strengthen. When planning a wrestling workout, choose wrestling drills. If you're looking for a warm-up, limit it to 5 minutes with easy exercises, and so forth.

## #1 Classic Set

**Objective:** Full-body & Fitness workouts.

Exercise	Time	Exercise	Time
1) Squatted Waves	Till muscle fatigue	6) Lateral Biceps Extension (both)	Till muscle fatigue
2) Pull to Chest	Till muscle fatigue	7) Overhead Biceps Extension	Till muscle fatigue
3) Propeller	Till muscle fatigue	8) Chest Pulley	Till muscle fatigue
4) Diagonal Jerks	Till muscle fatigue	9) Jump Ski	Till muscle fatigue
5) Butterfly Jerks	Till muscle fatigue	10) Resistant Squat	Till muscle fatigue

Complete As Many Round As Possible in Up to 15 Minutes

[WATCH ALL WORKOUT VIDEOS](#)



# Repetition Against Time Set

Track your progress from one workout to the next.

**Training Approach:** Complete a set number of repetitions for each exercise as quickly as possible. You can rest when you feel it's necessary. **Take your workout time and race against it later.**

**Workout Objective:** Select 5–10 exercises that meet your fitness goal and number of reps between 30-100; If you're interested in building muscle, choose exercises that target the muscles you want to build. If you're considering conditioning training, choose drills that will improve your conditioning. For an explosive power workout, select drills accordingly, and so on.

## #1 Reps Against Time 50X8

Objective: Full-body & Fitness workouts.

Exercise	Time	Exercise	Time
1) Rows	50-reps	5) Butterfly Jerks	50-reps
2) Uppercut-to-squat	50-reps	6) Chest Pulley	50-reps
3) Biceps pulls	50-reps	7) Jump Ski	50-reps
4) Waves & Squat	50-reps	8) Resistant Squat	50-reps

Record your workout time and aim to beat it later. Ours is 5:53

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# Gym Style Body-building

Learn how to use Dopa Band as a portable multi-trainer.

**Training Approach:** We're focusing on muscle building with a more functional version of the classic gym workout method. Choose the muscle groups, number of reps, rests, and rounds.

**Workout Objective:** Select a muscle group that aligns with your body-building goals and choose exercises that match. Aim for an appropriate number of repetitions, ideally between 10 and 20. Establish a suitable rest time of 30-45 seconds and determine the number of rounds, ranging from 3-5, based on the desired intensity level for this workout.

## #1 Build Your Body

**Objective:** Chest and Leg | **Method:** 20-reps, 45-sec rest, 3 rounds

Exercise	Method	Exercise	Method
1) Chest Pulley	20-reps. rest-45. 3-rounds.	5) Resistant Squat	20-reps. rest-45. 3-rounds.
2) Chest Press	20-reps. rest-45. 3-rounds.	6) Resistant Lunge	20-reps. rest-45. 3-rounds.
3) Butterfly Pulley	20-reps. rest-45. 3-rounds.	7) Double Long Jump	20-reps. rest-45. 3-rounds.
4) Chest Press & Squat	20-reps. rest-45. 3-rounds.	8) Jump Squat	20-reps. rest-45. 3-rounds.

This Workout Should Take Around 30 Minutes

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# Build Your Own Workout

Learn how to use Dopa Dopa as a performance enhancement training tool

**Training Approach:** The Dopa Band's flexible design allows you to engage in an extensive variety of exercises & Enhancing your performance across various sports. This section will walk you through the logical steps to construct a circuit that meets your goals in many scenarios:

**1) Enhance conditioning for a match or competition for any sports:** For example, during freestyle wrestling practice, a match typically lasts for 6 minutes with a 30-second break in the middle. To enhance our conditioning and get ready for that kind of match, we will:

- A) Pick six wrestling drills
- B) Build set according to wrestling match's structure.
- C) Practice in maximum effort rate.

Wrestling Match Instance

Drill	Time
1) Snap Down	20-sec
2) Underhooks	20-sec
3) Propeller	20-sec
Repeat until 3:00 (3 rounds each)	
4) Underhooks	20-sec
5) Jump Ski	20-sec
6) Mixed Takedown Defense	20-sec
Repeat until 3:00 (3 rounds each)	

Build Your Own

Drill	Time/Reps

# Pre Warm-up & Post Finisher

Learn how to use Dopa Dopa as a performance enhancement training tool

**Training Approach:** Incorporating warm-up drills prior to training and carrying out post-training finishers are essential elements of an athlete's training regimen. They are remarkably simple to do! Simply grab the Dopa band and start practicing Low to moderate-intensity exercises at your own pace. Modify your speed as needed, depending on the nature of your workout - pick up the pace for a final push and go at a relaxed pace for a warm-up. Set aside 5-10 minutes for warm-ups and finishers.

## Warm-up with Dopa

Exercise	Time
1) Waves	1-min
2) Full-extension Rows	15-reps
3) Diagonal Jerks	1-min
4) Lateral Jerks	15-reps
5) Jump Ski	15-reps
6) Resistant Sprints	10-reps

## Finisher With Dopa

Drill	Time/Reps
1) Jump Ski	30-reps
2) Under-over	1-min
3) Static Sprint	30-sec
4) Diagonal Jerks	30-sec
5) Pulls to Chest	30-sec
6) Waves	1-min

## Build Your Own

Exercise	Time/Reps

Drill	Time/Reps

# Practice Any Technique

Learn how to use Dopa Dopa as a performance enhancement training tool

2) **Enhance your technique with the Dopa Band:** regardless of the sport you're involved in, the Dopa Band is a great tool to help you practice your technique and build strength to the fullest.

A) Choose the techniques you wish to enhance; B) Discover how to execute them with Dopa C) Practice to perfection.

**We have a technique section where we provide a detailed breakdown video of different techniques** from various spots, with more to come in the future. If you can't find the necessary technique there, no worries; it's incredibly easy to use Dopa to simulate any technique. **How? Try to visualize the technique, then do it with Dopa.**

For instance, if you practice Jiu-jitsu, choose grappling techniques from Dopamineo+ and start practicing them after practice, at home or outdoors.

To practice freestyle stroke swimming: you need to alternate full-circle stroke motions with your Dopa Band. Watch an example on video.

To improve your boxing uppercut technique, try visualizing the motion first, then grab Dopa and do the same motion with it. Watch an example on video.

**As simple as that.**

# Maintenance and Safety Tips

With the right care, Dopa will last forever.

Our laboratory experiments show minimal or negligible wear with our 99% silicone compound. We have bands over 5 years old that show no signs of deterioration.

## How can you take care of your Dopa Band to extend its life and keep its shape?

The most crucial step in preventing your Dopa from snapping is to **correctly attach it using our recommended tying method**. The second most crucial step is not to attach Dopa to sharp-edged objects. Lastly, do not leave the band out in the sun for a long period of time.

That will ensure that the band won't snap now or ever.

[Watch the tying method on video.](#)

## How do I clean the Dopa band?

Dopa is water-resistant; feel free to wash it under the water. We don't recommend scratching it with a rough surface, but instead with a smooth surface or simply with your hand.

**Don't wash it in the washing machine.**

# STRETCH YOUR LIMITS!

## The Story Behind Dopamineo:



After our first Dopa workout, we felt an intense mix of exhaustion and exhilaration—a feeling so unique it had to be captured. That blend of fatigue and satisfaction, the kind that makes you crave more, inspired the creation of Dopamineo.

Dopamine, the brain's "feel-good" chemical, drives motivation, reward, and pleasure. It perfectly describes the Dopa workout—a powerful boost that keeps you coming back.

Dopamineo is more than a name; it's a promise. Our workouts are simple, accessible anywhere, and genuinely enjoyable, making it easier to stick with your fitness goals.

The "O" symbolizes our comprehensive approach, offering everything you need for success, from training videos to community challenges.

By embracing our methods, you'll not only see results but also experience a heightened sense of fitness and well-being. That's Dopamineo: stretching your limits, one feel-good workout at a time.

## How do you pronounce Dopamineo?

It's been causing quite a stir! Just think of it like this: say 'Dopamine,' and then give it an extra boost with an 'O' at the end. Dopamine-O!

